

## Freedom of Information Act 2000 disclosure log entry

### Reference

20-21041

### Date sent

29/07/20

### Subject

Children referred to CAHMS

### Details of enquiry

1. Number of children referred to your service in 2019
2. Average waiting times for your service in 2019
3. Average number of sessions for your service in 2019
4. Number of children rejected from your service in 2019 and reasons
5. Does the service offer 'low intensity' interventions e.g., guided self-help?
6. Does the service offer 'high intensity' interventions e.g., a full 12-20 session course of psychological treatment delivered by a qualified clinician?
7. Does your service offer 'stepped care' i.e., starting with a low intensity intervention and then moving onto a high intensity one?

### Response Sent

1. Number of children referred to your service in 2019  
2654
2. Average waiting times for your service in 2019  
28 days
3. Average number of sessions for your service in 2019  
The average was 27 across all the various CAMHS services for those discharged in 2019
4. Number of children rejected from your service in 2019 and reasons  
18 due to not meeting the requirements of the service and they were sign-posted to the correct services
5. Does the service offer 'low intensity' interventions e.g., guided self-help?  
Yes, largely via our schools based teams
6. Does the service offer 'high intensity' interventions e.g., a full 12-20 session course of psychological treatment delivered by a qualified clinician?  
Yes

7. Does your service offer 'stepped care' i.e., starting with a low intensity intervention and then moving onto a high intensity one?

No - the Trust operates under the THRIVE model which is based on need rather than diagnosis or set health care pathways <http://implementingthrive.org/about-us/the-thrive-framework/>