

## POLICY ON A PAGE

# Care Programme Approach Policy

## 1 PURPOSE OF THE POLICY

The Trust is required to provide mental health services using the Care Programme Approach (CPA). This approach requires trusts to provide an assurance that all people using services will have their mental health and social care needs assessed and will be involved in developing a resulting care plan that addresses their identified needs and any assessed risks associated with their situation. The NICE quality standard (2016) further emphasises that this should always be done in a way that is person centred, focused what on what the person sees as their own priorities, and involves the people that they would like involved. This policy helps define the processes and standards needed to achieve this.

## 2 PRINCIPLES

Care plans are a key document for both people receiving our care, their families, friends and carers and people delivering care, and should always be collaboratively produced based on high quality therapeutic conversation. Care plans are person-centred documents that help the person understand their care, make choices are their care and feel supported in navigating their recovery journey.

## 3 DUTIES

All clinical staff play a key role in care planning and this role is clearly defined in the full policy. Care plans can be written by and added to by any person involved in the delivery of a person's care and are reviewed and overseen by a person's lead practitioner and corresponding clinical team.

## 4 PROCEDURE

The policy is a comprehensive document that discusses standard CPA and enhanced CPA approaches and how we deliver the right care to the right people. It also discusses the expectations for care plan creation and reviews.

## 5 CONTACT

The policy is authored by the Associate Director of People Participation and the Executive Sponsor is the Chief Nurse.