



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

Psychology & Psychological Therapies  
Seicoleg a Therapiau Seicolegol

# **Psychological Therapies Management Committee Cardiff and Vale UHB**

## **Terms of Reference**

### **The Psychological Therapies Committee will:**

- Promote best practice in psychological services in line with National guidance and Health Board priorities
- Provide strategic oversight to support the development of psychologically minded services and improve access to psychological therapies in accordance with national, local and Health Board priorities
- Advise on and assure governance standards in psychologically minded and Psychological Therapies Services and highlight gaps in quality assurance and control
- Develop/advise on relevant policies protocols and procedures and to ensure these are presented through the appropriate Policies committees

- Establish and oversee sub committees/working parties and task and finish groups for focussed projects where relevant

## **Evidence Based Practice**

- Ensure that services are delivered and developed in accordance with relevant NICE and National guidance (Matrics Cymru?) for the provision of psychological therapies.
- Inform the strategic development of robust Psychological Therapies supervision and multi professional training strategies

## **Service Improvement**

- Agree an annual plan supporting the development of whole system psychological therapies availability.
- Directorates will develop local processes for implementation of the Together for Mental Health Delivery Plan and will provide formal reports to the PTMC across the domains of TOR.
- Report improvements to the National Psychological Therapies Management Committee (NPTMC) to ensure nationally coherent and comprehensive planning across each health board area.

## **Workforce**

- Advise on workforce implications regarding:
  - Recruitment
  - Training
  - Supervision
  - Retention
  - Delivery of psychological therapy and psychologically minded services

- Recognise the competencies required at each level (*Psychological Therapy Practitioner (PTP)*, *Psychological therapist (PT)*, *Specialist Psychological Therapist (SPTT)*, *Highly Specialist Psychological Therapist (HSPT)*) as specified by relevant National guidance.

## **Performance**

- To advise on and develop robust data collection systems in line with national requirements to provide quality data
- Promote delivery on *Outcomes that matter*: Ensure standardised use of evaluation and outcome measures embedded to performance and recording systems to ensure appropriate reporting of psychological therapies and psychologically informed services
- Focus on timely access to appropriate evidence-based psychological therapies

## **Coproduction**

- Develop processes which monitor and review the experiences of services users receiving psychological services and to ensure coproduced psychological therapy services

## **Audit**

- To oversee regular audit into psychological therapies and to co-ordinate dissemination and make recommendations in relation to research findings
- Evaluate outcome data the success of therapies delivered and to ensure continuous service improvement
- Develop information systems which specifically measure demand and waiting times for psychological therapies, standardized across services

- Develop procedural/policy documentation for unmet need
- Track and manage waiting list need.

## **Research**

- To support and advise on the development of relevant research activity which will enhance psychological therapy services locally
- Promote service/practise-based evidence research to advance the evidence base in collaboration with academic institutions, service users and carers
- Facilitate access to service user data (adhering to formal research ethical requirements)

## **Wellbeing**

- Work in collaboration with partner agencies to promote mental health, community wellbeing and social inclusion

## **EQIA**

- To ensure Equity of access and equality impact issues are appropriately addressed

## **Reporting arrangements**

The Minutes of the Committee and an Annual Report will be produced for the MHCB and Partnership Board for MH. Reports will be provided to the HSMB and NPTMC as required/ appropriate.

## **Membership**

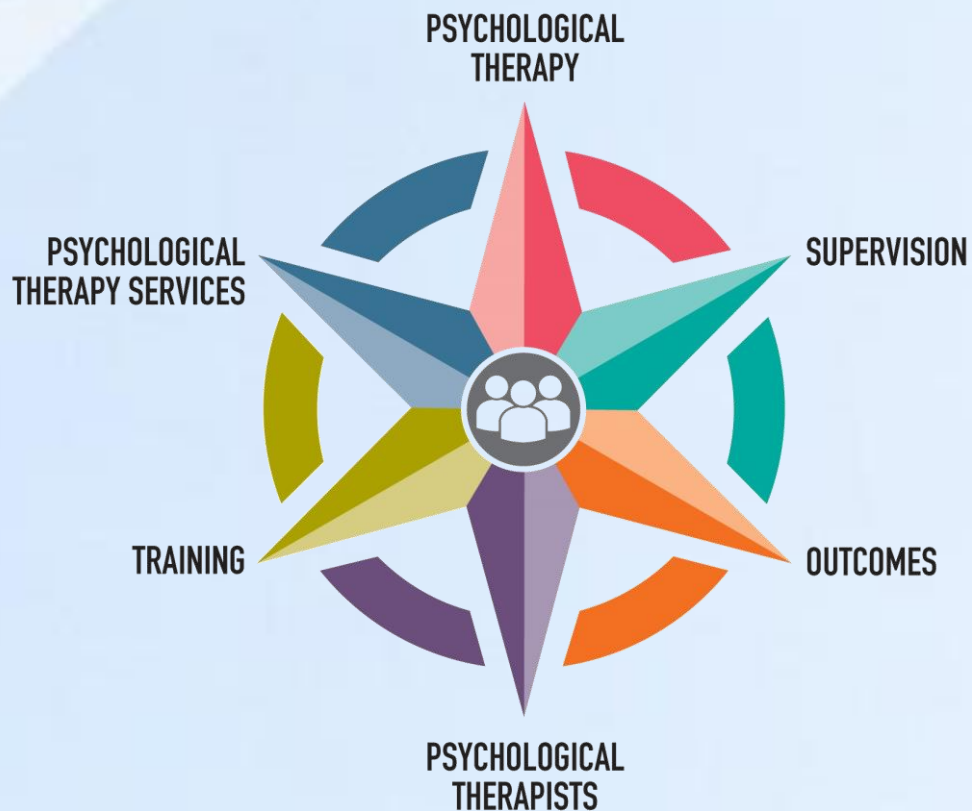
Membership of the group will include heads of services, senior staff, directorate managers, third sectors providers and service user representatives.

## Chairing of the group

The group shall be co-chaired by the director of the Psychological Therapies Directorate and Director of Operations MHCb.

## Frequency of the meetings

The meetings shall be held every two months.



*(Figure 1. Key elements described in the Matrics Cymru Guidance, September 2017)*