

# A nurse-led CBT service for local authority employees (Hitt 2012)

## Inputs

### Investment (£110, 911)

#### DIRECT Set up costs:

- › Computer and printer **£689**
- › Furniture **£225**
- › **TOTAL £914**

#### INDIRECT set up costs:

- › NHS premises and infrastructure (e.g.: telephony)

#### DIRECT Running costs 2009-2012 (incurred by Local authority):

- › 1 x 0.5 WTE Band 7 Nurse Therapist for 18 months;
- › 1x WTE Band 7 Nurse Therapist for 18 months **£94,320**
- › 1 x 0.2 WTE Band 4 Administrator for 16 months **£6600**

#### INDIRECT Running costs 2009-2012 (incurred by health service):

- › 2% Consultant Psychiatrists time, 1% Registrar time **£ 9077**

**Total running costs  
2009-2012: £109, 997**

## The Service

### Service use

- › Clients all Local Authority (LA) employees
- › Assessed and referred by LA Occupational Health (OH) staff
- › 141 cases referred, 129 assessed, 77 eligible for CBT intervention
- › 51 completed a course of CBT (2009-2012); 49 achieved health gain; 36 significant health gain

### Services

- › Clients screened by Consultant Psychiatrist
- › All clients assessed and treated if indicated by CBT therapist
- › Intervention, on average, 12 hourly sessions
- › Signposting to primary secondary or voluntary mental health services where indicated
- › Liaison with GP
- › Referral to Dept. Liaison Psychiatry (Consultant Psychiatrists) when indicated

## Summary of benefits

### For LA employees / service users (£99,000)

- › Option to receive evidence-based psychotherapy through work scheme (assumed to be unavailable elsewhere)
- › Reduction in mental health symptoms (assumed to be result of CBT)
- › Improved quality of life (assumed to be the result of CBT)  
**QALY gains £118,800**
- › Accelerated return to work, enhanced productivity in and outside of work
- › Client satisfaction
- › Prevention of future mental health problems

### For Local Authority (£149, 677)

- › Improvement in high quality partnership arrangement with NHS
- › Improvement in mental health knowledge and skills of LA OH staff
- › Improved return to work **£39,936**
- › Improved retention **£81,361**
- › Improved presenteeism **£7,840**
- › Reduced LA OH input required with referred staff **£2,180**
- › Avoidance of referrals to LA Well-being service **£18,360**
- › Potential reduction in sickness absence post CBT intervention

### For the wider health system (£24, 840)

- › Clients receiving CBT through this service not referred to other services within the health system
  - › Prevention of GP appointments **£12,696**
  - › Avoidance of physical care costs **£4,600**
  - › Reduction in costs to secondary mental health services **£6392**
  - › Reduced use of medications through avoidance or timely reduction in usage **£1,152**

**MONETISED BENEFITS: £273, 517 (health gained and costs avoided)**

**For every £1 spent, £2.47 gained**

**NB preventions costs based on 2011 accounting year and unadjusted. Assumed benefits due to CBT intervention and not 'natural recovery'**

**Allowing for 'natural recovery' for every £1 spent, £1.92 gained**