

Compliance Team – Health Records

Kestrel House
Hellesdon Hospital
Drayton High Road
Norwich
Norfolk
NR6 5BE

Tel: 01603 421687
Fax: 01603 421411

FOI REQUEST NUMBER 147 2016

Request and Response:

1. What is the current waiting time for treatment for talking therapies in your area in primary healthcare? Please break down the wait for each type (or 'choice of modality') which is available in your area. **The Trust provides primary care services under the IAPT Service, We are only able to provide wait times into the service, we do not record wait times to different treatments.**

For the period 01/12/2016 – 31/12/2016 96.65% of referrals were seen in 42 days or less in the IAPT, Norfolk Service

For the period 01/12/2016 – 31/12/2016 93.60% of referrals were seen in 42 days or less in the IAPT, Suffolk Service

2. What is the current longest wait for talking therapies in your area in primary healthcare? That is, what length of time has the person who's been waiting the longest been waiting? Please give the wait for each type of therapy (or 'choice of modality') which is available in your area. **We do not record this information.**
3. What is the current waiting time for treatment for talking therapies, appointments with psychologists or psychiatrists in your area in secondary healthcare? (Please break down the wait for each type (or 'choice of modality') which is available in your area. **We do not record this information.**
4. What is the current **longest** wait for talking therapies, appointments with psychologists or psychiatrists in your area in secondary healthcare? That is, what length of time has the person who's been waiting the longest been waiting? Please give the wait for each type of therapy (or 'choice of modality') which is available in your area. **We do not record this information.**

For the above questions please provide the figure for referral to first treatment waiting time, not referral to 'assessment' or 'intervention' time.

5. How many referrals have there been into adult mental health services in your area at a) primary care level and b) secondary care level in the calendar years 2013, 2014, 2015 and 2016 to date. Please break referrals down into talking therapies and overall mental health referrals, if possible.

Below are the referrals into Primary and Secondary care please note that all external referrals to the trust includes primary and secondary care, forensic and substance misuse from 01/01/2013 to 30/11/2016. Please note that due to a new system implementation the months of October to December 2015 for Primary Care have been estimated.

Service/Year	2013	2014	2015	2016
Primary - Adult	26244	30226	29383	31376
Secondary - Adult	39000	40520	41298	35972

6. What is the maximum number of talking therapy sessions an adult, eligible for therapy, can receive in your area at primary and secondary care level. - **The maximum number of sessions of talking therapy a person would receive in one episode (referral) is approximately 20. Wellbeing follows NICE guidelines in relation to the number of sessions of therapy that a person with a mild to moderately severe depression or anxiety disorder may receive in order for talking therapy to be effective. This maximum number varies depending on the type of talking therapy being offered, and the particular presenting problem that the person has, and the modality of the therapy they are receiving. The maximum number of sessions would be 20 session for a person with moderately severe depression. Other anxiety and depression presentations vary between 6-16 sessions as a guide.**

The Trust provides a complaints procedure to deal with complaints about the Trust's handling of requests for information. If you feel you need to make a complaint, in the first instance, you should contact a Non-Executive Director via the Chair of the Trust. If you feel you have exhausted our internal complaints procedure, you also have the right and may feel you wish to write to the Information Commissioner who can be contacted on telephone number 01625 545740 or at www.ico.gov.uk