

**Information Governance**

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3<sup>rd</sup> November 2022

**Our reference: FOI DA4263**

I am responding to your request for information received **29<sup>th</sup> June 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  
Senior 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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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

**Request:**

**Question 1: How many people do the Community Mental Health Team (CMHT) employ that can provide Dialectical Behaviour Therapy (DBT)?**

Answer: Formal therapy DBT can only be delivered in dedicated DBT teams. East London NHS Trust does not have dedicated DBT teams, however we do have staff trained to deliver DBT skills.

**Question 2: How many people do the CMHT employ who can provide other psychological therapies (i.e. all other therapies other than DBT)? Please name the therapies.**

Answer: The Trust has reviewed question 2 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 record the number of staff specifically employed by Community Mental Health Teams and is therefore unable to provide a response.

**Question 3: How many people can the CMHT offer DBT to?**

**Question 4: How many people are getting DBT via the CMHT?**

**Question 5: How many people are on the waiting list for DBT via the CMHT?**

Answer: The Trust has reviewed questions 3 - 5 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 record information specifically for DBT and is therefore unable to provide this information.

**Question 6: How many people have contacted the CMHT for help with their mental health issues in each year since 2017?**

Answer: Please see below table which indicates the number of referrals received by the Trust for patients requiring help with their mental health.



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| Year                       | Number of Referrals Received |
|----------------------------|------------------------------|
| 2017                       | 25,042                       |
| 2018                       | 25,567                       |
| 2019                       | 28,933                       |
| 2020                       | 26,168                       |
| 2021                       | 32,372                       |
| 2022 (01/01/22 – 31/08/22) | 25,927                       |
| <b>Total</b>               | <b>164,009</b>               |

**Question 7: How many of those people have subsequently been assessed by the CMHT in each year since 2017?**

Answer:

| Year                       | Number of People Assessed |
|----------------------------|---------------------------|
| 2017                       | 12,296                    |
| 2018                       | 12,692                    |
| 2019                       | 13,389                    |
| 2020                       | 12,679                    |
| 2021                       | 15,320                    |
| 2022 (01/01/22 – 31/08/22) | 12,648                    |
| <b>Total</b>               | <b>79,024</b>             |

**Question 8: How many were identified as needing treatment in each year since 2017?**

Answer:

| Year                       | Number of People Needing Treatment |
|----------------------------|------------------------------------|
| 2017                       | 8592                               |
| 2018                       | 9741                               |
| 2019                       | 9769                               |
| 2020                       | 9020                               |
| 2021                       | 11,146                             |
| 2022 (01/01/22 – 31/08/22) | 9284                               |
| <b>Total</b>               | <b>57,552</b>                      |

**Question 9: How many of those identified as needing treatment have been given the treatment that they needed since 2017?**

Answer:

| Year                       | Number of People Treated |
|----------------------------|--------------------------|
| 2017                       | 6081                     |
| 2018                       | 7590                     |
| 2019                       | 7475                     |
| 2020                       | 7510                     |
| 2021                       | 9182                     |
| 2022 (01/01/22 – 31/08/22) | 7389                     |
| <b>Total</b>               | <b>45,227</b>            |

**Question 10: How many more are on waiting lists to receive their treatment?**

Answer:

| Number of People Needing Treatment | Number of People Received Treatment | Number of People Awaiting Treatment |
|------------------------------------|-------------------------------------|-------------------------------------|
| 11,066                             | 9656                                | 1410                                |



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**Question 11: How long are those waiting lists?**

| <b>Directorate</b> | <b>Average Waiting Time (days)</b> |
|--------------------|------------------------------------|
| Luton              | 120                                |
| Tower Hamlets      | 171                                |
| City & Hackney     | 195                                |
| Bedfordshire       | 147                                |
| Newham             | 108                                |

**Question 12: How many more practitioners would the CMHT need before they can offer the same level of treatments that are required?**

Answer: The Trust has reviewed questions 12 of your request for information under the Freedom of Information Act (FOI) 2000.

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

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(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 record the information requested and is therefore unable to provide a response.



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