

FOI 3782

21st May 2026

FREEDOM OF INFORMATION ACT 2000 – INFORMATION REQUEST

Please provide information on model of psychological therapy services provided by or commissioned by each Health and Social Care Trust to access early intervention and prevention of mental health issues.

In particular:

Q1. How are early intervention and prevention services provided and by whom (Statutory services, C&V, Independent provider)

Response:

The SHSCT has an Adult Psychological Therapies service which includes Steps to Wellness (STW) Condition Management Programme (CMP) Cognitive Behaviour Therapy (CBT) and Psychology.

Steps to Wellness offers early psychological intervention in line with Regional Mental Health Care Pathway - Stepped Care Model, the level of intervention is determined by STW practitioner in collaboration with service user during their mental health telephone assessment.

Step 2 intervention, 6-8 condition specific group sessions are offered.

Step 3 intervention, 10 condition specific group sessions are offered.

Dependent on need service users maybe signposted to various C&V sector organisations, no independent providers.

Q2. How many referrals are received per year over the past two years

Response:

	Referrals Received	Referrals Accepted
1 st May 24-1 st May 25	3806	3790

Due to the introduction of the EPIC Electronic Healthcare system in May 25 we are unable to provide validated figures from this date.

Q3. What is the current waiting time for assessment and if there is a secondary wait for intervention (for example with a C&V organisation), please state this.

Response:

Six week wait for assessment with Steps to Wellness.

Groupwork runs on a rolling programme with wait times varying from 4-16 weeks.
Small 1:1 provision varies depending on demand average wait time is 9 weeks
Wait times for those signposted to C&V will vary for each organisation.

Q4. How many referrals are waiting to be seen for assessment.

Response:

118 waiting for assessment.

Q5. Is there variation in waiting times within Trusts, e.g. between locality offices?

Response:

No variation due to the predominantly virtual nature of this service.

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