

FOI_0783_2022-23 – FOI Request Concerning – Psychological therapies for people with Severe Mental Illness (SMI)

1. For each of the dates below, the number of people with SMI in your Trust area on a waiting list for psychological therapies and the average wait in days?

	At 31 March 2019	At 31 March 2020	At 31 March 2021	At 31 March 2022
The number of people with SMI on the waiting list for psychological therapies within your Trust area	149	202	213	220
	2018/19	2019/20	2020/21	2021/22
The average wait in days that a person with SMI has to wait before starting psychological therapies within your Trust area	Please be advised, that we are unable to provide the average waits as the data is taken from a database that does not capture the treatment start date in a consistent way. This would require a manual trawl of the data and assessment of the data, which would exceed the 18 hours allocated to responding to FOI's under the FOI Act 2000 and therefore is being exempt under S12 of the Act.			

2. The number of people with SMI in your Trust area who received psychological therapies from the following services in each of the financial years below?

	2018/19	2019/20	2020/21	2021/22
Primary mental health services, e.g., IAPT	This is not relevant for our IAPT service as they do not see SMI patients.			
Secondary community mental health services (excluding learning disabilities)	Please be advised, we are unable to provide this data as it is not captured in a way that identifies treatment that a patient has received. This would require a manual trawl of the data and assessment of the data, which would exceed the 18 hours allocated to responding to FOI's under the FOI Act 2000 and therefore is being exempt under S12 of the Act.			

3. Does the Trust provide the following therapies for people with SMI? If these services are provided in some of the locations you cover, please answer yes.

Type of psychological therapy	Yes/No
Cognitive behavioural therapy	Y
Cognitive behavioural therapy – ED (eating disorder)	N
MANTRA	N
Cognitive behavioural therapy – psychosis	Y
Cognitive behavioural therapy – personality disorder	N
Cognitive behavioural therapy – bipolar disorder	Y
Cognitive analytical therapy	Y
Psychodynamic therapy	N
Interpersonal psychotherapy	N
Interpersonal group therapy	N
Social rhythm therapy	N
Schema focussed therapy	N
Mentalisation-based therapy	N
Behavioural couple's therapy	n
Family intervention	Y – Families with psychosis only
Art therapy	N
Eye movement desensitisation and reprocessing therapy	Y
Other types of psychotherapy (please specify)	ACT – Acceptance and commitment therapy DBT – Dialectical behaviour therapy (full and partial)

4. How many people with SMI received the following therapies in your Trust area, in each of the financial years below?

Please be advised that therapies data is not captured in a consistent way that would allow us to identify individual therapies received. This would require a manual trawl of the data and assessment of the data, which would exceed the 18 hours allocated to responding to FOI's under the FOI Act 2000 and therefore is being exempt under S12 of the Act.

Type of psychological therapy	2018/19	2019/20	2020/21	2021/22
Cognitive behavioural therapy				
Cognitive behavioural therapy – ED (eating disorder)				
MANTRA				
Cognitive behavioural therapy – psychosis				
Cognitive behavioural therapy – personality disorder				
Cognitive behavioural therapy – bipolar disorder				

Cognitive analytical therapy				
Psychodynamic therapy				
Interpersonal psychotherapy				
Interpersonal group therapy				
Social rhythm therapy				
Schema focussed therapy				
Mentalisation-based therapy				
Behavioural couple's therapy				
Family intervention				
Art therapy				
Eye movement desensitisation and reprocessing therapy				
Other types of psychotherapy (please specify)				