

**FOI 095/2022**

Psychological therapies for people with Severe Mental Illness (SMI) - also known as Severe Mental Health Problems (SMHP)  
 \*\* Our definition of SMI is adults with a diagnosis of psychosis, 'personality disorder', eating disorder or bipolar disorder.

I am writing to you on behalf of the mental health charity Mind to request the following information about adult mental health services in your Trust under the Freedom of Information Act 2000.  
 We are asking all Mental Health Trusts in England about the provision of psychological therapies for people with severe mental illness (SMI). This is to:  
 • Inform our research into availability and types of psychological therapies provided for people with SMI  
 • Help give us a picture of what is happening nationally.

We will not use any data received to compare the performance of individual Trusts. Also, we are aware that provision of services will change over the coming months and years, as part of community mental health transformation plans.

Clarification:  
 - The definition of SMI is any ICD-10 diagnosis prefixed with the following:  
 F20, F21, F22, F23, F24, F25, F26, F29, F30, F31, F32, F33, F50, F5

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?

Clarification:  
 - Where referral to psychological therapy occurred during an active SMI diagnosis period  
 - Reflects the waits for treatment in 4 specialised services (Eating Disorders, Bipolar, Specialised Psychology Services, Art Psychotherapy) as these have a clear referral received date. Wait for psychology within the wider CMHT are not included as these waits can not be disaggregated from the wider CMHT referral (i.e. no clear start date for wait). As such the below figures are based on wait from referral received to first seen date for the 4 specialised services and not on activity codes.  
 - Average days reflects those still waiting on their insight date

	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	41	78	53	79
	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	56	89	110	86

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?

Clarification:  
 - IAPT do not diagnose patients, SMI could only be cross-checked if they were previously open to secondary services in the Trust at which point they received a diagnosis which would not be reliable for assuming this is the reason for referral to IAPT  
 - Count represents distinct number of individuals  
 - People receiving therapy defined as those having attended contacts with psychology-related professionals. Querying the wide ranging available activity codes would be too cumbersome to retrieve. This is different to Q4 which queries the use of specific activity codes.

	2018/19	2019/20	2020/21	2021/22
Primary mental health services, e.g., IAPT	-	-	-	-
Secondary community mental health services (excluding learning disabilities)	2303	2335	1666	1541

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

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

Clarification:  
 - Count represents distinct number of individuals  
 - CBT (for Eating Disorders, Bipolar and Personality Disorders) has been derived as those either open to the specialised service (for ED or Bipolar) or those with the relevant diagnosis (for PD) receiving a contact under the activity code for 'Formal CBT'  
 - MANTRA has been derived as those in Eating Disorders Services receiving 'Formal Integrative Therapy'  
 - All other activities determined as those recorded against the below:

- IAD2 Behavioural couples therapy
- IAD5 Dynamic interpersonal therapy (DIT)
- TP12 Cognitive Behaviour Therapy
- TP14 Interpersonal Psychotherapy
- TP15 Focal Psychodynamic Therapy
- TP16 Cognitive Behavioural Therapy for Psychosis (CBTp)
- TP20 Cognitive Behavioural Therapy for Eating Disorders
- TP22 MBT Mentalisation Based Therapy
- TP40 Art Psychotherapy
- TP42 Eye Movement Desensitisation and Reprocessing
- TP43 Formal Behavioural Family Therapy
- TP44 Formal Brief Psychodynamic Psychotherapy
- TP48 Formal Cognitive Analytic Therapy
- TP60 Formal Interpersonal Psychotherapy (IPT)
- TP64 Formal Psychodynamic Psychotherapy
- TP66 Formal Schema Focussed Therapy
- TP74 Formal Systemic Family Practice

Type of psychological therapy	2018/19	2019/20	2020/21	2021/22
Cognitive behavioural therapy	13	16	14	22
Cognitive behavioural therapy – ED (eating disorder)	28	55	37	38
MANTRA	67	96	76	79
Cognitive behavioural therapy – psychosis	8	27	19	13
Cognitive behavioural therapy – personality disorder	64	60	52	73
Cognitive behavioural therapy – bipolar disorder	148	144	89	120
Cognitive analytical therapy	12	9	11	10
Psychodynamic therapy	50	41	60	42
Interpersonal psychotherapy	0	0	1	2
Interpersonal group therapy	0	1	3	0
Social rhythm therapy	-	-	-	-
Schema focussed therapy	3	3	8	7
Mentalisation-based therapy	0	0	0	0
Behavioural couple's therapy	0	0	0	0
Family intervention	28	18	15	12
Art therapy	53	80	101	94
Eye movement desensitisation and reprocessing therapy	15	25	22	14
Other types of psychotherapy (please specify)	-	-	-	-

Please note that the number of people in Q2 (receiving psychological therapies) and Q4 (receiving specified therapies) will not equate.  
 Q2 reflects the number of people who received a contact with a psychology-related professional, whereas Q4 are just the number receiving those specific activities. The difference between the two values has not been included in Q4 under 'Other types of psychotherapy (please specify)' as that wider input from psychologists in the Trust is not necessarily a psychotherapy and may form other type of psychological intervention.