Ref No: 039 DGS
7 June 2016

Dear

Further to your request for information dated 13 May 2016 the information requested is below.

Q1. What is the current waiting time for treatment for talking therapies in your area in primary healthcare? Please break down the wait for each type (or ‘choice of modality’) which is available in your area

There is an average waiting time data as to how long people waited for treatment.

The following chart shows the average on a month by month basis for the financial year 2015-2016 resulting in an overall average of 18.9 days wait counted from referral to treatment

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</thead>
<tbody>
<tr>
<td>Days</td>
<td>20.8</td>
<td>17.6</td>
<td>14.9</td>
<td>13.6</td>
<td>15.2</td>
<td>18.9</td>
<td>19.1</td>
<td>21.6</td>
<td>20.2</td>
<td>20.9</td>
<td>22.1</td>
<td>22.0</td>
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The figure for April 2016 is 23.7 days. We are unable to break down these figures further into how they relate to choice of modality, as this information is not routinely stored.

Q2. What is the current longest wait for talking therapies in your primary healthcare? That is what length of time has the person who’s been waiting the longest been waiting? Please give the wait for each type of therapy (or ‘choice of modality’) which is available in your area.
At close of play on 3 June 2016, the person still on our current waiting list who has been waiting the longest shows 86 days from referral. The client has been assessed as appropriate for Step 2 services, has declined immediately available group sessions, and is only available for individual therapy on Tuesday mornings in a specified town. We are waiting for such a slot to become available.

During the financial year 2015-16 the person who waited longest from referral to first therapy session showed a wait of 99 days from referral. The client was assessed as appropriate for Step 3 services, and was unable to attend immediately available group sessions. They requested a particular named therapist, which request was honoured, however were only available to attend therapy at a specific time of day, and limited to 2 particular days of the week.

The CCG has provided some contextual background to the above to illustrate the element of client choice in extended waiting times. The CCG is unable to give waiting times for different modalities, as this information is not routinely stored.

4. **What is the maximum number of talking therapy sessions a young person, eligible for therapy, can receive in your area at primary and secondary care level.**

Talking Therapies is not currently part of the Children and Adolescents Mental Health Services Contract for NHS Dartford Gravesham and Swanley Clinical Commissioning Group (CCG). The CCG is currently working with providers to develop talking therapies as part of our transformation plan for children and young people.

5. **How many referrals have there been into adult mental health services in your area at a) primary care level and b) secondary care level in the calendar years 2013, 2014, 2015 and 2016 to date.**

If referral into adult mental health at a primary care level is defined as any source referral to North Kent Mind IAPT services, the following figures apply

<table>
<thead>
<tr>
<th>Calendar Year</th>
<th>Referrals</th>
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<tbody>
<tr>
<td>2013</td>
<td>1489</td>
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<tr>
<td>2014</td>
<td>2092</td>
</tr>
<tr>
<td>2015</td>
<td>2736</td>
</tr>
<tr>
<td>2016 (to end May 2016)</td>
<td>1712</td>
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</table>

Please note that there is a significant attrition rate between figures for referral and figures for people assessed, as in the event some proportion of clients do not attend allocated assessment sessions.

6. **What is the maximum number of talking therapy sessions an adult, eligible for therapy, can receive in your area at primary and secondary care level.**

The CCG operates under an Any Qualified Provider Model. Within this, the tariffs paid by the NHS Commissioner are paid per person-treatment NOT per session delivered. Theoretically then there are no contractual constrains placed on the maximum number of sessions a person can receive. In practice, this is an internal matter for each provided based on
(a) Therapeutic effectiveness
(b) Individual Need
(c) Financial Issues
(d) Pressure of unmet need of clients on a waiting list

For North Kent Mind, the CCG’s limits for clients assessed as step 3+ tends to be 20 individual sessions, but the CCG also allow up to 8 sessions of group therapy for all clients, which would give a grand total of 28. As clients are allowed to be re-referred following completion of a series of sessions, additional sessions can also be given to those at step 2 or step 3.