



**East London**  
NHS Foundation Trust

**Information Governance**

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9<sup>th</sup> September 2022

**Our reference: FOI DA4267**

Dear

I am responding to your request for information received **1<sup>st</sup> July 2022**. I am sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,

Shuchi Joshi  
Information Governance Coordinator – Information Rights

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 0303 123 1113  
Web: [www.ico.org.uk](http://www.ico.org.uk)

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**Request:**



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.

**We care . We respect . We are inclusive**

**Chief Executive:** Paul Calaminus  
**Interim Chair:** Eileen Taylor

I am writing to you on behalf of the mental health charity Mind to request the following information about adult mental health services in your Trust under the Freedom of Information Act 2000.

We are asking all Mental Health Trusts in England about the provision of psychological therapies for people with severe mental illness (SMI). This is to:

- Inform our research into availability and types of psychological therapies provided for people with SMI
- Help give us a picture of what is happening nationally.

**Question 1:** For each of the dates below, the number of people with SMI in your Trust area on a waiting list for psychological therapies and the average wait in days?

Answer:

	At 31 March 2019	At 31 March 2020	At 31 March 2021	At 31 March 2022
The number of people with SMI on the waiting list for psychological therapies within your Trust area	44	28	30	15
	2018/19	2019/20	2020/21	2021/22
The average wait in days that a person with SMI has to wait before starting psychological therapies within your Trust area	96	106	117	75

**Question 2:** The number of people with SMI in your Trust area who received psychological therapies from the following services in each of the financial years below?

	2018/19	2019/20	2020/21	2021/22
Primary mental health services, e.g., IAPT				
Secondary community mental health services (excluding learning disabilities)	164	224	186	161

Answer: East London NHS Foundation Trust does not provide Primary mental health services such as IAPT services to patients with SMI. Patients with SMI are

referred to the appropriate community mental health teams. Therefore we cannot provide this information for Primary mental health services

**Question 3: Does the Trust provide the following therapies for people with SMI? If these services are provided in some of the locations you cover, please answer yes.**

Type of psychological therapy	Yes/No
Cognitive behavioural therapy	Yes
Cognitive behavioural therapy – ED (eating disorder)	Yes
MANTRA	Yes
Cognitive behavioural therapy – psychosis	Yes
Cognitive behavioural therapy – personality disorder	Yes
Cognitive behavioural therapy – bipolar disorder	Yes
Cognitive analytical therapy	Yes
Psychodynamic therapy	Yes
Interpersonal psychotherapy	Yes
Interpersonal group therapy	Yes
Social rhythm therapy	Yes
Schema focussed therapy	Yes
Mentalisation-based therapy	Yes
Behavioural couple's therapy	Yes
Family intervention	Yes
Art therapy	Yes
Eye movement desensitisation and reprocessing therapy	Yes
Other types of psychotherapy (please specify)	

**Question 4: How many people with SMI received the following therapies in your Trust area, in each of the financial years below?**

Type of psychological therapy	2018/19	2019/20	2020/21	2021/22
Cognitive behavioural therapy				
Cognitive behavioural therapy – ED (eating disorder)				
MANTRA				
Cognitive behavioural therapy – psychosis				
Cognitive behavioural therapy – personality disorder				

Cognitive behavioural therapy – bipolar disorder				
Cognitive analytical therapy				
Psychodynamic therapy				
Interpersonal psychotherapy				
Interpersonal group therapy				
Social rhythm therapy				
Schema focussed therapy				
Mentalisation-based therapy				
Behavioural couple’s therapy				
Family intervention				
Art therapy				
Eye movement desensitisation and reprocessing therapy				
Other types of psychotherapy (please specify)				

Answer: The Trust has reviewed question 4 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:

Any person making a request for information to a public authority is entitled—  
 (a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and  
 (b) if that is the case, to have that information communicated to them.

East London NHS Foundation Trust does not centrally record how many patients attend each type of therapy. Therapy is provided by individual services based on the needs of their service users.