

Services we provide:

At Newham SPS we provide clinical consultation and a variety of evidence-based psychological therapies including:

❖ Individual

- Arts
- Psychodynamic
- CBT
- Integrative
- Systemic – individual, couples and family
- Trauma Focused
- EMDR
- Dynamic Interpersonal Therapy
- MBT

❖ Groups

- Arts
- Music
- Body-Orientated Psychotherapy
- OCD
- Women's Trauma Group
- PTSD Stabilisation
- Compassion Focused Therapy
- Interpersonal Regulation and Emotion Regulation (IRER)
- MBT

Eligibility criteria:

❖ Inclusion criteria:

- Newham residents aged 18 and above
- **Severe, Complex** and **Enduring** mental health needs
 - Cluster 5 and above, occasionally cluster 4. Less complex presentations are seen at NTT.
 - Impairment in multiple domains
 - Co-morbid difficulties
 - Across developmental stages or at least 3 years in duration
- **Willingness to engage** in long-term and intensive change orientated therapy.

❖ Exclusion criteria:

- If the main request is to “speak to someone” or emotional support, please consider 3rd sector or community groups.
- Social problems such as housing, benefits, immigration need to be addressed as a priority within other services prior to psychological therapy. Referral to PCN, social services or voluntary services such as MIND, RAMP etc. need to be considered.
- Service users in crisis. We are not a crisis service and unable to offer crises support. Refer to crisis services.
- Those difficult to engage in weekly outpatient psychotherapy. If difficult to engage, consider referral to CRT Psychology or EIS etc.
- Service users with severe drug and alcohol problems. Due to evidence that they are unlikely to benefit from psychotherapy, refer to CGL and then when there is evidence of engagement, can refer to SPS.
- Primary diagnoses of eating disorders. We are not commissioned to treat this and therefore a referral to St Ann's is required.



Newham Specialist Psychological Services
409 High Street
Stratford
London
E15 4QZ



0208 221 6000



Referrals:
elft.newham.sc.psychotherapy.referrals@nhs.net
Queries:
malgorzata.fijak-koch@nhs.net

How to refer:

- ❖ Complete SPS referral form and send to our inbox elft.newham.sc.psychotherapy.referrals@nhs.net
- ❖ Provide as much relevant information as possible and complete all sections on the referral form.
- ❖ For those referring from services other than NTT, please ensure the risk assessment has been updated on RiO.
- ❖ MBT have a separate referral route, please contact elft.newhammbtreferrals@nhs.net for further information and to book in a referral consultation with the team.

What happens next?



- ❖ Once your referral has been received, we discuss these at the next available **screening meeting**. Our screening meetings take place on Tuesday and Wednesday's each week.
- ❖ There are 3 possible **screening outcomes**:
 1. **Accepted** – if your referral has been accepted, we will send your client an opt-in letter asking to contact us within two weeks to book an assessment. **Please ensure that the up-to-date address and email is on RiO.** If we do not hear from them, the referral will be closed and a re-referral required.
 2. **Declined** – if we are not able to accept your referral, we will get back to you as soon as possible explaining the reasons and suggesting other options. **We do not directly communicate with the service user if declined, and therefore it is the responsibility of the referrer to inform them of the outcome.**
 3. **Pending** – if we do not have enough information to make a decision, we will contact you requesting the needed further information. **Please respond promptly as we do not allow our referrals to be pending for longer than two weeks**, and if we do not hear from you we will close the referral.
- ❖ If accepted and they have opted-in, the service user will be added to the **waitlist for assessment**. Our waiting time for assessment varies, currently it is between 3 months for online and 5 months for a F2F assessment. During this time, we do not offer any check-in/review contacts to monitor risk.
- ❖ The assessment may take place face-to-face or via video call and may take place over 1 appointment or multiple. At the end of assessment, the service user will be consulted regarding the therapy offers or discharged if no identified need.
- ❖ If a therapy has been identified, they will then be added to that specific **modality waitlist**. At present, this is currently between 10-12 months from referral date, but please call the service for the most up-to-date waiting time. They will be offered a review call every 8-12 weeks whilst waiting. If they do not respond to these calls, we will have to discharge as we cannot monitor the risk.

If you would like to clarify whether a referral is appropriate for our service or any aspect of our referral process, please contact the referral and assessment lead by emailing malgorzata.fijak-koch@nhs.net



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