

Our Ref: LW/lmw/FOI.167.23
Date: 21st June 2023

Laurie Wrench
Deputy Director of Governance
North Staffordshire Combined Healthcare NHS Trust
Lawton House
Bellringer Road
Trentham
ST4 8HH

Tel 01782 275030

Dear

Freedom of Information Act Request

I am writing in response to your e-mail of the 30th May 2023. Your request has been processed using the Trust's procedures for the disclosure of information under the Freedom of Information Act (2000).

Requested information:

Please can you provide the data that answers the following questions:

- What is the current waiting time from referral to first appointment for mental health therapy in general, and what was the waiting time 1, 5, and 10 years ago?
- What is the current waiting time from referral to first appointment for the following, and what was the waiting time 1, 5, and 10 years ago?
 - Cognitive behavioural therapy (CBT)
 - Guided self-help
 - Counselling
 - Behavioural activation
 - Interpersonal therapy (IPT)
 - Eye movement desensitisation and reprocessing (EMDR) Mindfulness-based cognitive therapy (MBCT) Psychodynamic psychotherapy Couple therapy
- What other mental health therapy options do you offer and what are the waiting times from referral to the first appointment, currently, 1, 5, and 10 years ago?

The Trust is unable to respond to this request in the format in which it was requested. As a Trust we don't hold wait times for therapy services. As a complex needs Trust, our function is as a provider of mental health treatment in generic psychiatric services rather than therapies in psychological services.

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

L. Wrench

Laurie Wrench
Deputy Director of Governance



Chairman: David Rogers
Chief Executive: Dr Buki Adeyemo
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