

Sent via email

FOI 2016/116

2nd August 2016

Dear [REDACTED]

Information Governance

Christopher Ward, West Pavilion
St Charles Centre for Health & Wellbeing
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London
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Freedom of Information Act 2000 request: Staff Access to Psychological

With reference to your request for information, dated 12th July 2016, made under section 1(1) of the Freedom of Information Act, I am writing to inform you of the outcome of your information request.

You asked the following:

1. *What is the referral process for NHS staff accessing psychological therapy? (Self-referral/Line-manager/GP / Occupational health?)*
2. *Are there criteria for those who are offered the therapy? (e.g. specific problems (e.g. work related); must have tried self-help/online-resource/IAPT/ employee assistance programme/counselling first)*
3. *Is the therapy service run within the Occupational Health department or run separately?*
4. *How much need is there for the service? How many days per week (whole time equivalent) is dedicated to psychological therapy for NHS staff?*
5. *What kinds of mental health problems are staff approaching Occupational Health/Psychology Department with?*
6. *What kind of psychological therapy do you offer?*
7. *What is the maximum number of sessions offered?*
8. *Do you communicate any information with managers, GPs, Occupational Health, etc.?*
9. *Are there any problems that you refer on, for example if they are unsuitable? If so, what kind of problems are these? Are there any unmet needs?*
10. *Do you collect any outcome measures to evaluate the service?*
11. *Has the Trust done any research on the access to psychological therapy for staff?*

Our response:

1. *Self-referral, Line manager, Employee Health Service (formerly Occupational Health Service).*
2. *No. Triage by psychologist, any inappropriate referrals screened out.*
3. *Psychology and Counselling are part of the Employee Health Service.*
4. *1.0 WTE Psychologist and 0.2 WTE Counsellor.*
5. *Personal Stress, Work Stress, Bereavement PTSD, Psychosis, Substance misuse, Anxiety, Low mood/depression.*
6. *CBT, Mindfulness oriented therapy, Metabolisation based therapy, Compassion focussed therapy, Brief Psychodynamic therapy.*
7. *Brief model counselling up to six sessions.*

8. *Employee Health liaises with GPs and managers with consent from the client.*
9. *Suicidal clients, Psychosis, Severe PTSD, Chronic substance and alcohol abuse, Some domestic violence cases.*
10. *Audit protect title: Stress Reduction of CLCH Employees*
To assess the clinical effectiveness of the psychology/counselling service within Employee Health in relation to reducing stress symptoms reported by CLCH employees who access its service. The aim is for 80% of all employees accessing the service reporting improvement in their symptoms by the end of therapy, and with a minimum improvement of 18% in their HADS scoring. This audit is ongoing.
No.

This completes our response to your request for information. If you are unhappy with our response, please write to us giving your reasons and we will address them. If you remain dissatisfied you are entitled to appeal to the Information Commissioner:

Customer Contact
Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow SK9 5AF
Tel: 0303 123 1113
http://ico.org.uk/concerns/getting/report_concern_foi

Yours sincerely,

Jonathan Walmsley
Information Governance Facilitator
Central London Community Healthcare NHS Trust