

FOI 2571

14<sup>th</sup> August 2024

## **FREEDOM OF INFORMATION ACT 2000 – INFORMATION REQUEST**

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This is a request for information under the Freedom of Information Act for information on Primary Care Talking Therapy Hubs.

Please provide the following information for 2023/24.

1. No of referrals received.

**Referrals received in 2023/24 by Steps to Wellness service was 2959.**

2. Average length of waiting time for first treatment appointment (not assessment)

**Average length of time from referral to second contact (beginning of intervention) was 84 days in year 2023/24.**

3. Breakdown of waiting time data, measured from referral received from the GP to first appointment, as follows:

- i. Longer than 1 month - **921**
- ii. Longer than 3 months – **47**
- iii. Longer than 6 months - **0**
- iv. Longer than 12 months - **0**

4. Average number of sessions provided.

**Average number of sessions provided was 6.**

5. Outcomes of treatment recorded - Referrals that were accepted by the service and closed in year 23/24

<b>Outcomes</b>	<b>Numbers</b>
Engaged in STW provision	556
Signposted to Community & Voluntary sector	749
Not motivated to attend	848
Declined STW service	273
Referred to Community Mental Health Services	10
No longer required service	65

6. Demographic and geographic data – Referrals received in year 23/24

<b>Gender</b>	<b>No. of referrals</b>
Female	1992
Male	967
Total	2959

<b>Age band</b>	<b>No. of referrals</b>
16-18	62
19-64	2736
65-74	126
75-84	30
85+	5
Total	2959

<b>Local Government District</b>	<b>No. of referrals</b>
Antrim	<5*
Armagh	545
Ballymena	<5*
Banbridge	303
Belfast	<5*
Cookstown	7
Craigavon	1152
Down	<5*
Dungannon	447
Lisburn	5
Newry & Mourne	464
Not Recorded	28
Total	2959



## Southern Health and Social Care Trust

\* The Trust has a legal duty to protect patient confidentiality and, in line with this duty, the figure <5 has been provided where figures are very low. This is because of the potential risk of identification of an individual. In reaching this decision the Trust has taken into account the small geographical area which the Trust serves and the sensitivity of the information requested. In addition the Trust has taken into account the fact that all information disclosed in response to an FOI is disclosed to the 'world at large' and is published on the Trust website.

S 40 (2) (third party information) of the Freedom of Information Act 2000 has been applied to exempt the redacted information from disclosure. The Trust does not consider the disclosure of the redacted information to be fair to the individuals concerned as there is the potential risk of identification of an individual(s) which they would not expect, and which would therefore breach the fairness element of the first principle of the Data Protection Act 2018.

7. Details of geographic areas in your Trust currently not serviced by the PCTT Hubs.

### **STW accepts referrals and delivers service across the SHSCT area.**

8. Work undertaken to expand the capacity and reach of the PCTT Hubs during 2023/24

**During 2023/24 STW has engaged with a wide variety of internal and external stakeholders, held focus group with service users and proactively endeavours to gain service user feedback in which to inform future develops.**

9. Spend for 2023/24

**SHSCT Steps to Wellness recurring revenue expenditure for financial year 2023/24 of £790,420 (1st April 2023 until 31st March 2024).**

10. Budget for 2024/25.

**SHSCT Steps to Wellness recurring revenue budget for financial year 2024/25 (1<sup>st</sup> March 2024 until 31<sup>st</sup> March 2025) at the date of reply of £1,335,673.**

11. List of providers contracted by the Trust to provide talking therapies.

**No independent sector providers contracted by Trust to provide talking therapies for STW.**

12. Progress with plans to integrate Talking Therapy Hubs into the Multi-Disciplinary Team /GP Federation model.

**SHSCT has worked in collaboration with SHSCT area GP MDT's in the development of STW.**

Please Note: Southern Health & Social Care Trust piloted a new service called Steps to Wellness (STW) in 2022. From 1st Feb 2022 all PCTT referrals have been redirected through STW. STW is an Increasing Access to Psychological Therapies (IAPT) aligned service, providing the same provision as SHSCT Well Mind Hub (PCTT) but with additional access to a wide variety of Step 2 and Step 3 CBT based group interventions and one to one session where appropriate. Interventions focus on self-help and upskilling people to manage their difficulties. This is a largely remote/digital service offering psychoeducation and intervention.

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