

6 December 2022

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Our Ref: FOI/04372

Thank you for your request concerning Psychological Therapies For People With Severe Mental Illness (SMI) - also known as Severe Mental Health Problems (SMHP)

Your request has been considered and processed in accordance with the requirements of the Freedom of Information (FOI) Act 2000.

- 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?**

**For clarity, this request is relation to psychological therapies provided for patients who experience severe mental illness (SMI), also known as severe mental health problems (SMHP).**

	At 31 March 2019	At 31 March 2020	At 31 March 2021	At 31 March 2022
<b>The number of people with SMI on the waiting list for psychological therapies within your Trust area</b>				
	<b>2018/19</b>	<b>2019/20</b>	<b>2020/21</b>	<b>2021/22</b>
<b>The average wait in days that a person with SMI has to wait before starting psychological therapies within your Trust area</b>				

We provide psychological therapies for service users within our services but it not possible to accurately provide you with waiting list information. Psychological Therapy operates as an integrated part of the service and is not always recorded in an extractable manner through our Electronic Patient Recording (EPR) system.

In addition we would not be able to provide you with the number of service users with SMI on our waiting for psychological therapies because we do not separate service users care into SMI and non SMI.

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				
Secondary community mental health services (excluding learning disabilities)				

As explained under question 1 we are unable to provide the number of service users with SMI who received psychological therapies in our IAPT and Community Services because the diagnosis table does not identify SMI.

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.

We provide the following Psychological Therapy.

Type of psychological therapy	CMHT	IAPT
Cognitive behavioural therapy	Yes	Yes
Cognitive behavioural therapy – ED (eating disorder)	Yes	No
MANTRA	Limited	No
Cognitive behavioural therapy – psychosis	Yes	No
Cognitive behavioural therapy – personality disorder	Yes	No
Cognitive behavioural therapy – bipolar disorder	Yes	No
Cognitive analytical therapy	Limited	No
Psychodynamic therapy	Yes	No
Interpersonal psychotherapy	Yes	Yes
Interpersonal group therapy	Yes	Yes
Social rhythm therapy	No	No
Schema focussed therapy	Limited	No
Mentalisation-based therapy	Limited	No
Behavioural couple's therapy	No	No
Family intervention	For Psychosis	No
Art therapy	Yes	No
Eye movement desensitisation and reprocessing therapy	Yes	Yes
Other types of psychotherapy (please specify)		
Dynamic Interpersonal Therapy	Yes	Yes
Dramatherapy	Yes	Yes

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

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)				

Please see explanation given under question 1 and 2. We are unable to provide this information in the format you have requested because we do not separate service users care into SMI and non SMI.

Should you require further clarification, please do not hesitate to contact me.

Please find enclosed an information sheet regarding copyright protection and the Trust’s complaints procedure in the event that you are not satisfied with the response.

Yours sincerely

*Sue Smith*

**Sue Smith  
Information Rights Officer**

Enc: Copyright Protection and Complaints Procedure Information Leaflet.

If you would like to complete a short survey in relation to your Freedom of Information request please scan the QR code below or click [here](#).

