

Psychological Wellbeing and Work Pilots Briefing

With the Department of Health, we jointly commissioned work to look at how we can achieve better employment and health prospects for people with common mental health problems who are in and out of work. The findings and recommendations of the project are set out in the report *Psychological Wellbeing and Work: Improving Service Provision and Outcomes*, which was announced by the Deputy Prime Minister and published on 20 January 2014.

Based on the recommendations put forward in the Psychological Wellbeing and Work report, we took forward a number of voluntary pilots to explore the most promising and evidence-based approaches. Ministers agreed that we should first run a series of small-scale pilots to determine which of the interventions were worth exploring in larger-scale tests.

Embed employment support based on the Individual Placement and Support (IPS) model in NHS England's Improving Access to Psychological Therapy Services (IAPT).

This pilot tested whether IAPT treatment, plus employment support based on the IPS model, improves outcomes than either usual Jobcentre support or usual IAPT support for Employment and Support Allowance claimants with common mental health problems. This pilot ran from 23 June until 31 December across four Jobcentre districts (Durham & Tees Valley; Surrey & Sussex; Midland Shires; and Black Country).

Use the JOBS II model to build self-efficacy and resilience to setbacks claimants face when job seeking.

This pilot tested whether the JOBS II model (week-long group-work employment intervention which has had positive effects on job entry, emotional functioning, and mental wellbeing in other countries), improves employment and wellbeing outcomes for JSA claimants who are struggling with their job search and who are not participating in the Work Programme. This pilot ran from 26 August until 31 December across two Jobcentre Districts (Thames Valley; and Gloucestershire & West of England).

Telephone-based combined psychological and employment-related support.

This pilot tested whether a telephone-based combination of psychological wellbeing and employment-related support from specialist providers can improve employment and wellbeing outcomes for JSA claimants who are struggling with their job search and who are not participating in the Work Programme. This pilot ran from 26 August until 31 December across two Jobcentre districts (North East Yorkshire & Humber; and South Yorkshire).

Provide access to online mental health and work assessments and support.

This pilot will offer integrated employment and psychological support to people with mental health problems who are in or out of work who do not engage with face-to-face services or who prefer online transactions.

The Psychological Wellbeing and Work pilots will contribute to a better evidence base for action, and will inform our thinking about next steps not only for government but for all who have a role to play including employers, commissioners, service providers and individuals.

Second Phase

In the second phase, a larger set of pilots will quantify the impacts of the most promising interventions. The larger-scale trials will be carried out for up to three years, allowing for measurement of flows off benefits, movement into employment and sustained outcomes.