

Our Ref: NG/RM/24332
Date: 7th October 2024

Nicola Griffiths
Deputy Director of Governance
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Lawton House
Bellringer Road
Trentham
ST4 8HH

Reception: 0300 123 1535

Dear

Freedom of Information Act Request

I am writing in response to your e-mail of the 12th September 2024. Your request has been processed using the Trust's procedures for the disclosure of information under the Freedom of Information Act (2000).

Requested information:

Under the Freedom of Information Act (2000) we would like to make a request for information relating to the provision of Single Session Interventions (SSIs) within Child and Adolescent Mental Health Services (CAMHS) within North Staffordshire Combined Healthcare NHS Trust from the financial year 2023-24. You can complete this in a body email reply or by filling in the attached word document version and sending it on return email as an attachment.

Please see Appendix 1 attached.

If you are dissatisfied with the handling of your request, you have the right to ask for an internal review of the management of your request. Internal review requests should be submitted within two months of the date of receipt of the response to your original letter and should be addressed to: Dr Buki Adeyemo, Chief Executive, North Staffordshire Combined Healthcare Trust, Trust Headquarters, Lawton House, Bellringer Road, Trentham, ST4 8HH. If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF.

Yours sincerely



Nicola Griffiths
Deputy Director of Governance

Name of Trust: **North Staffordshire Combined Healthcare**

A **Single Session Intervention (SSIs)** is a planned one-time intervention that is designed to provide individuals with immediate support and guidance for a specific issue or problem. That is, it is therapeutic in intent, and delivered as a standalone intervention, without presuming follow up or repeat use. It includes 'single session therapy', provided by a therapist from any therapeutic modality, and also self-help interventions designed intentionally to be used just once. Note that a one-off assessment (without providing guidance or therapeutic support) is not considered to be a single session intervention.

Our FOI request consists of 4 questions, pertaining to the financial year 2023-24:

1) Please mark X in the appropriate box:

	Yes	No
Did any services within your trust provide SSIs to Children and Young People (CYP)?	X	

2) If yes, which services and what SSIs did they offer? (please give as much detail as possible about these, including whether these are individual/group, aimed at a specific type of disorder or age group, what therapeutic modality/model these are based on)

Mental Health Practitioners are based in 13 Primary Care Networks (PCNs) across North Staffordshire & Stoke on Trent aligned to GP practices. The MHP's offer a Mental Health assessment, information advice and guidance to CYP who have presented in Primary Care with a mental health presentation. This may include signposting, onward referral to specialist mental health service, self-help and psychoeducation.

MHP's are registered Mental Health Professionals.

This is not consistent across all of the PCN footprint as PCNs have agreed age range of patient cohort based on individual PCN needs, health inequalities, and agreement at local level. Therefore, some PCN Mental Health Practitioners do not see CYP referrals.

3) Who delivered these interventions? (please mark X for all that apply)

Practitioner Psychologists (incl. Clinical Psychologists, Forensic Psychologists, Counselling Psychologists, etc)	
Assistant Psychologists	
Trainee Psychologists/Clinical Associate Psychologists	
Consultant Psychiatrists	
Trainee Psychiatrists/Registrars	
Support Workers	X
Mental Health Nurses	X
Mental Health Practitioners (including Education Mental Health Practitioners, Child Wellbeing Practitioners)	
Family therapists	
Occupational therapists	
Social Workers	
Psychoanalytic Psychotherapists	
Other (please explain)s	

4) At what point(s) in the care pathway are SSIs are offered to CYP/families? (Please mark X to all that apply)

Whilst waiting	X
As an additional source of help to users offered other therapeutic provision like medication or psychological therapy	
As a first step to accessing help	X
As a crisis intervention	X
Other (please explain)	