

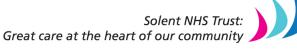
## FOI\_0783\_2022-23 – FOI Request Concerning – Psychological therapies for people with Severe Mental Illness (SMI)

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	<b>2018/19 2019/20 2020/21 2021/22</b> 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.,	This is not relevant for our IAPT service as they do not see SMI patients.			
IAPT				
Secondary community mental health	Please be advised, we are unable to			
services (excluding learning	provide this data as it is not captured in			
disabilities)	a way that identifies treatment that a			
	patient	has rece	eived. Thi	s 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 Ac 2000 and therefore is being exemp- 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	Υ
Cognitive behavioural therapy – ED (eating disorder)	Ν
MANTRA	Ν
Cognitive behavioural therapy – psychosis	Υ
Cognitive behavioural therapy – personality disorder	Ν
Cognitive behavioural therapy – bipolar disorder	Υ
Cognitive analytical therapy	Υ
Psychodynamic therapy	Ν
Interpersonal psychotherapy	Ν
Interpersonal group therapy	Ν
Social rhythm therapy	Ν
Schema focussed therapy	Ν
Mentalisation-based therapy	Ν
Behavioural couple's therapy	n
Family intervention	Y – Families with
	psychosis only
Art therapy	Ν
Eye movement desensitisation and reprocessing therapy	Υ
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)		