

## AMP training *plus* for Practices

Primary care is very important for people with common mental health problems. However, providing support and access to appropriate services can be difficult for some groups, e.g.

those who are long-term unemployed

older people

people with medically unexplained symptoms

people from BME groups

asylum seekers

What sorts of problems are we talking about?

Clinical problems e.g. presented by:

a car-assembly worker who has become depressed after being made redundant eight months ago

a retired schoolmaster who consults frequently with constipation and right hip pain, which show no sign of resolution despite numerous negative investigations and appropriate symptomatic treatment

a female asylum-seeker from Somalia, who presents with abdominal pain and brings her 14 year old daughter to act as an interpreter

Practical problems e.g. arising from:

patients with limited English trying to book emergency appointments

consultation over-runs due to presentation of multiple somatic complaints and social problems

long waiting lists for psychological therapies

difficulty of keeping up-to-date and accessible information about local non-NHS services and resources

**What is AMP?**

AMP (Improving **A**ccess to **M**ental Health in **P**rimary Care) is a five-year research and development programme funded by the National Institute for Health Research (see [www.liv.ac.uk/amp](http://www.liv.ac.uk/amp)). We have already gathered a lot of national and local evidence on how to improve access to high quality primary care mental health services for people from these groups. ***We would now like to work with you, to translate this evidence into practice.***

What is AMP offering to practices?

**AMP trainingplus** is a flexible programme, designed to help your team improve mental health care for people from the groups listed previously. It has three components (see Box):

1. A training programme for clinicians and staff, tailored to your needs and priorities.
2. Practical support to help you review and address local barriers to access.
3. Linking you with a wide range of resources, including community-based psycho-social interventions developed by the AMP team.

**The components of AMP trainingplus**

How could AMP trainingplus benefit *our* practice?

improved patient care for hard-to-reach and vulnerable groups

dedicated training for all members of the practice team

support with practical problems, such as appointment systems, consultation times, interpreter services

help with cultural barriers that can disrupt access and consultations

improved access to psychosocial interventions for people with common mental health problems

enhanced links to community resources

support for your appraisal and practice development requirements, including performance review for staff and revalidation for GPs

What is involved?

collaborative work between the AMP team and your practice over 12 months

flexible training responsive to your practice's needs

sharing knowledge, expertise and good practice

promoting links between the primary health care team and outside resources

financial support to facilitate training (e.g. for locum cover)

What is not involved!

as part of a nationally-funded research and development programme, AMP *trainingplus* is provided free of charge to your practice