



Brief Intervention Resource (BIR) Trial Manaia PHO / Te Pou

**Te Pou o te
Whakaaro Nui**



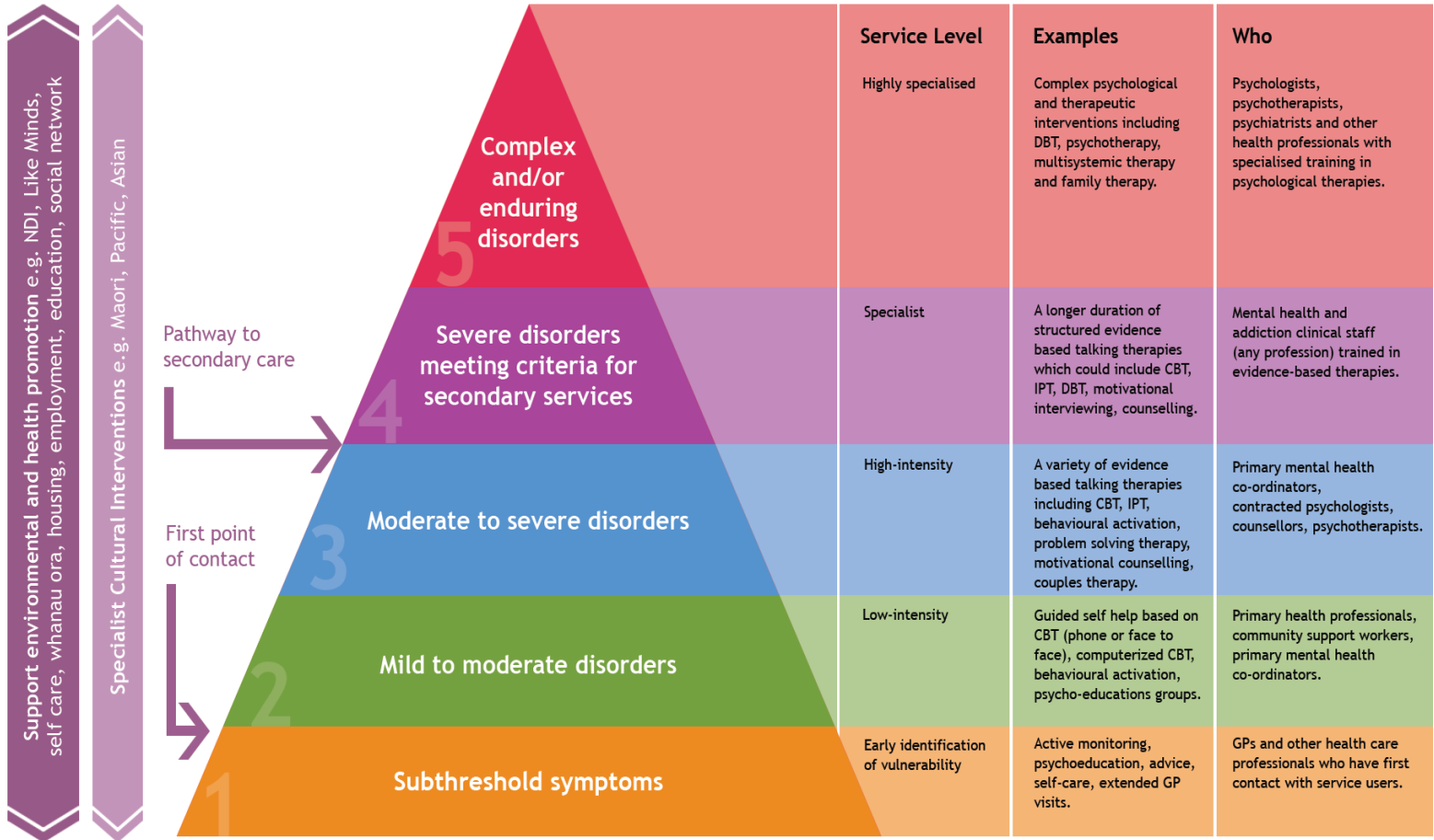
GP 17 Conference presentation
Jo van Leeuwen

I'll be talking to you today about....

- ❖ The Brief Intervention Resource trial and evaluation
- ❖ Next steps
- ❖ The work in the Talking Therapies programme



Stepped Care and Talking therapies across the health sector





Te Pou - Lets get talking : tools



Trial of Brief Intervention Resource (BIR) - Manaia PHO



WHY : BIR - Brief Intervention Resource

- ❖ Need for brief and early interventions for mental health and addiction problems in GP practices.
- ❖ Little time available for practice staff, with limited knowledge and training
- ❖ Brief intervention / silver script resource developed to support intervention
- ❖ Aim of the trial - is the BIR is optimally fit for purpose?

WHAT : SILVER PRESCRIPTION

- ❖ A **SILVER SCRIPT** is given to a person presenting with problems such as stress or depression.
 - ◆ Stepped care level 1 (Subthreshold symptoms) or
 - ◆ Level 2 (Mild-moderate disorder)
- ❖ The silver script directs a person to online or paper information for tips and skills to address the problem, or to speak with someone.
- ❖ The person is followed up with one phone call by a nurse from the GP practice.

WHERE : Manaia PHO

GP practices - Hikurangi

- Te Hau Owhiowhio (Otangarei)
- Onerahi

Trial of BIR July-November 2016

Evaluation - Mixed methods approach with quantitative and qualitative data (written and verbal feedback).

DEPRESSION

www.depression.org.nz

This website, coached by former All Black John Kirwan, helps you to learn and practice important knowledge and skills that are proven to help improve depression and anxiety.

To use this website:

- Go to the web link above.
- Listen to John Kirwan's introduction, and, if you like, read/listen to other information on the front page.
- Log on to the website and start doing the modules.

Each module provides information and different activities that are helpful at different times and for different people, so it is worth doing all of the modules. Doing the modules more than once often helps. Keeping on doing the activities, even if at first they don't seem to make a difference, is vital!

You will also have access to the Depression Helpline that you can phone at any time for help or advice. It is free to use this website.

This mobile **App** may also be helpful.

(Note: some apps may not be free to download)



Getting started	Please start using this information and the activities as soon as you can. Please contact the person below if you need some assistance.	
Keeping going	Please aim to do at least one of the activities each day for the next two weeks. Try to practice all the skills you learn as often as you can.	
Follow up	A Manaia Health staff member will be in contact to find out whether you have got started and whether it is helping. Please don't leave today without having the details of this next contact below. <i>*Please call the GP practice at any time if you need to</i>	
Contact person:		Phone:

Follow-up appointment
OR
Telephone contact (the staff member will contact you)

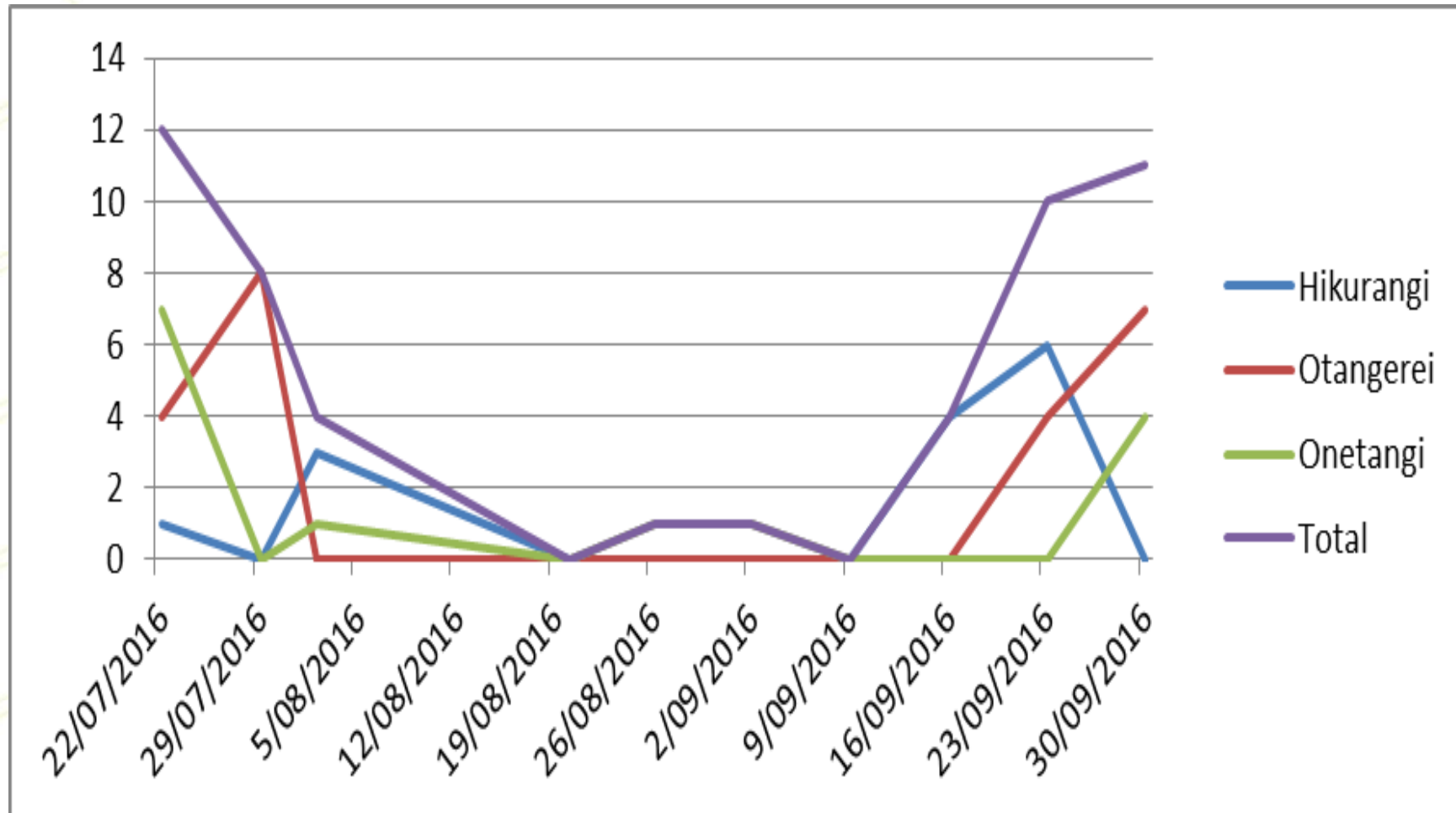
Date: _____ **Time:** _____
Date: _____



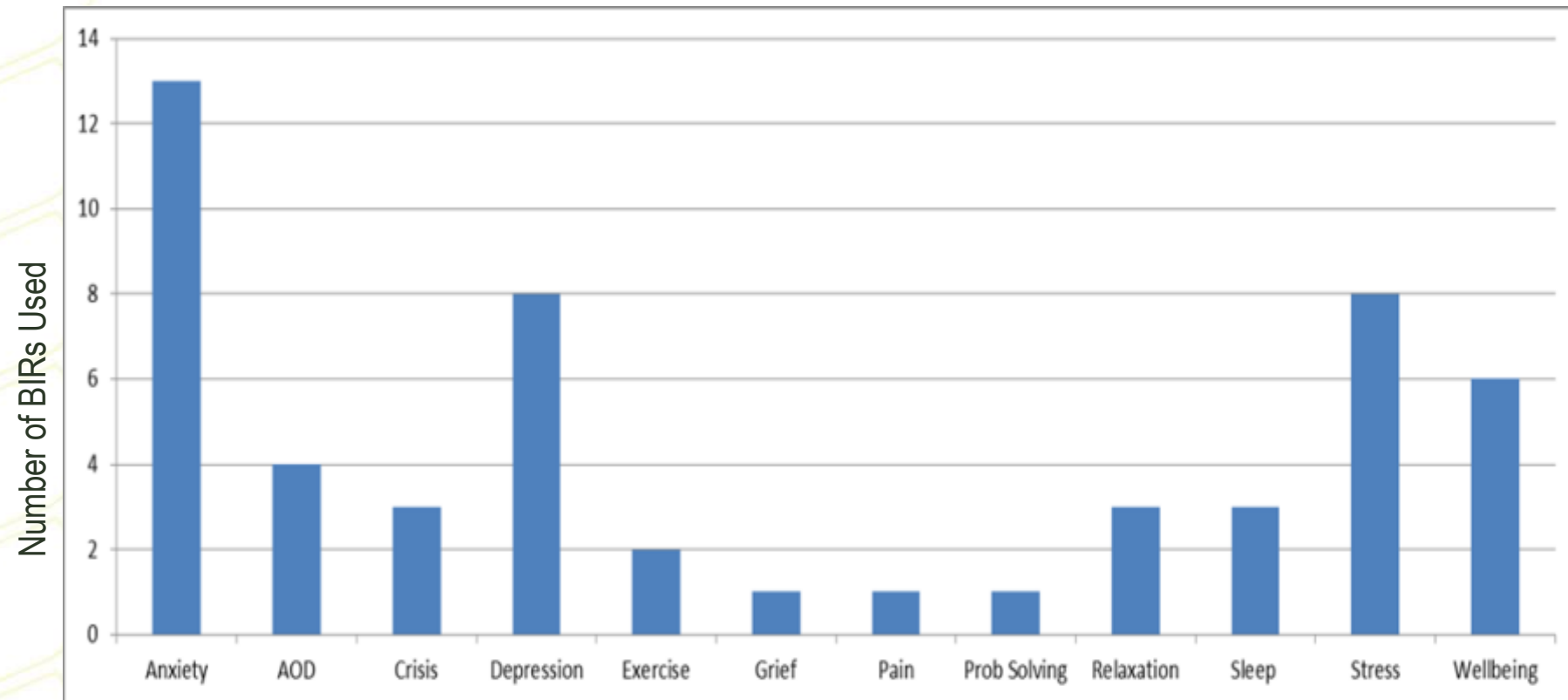
RESULTS

- ❖ Highly variable use of the BIR
- ❖ Practice staff had a very positive view of the BIR
- ❖ It was used with many more people than reported
- ❖ 4 main scripts accounted for 70% of use
- ❖ Paper form mostly used
- ❖ Feedback on use was mainly unknown
- ❖ Appropriate for use with Maori

BIR used per week.



Types of BIR used



Number of clinicians using in a week

Number of BIRs per patient					Range = 0-3
Number of Clinicians Using BIR per week					Range = 0-5
Acceptance of BIR by Patients					
Accepted	88%	Not Accepted	0%	Unknown	12%
Delivery Method of BIR					
Paper	83%	Online/Verbal	0%	Unknown	17%
Silver Script Used					
Yes	88%	No	2%	Unknown	10%

Strengths

- ❖ empowering approach for self-management
- ❖ increases staff confidence
- ❖ encourages further skills acquisition
- ❖ all practices want to continue using BIR
- ❖ could be used beyond the mental health and addiction services

Weaknesses

- ❖ paper info too wordy, esp with literacy issues
- ❖ inaccessibility as some people do not have access to computers
- ❖ need to create regular use of BIR in the practice
- ❖ possible integration onto PMS for ease of access

Future Improvements

- ❖ more training for staff, and use of 'champions'
- ❖ making BIR simpler and pictorial
- ❖ ensure good 'on-referral' resources where there are more complex problems
- ❖ add new silver scripts eg methamphetamine
- ❖ improve follow-up process with people

Comments

❖ User of BIR.

“It helped me not to worry, and blow things out of proportion and I gave myself time to relax and breathe. I would recommend it to anyone else who needs it.”

❖ Staff member

“I have found the scripts a great support for myself because I could refer to them and feel confident I was not giving wrong information.”

NEXT STEPS



- ❖ 2017 roll out
- ❖ Version 2 BIR
- ❖ Silver scripts for Methamphetamine
- ❖ BIR webpages