

3 August 2018

## Freedom of Information Request – Ref: FOI 089-1819

Thank you for your recent Freedom of Information request about Psychological Therapies. Please find the Trust's response below.

2gether NHS Foundation Trust provides mental health and learning disabilities services to the counties of Gloucestershire and Herefordshire. The information below relates to community based Psychological Services to Adults. We provide IAPT services for anxiety and depression. These are primary-care facing. Additionally we have community based Psychological services that sit in secondary care and work with greater complex and risk. Secondary care services are multi-disciplinary.

- How many service users are waiting within the community mental health services for psychological therapy?  
**Gloucestershire = 27**  
**Herefordshire = 8**
- How long are individuals on waiting lists for psychological assessments within community mental health services?  
**Gloucestershire Average wait to assessment = 16 days**  
**Herefordshire Average wait to assessment = Data unavailable but people normally seen within 14 days**
- How long are individuals on waiting lists before receiving the first appointment for psychological therapy within secondary care/community mental health services?  
**Gloucestershire Average wait assessment to treatment = 51 days**  
**Herefordshire Average wait assessment to treatment = Data unavailable for Herefordshire as the service is embedded as part of the wider CMHTs**
- What are the range of therapies your community/secondary care psychology service deliver?  
**Level 0:** Mental health promotion and raising awareness of the services  
**Level 1:** Pre-treatment stage;  
Interventions provided:
  - Problem identification and support
  - Active monitoring and referral**Level 2** (Low intensity interventions)  
Interventions provided:
  - Consultation and assessment
  - Social Support, Psycho-education
  - Psycho-educational groups
  - Guided self help
  - Community links (signposting support)
  - Medication support
  - Collaboration with Expert Patient Programme
  - Structured group physical activity programmes**Level 3** (More intensive interventions\*)  
Interventions Provided as part of MDT or Specialist team\*

- Psychological formulation by MDT in consultation with psychological practitioner to inform care/intervention plan delivered by service
- Psychological intervention by MDT in consultation with psychological practitioner

**Level 4** (Most complex issues and most Specialist interventions\*)

Interventions Provided as part of MDT or Specialist team

- Specialist assessment and formulation by psychological practitioner to inform care delivered by service
- Specialist evidence-based psychological intervention (group or individual) by psychological practitioner
- Support, advice and consultancy to stakeholders to enable and facilitate their interactions with and understanding of particular patients.

Approaches to these activities draw on evidence based psychological models such as:

- Consultation and assessment, Arts Therapy, Cognitive Analytical Therapy (CAT), Cognitive Behavioural Therapy, Dialectical Behavioural Therapy (DBT), EMDR, Family & Cognitive Interventions for Schizophrenia, Integrative Psychotherapy, Interpersonal Therapy, Mentalisation-Based- Therapy, Mindfulness based Cognitive Behavioural Therapy/ Third wave therapies, Psychodynamic Therapy, Psychologically informed environments, Schema-focused Cognitive therapy, Schema-focused Cognitive therapy, Systemic Therapy, Trauma Focused Therapies.
  - Work may be with individuals, couples, families, groups, systems and organisations
- The above are examples of therapies within our Services. Not all will be available in every locality.

Should you have any queries in relation to our response in this letter, please do not hesitate to contact me. If you are unhappy with the response you have received in relation to your request and wish to ask us to review our response, you should write to:-

Anna Hilditch  
 Assistant Trust Secretary,  
 2gether NHS Foundation Trust  
 Rikenel  
 Montpellier  
 GLOUCESTER GL1 1LY  
 Tel: 01452 894165  
 E-mail: [anna.hilditch@nhs.net](mailto:anna.hilditch@nhs.net)

If you are not content with the outcome of any review, you may apply directly to the Information Commissioner's Office (ICO) for further advice/guidance. Generally, the ICO will not consider your case unless you have exhausted your enquiries with the Trust which should include considering the use of the Trust's formal complaints procedure. The ICO can be contacted at: The Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire SK9 5AF.

Yours sincerely,

*Lisa Evans*

**LISA EVANS**  
**Information Governance Officer**  
**2gether NHS Foundation Trust**

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