

FOI_1208_2023-24 – FOI Request Concerning – Therapy Waiting Times

1. What is the current waiting time from referral to first appointment for mental health therapy in general, and what was the waiting time 1, 5, and 10 years ago?

Please note that this data was extracted from our Specialist CAMHS (Southampton and Portsmouth) caseloads. The data was captured at the 4th completed clinical appointment as it is felt that the assessment and care planning stages will have been completed and the 4th appointment would be the start of a therapeutic intervention care package. Due to a change in healthcare record systems, we are not able to provide data from 10years ago however can provide the following information:

- 62.06 weeks currently
- 54.66 weeks one year ago
- 56.35 week five years ago

2. What is the current waiting time from referral to first appointment for the following, and what was the waiting time 1, 5, and 10 years ago?

a) Cognitive behavioural therapy (CBT)

b) Guided self-help

c) Counselling

d) Behavioural activation

e) Interpersonal therapy (IPT)

f) Eye movement desensitisation and reprocessing (EMDR) Mindfulness-based cognitive therapy (MBCT) Psychodynamic psychotherapy Couple therapy

Within CAMHS due to how therapeutic care is planned and recorded within the health care system, it is currently not possible to provide accurate wait list data in relation to specific therapy options. As part of a child/young person assessment process, therapeutic care is planned directly between the case holder and the child/young person and then offered, if the clinician is trained within that therapeutic approach. Thus, services do not routinely keep wait lists for individual therapy approaches. This is something which the CAMHS is currently reviewing as part of the Clinical Care pathway review.

3. What other mental health therapy options do you offer and what are the waiting times from referral to the first appointment, currently, 1, 5, and 10 years ago?

Mental health therapy options:

- Cognitive Behavioural Therapy
- Dialectical Behaviour Therapy
- Family Systemic Therapy
- EMDR
- Drama, Art and Play Therapy
- Dyadic Developmental Psychotherapy
- Occupational Therapy
- Psychotherapy
- Trauma Informed Model of Care
- Positive Behavioural Support
- Pharmacological intervention

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