

Freedom of Information Act 2000 disclosure log entry

Reference

16-17048

Date sent

18/5/16

Subject

Talking Therapies Waiting Times

Details of enquiry

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.
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.
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.
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.
5. For the above questions please provide the figure for referral to first treatment waiting time, not referral to 'assessment' or 'intervention' time.
6. 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.
7. 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.

Response

Tavistock and Portman NHS Foundation Trust

Waiting Times for Primary and Secondary Care Mental Health Services (Prepared in response to FOI Request Ref:16-17048 on 8th June 2016)

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Data for each of the Trust's 4 Adult mental health services has been set out as follows:

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NB: Our response is set out in this report, by Adults service – of which we have 4, so each question has been answered four times, each one being in the order of your request.

Our Services are all highly specialist outpatient mental health services. TAP and PCPS are based within doctors' surgeries in Hackney and Camden, and the Adult Complex Needs and Portman Clinic are both clinic-based services, receiving referrals predominately from Greater London, but also from the whole of the UK.

Team Around the Practice – TAP
TAP is a primary care psychotherapy service.

1. The current waiting time for treatment from referral for talking therapies in Team Around the Practice is five months

2. The longest wait is five months, this is based on a number of factors including:
 - situations where patients have chosen to wait to be seen in their own surgery rather than receive a treatment more quickly in another setting,
 - Waiting times vary according to demand and can change.

Priority will always be given according to clinical need (for example where there is greater risk or the opportunity to engage may be limited by situational factors) over and above place on a waiting list.

We communicate regularly with waiting patients to keep them informed of waiting times and to offer the opportunity and possibility of a further review meeting if this is requested or a patient needs to be in touch whilst waiting.

Therapy Type	Current Wait	Longest Wait	Maximum Sessions
Individual brief dynamic therapy	3 months	5 months	16
Social Prescribing	1 month	3.5 months	6
Photography Group	0 weeks	12 weeks	12

3. Refers to secondary care – not applicable to this primary care service

4. Refers to secondary care – not applicable to this primary care service

Cont'd...../3

TAP (Primary Care Psychotherapy Service) 2/..... Cont'd

5.
 - a. Referrals into adult mental health services at primary care level; this service is new, so we can only provide data since March 2015, it includes talking therapies and overall mental health referrals :

July 2015-March 2016 – 710 referrals
 - b. This service does not provide secondary care services

6. We make a distinction between the assessment (consultation phase) and treatment
 - a) Assessment/consultation: 2 - 3 sessions

 - b) Actual treatment: 4 – 16 sessions

 - c) Maximum treatment: 16 sessions

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Primary Care Psychotherapy Consultation Service (PCPCS)

1. The current waiting time for treatment from referral for talking therapies in Primary Care Psychotherapy Consultation Service is 15 months.
2. The longest wait is 17 months. The PCPCS waiting list is not separated into modality.

Therapy Type	Current Wait	Longest Wait	Maximum Sessions
Individual brief dynamic therapy	15 Months	17 Months	16
Family / couple therapy	15 months	12 months	16
Group therapy	0	5 months	20
Photography Group	6 months	13 months	10

3. Refers to secondary care – not applicable to this primary care service
4. Refers to secondary care – not applicable to this primary care service
5. Referrals into adult mental health services at primary care level; this includes talking therapies and overall mental health referrals

2012-13 – 461 referrals
 2013-14 – 594 referrals
 2014-15 – 882 referrals
 2015-16 – 934 referrals

6. The maximum number of talking therapy sessions is 16 sessions

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Adult Complex Needs Clinic Secondary Care Service

1. Refers to primary care – not applicable to this service
2. Refers to primary care – not applicable to this service

3.

Talking therapy modality	Current waiting time (days)
Individual once weekly	159 days (standard adult psychotherapy)
	218 days (Fitzjohn's Unit – for severe and enduring mental health problems)
Individual intensive (2-3 times weekly)	270 days
Group therapy	249 days
Couples therapy	287 days

4.

Talking therapy modality	Current longest wait (days)
Individual once weekly	655 days (standard adult psychotherapy)
	414 days (Fitzjohn's Unit – for severe and enduring mental health problems)
Individual intensive (2-3 times weekly)	565 days
Group therapy	655 days
Couples therapy	575 days

Cont'd...../6.

Adult Complex Needs Clinic
(Secondary Care Service) 5/..... Cont'd

5.

Year	Number of referrals (all for talking therapies)
2013	470
2014	432
2015	536
2016 to date	151

6.

- a) The only treatment modalities with set numbers of sessions are couples therapy and brief treatment.
- b) Most treatments are offered on the basis of time periods (e.g. 18 months) rather than number of sessions.
- c) The number of sessions was calculated as follows, using an estimate of 42 weeks of therapy per year, taking into account therapy breaks over the holidays:
length of treatment (years) x 42 x number of sessions per week

Talking therapy modality	Maximum number of sessions
Individual once weekly	18 months for standard adult psychotherapy: roughly 60 sessions 24 months for Fitzjohn's unit (severe and enduring mental health problems) – followed up by an open-ended group of roughly 80 sessions
Individual intensive	3 per week for 3 years: roughly 380 sessions
Individual intermittent	No set maximum
Group therapy	No set maximum
Couples therapy	20 sessions
Trauma therapy	No set maximum
Brief treatment	16 sessions

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Portman Clinic
Specialist Secondary Care Mental Health Clinic
For Children, Adolescents & Adults Disturbed by their enactment of delinquency, criminality, violence or sexually damaging behaviours.

1. Refers to primary care – not applicable to this secondary care service
2. Refers to primary care – not applicable to this secondary care service
3. Assessment waiting time: 8 weeks average
Treatment waiting time: 5 weeks average
4. The longest wait between referral and treatment is 16 weeks.
5. Referrals to the Portman clinic are:
2013/14 291 referrals
2014/15 247 referrals
2015/16 301 referrals
6. This clinic offers open ended psychotherapeutic treatment to some of the most damaged and disturbing patients in the care system.

This service only offers secondary care services.

Historical data shows that most treatments lasts no more than 3 years.

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