BACKGROUND

The Personal Social Services Research Unit (PSSRU) at the University of Manchester was commissioned by Pennine Care NHS Foundation Trust to provide an independent evaluation of the North West Military Veterans Improving Access to Psychological Therapies (MV IAPT) Pilot service. This service consists of a clinical psychological therapies service, conforming to the principles of other IAPT services; and of a social service offered by Live at Ease, focusing on the social and employment needs of veterans with a signposting function to other services that may offer help, such as benefits, work and debt advice.

The MV IAPT service is the first of its kind in the UK, with only limited existing services that are tailored to the psychological and social needs of veterans. The prevalence of mental health and social problems amongst UK veterans is relatively low. However, those veterans that do experience these issues represent an important minority which need to be supported for by specific services that are easily accessible.

PURPOSE OF THE STUDY

This study represents a routine evaluation of the services and the effects that the MV IAPT services have on veterans’ symptomatology and well-being.

DESIGN

The evaluation of the MV IAPT service consists of overall five stages:

1. A purposive literature review describing key characteristics and needs of military veterans, previous veteran-specific service models providing psychological and social assistance and non-veteran IAPT services

2. The characteristics of and outcomes for veterans using the Pennine Care MV IAPT and Live at Ease services

3. The costs and cost-effectiveness of the Pennine Care MV IAPT and the Live at Ease services

4. The relationships between costs and outcomes in each service

5. Interviews with key service providers to understand how the services work, and areas for development
DISSEMINATION

A report will be provided to the Pennine Care NHS Foundation Trust which will include all the elements described above. PSSRU staff will also produce journal articles based on the findings for scientific dissemination.

FURTHER INFORMATION

The PSSRU staff leading this study are Dr. Paul Clarkson, Clarissa M. Giebel and Professor David Challis at the University of Manchester.

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