

Report Title

Extract date

Note

FOI 066-2025

02/07/2025

Patients referred to the Trust talking therapies service are recorded on our IAPTus clinical system.
Patients referred to our eating disorders, early intervention in psychosis, complex psychological intervention, perinatal and recovery services are recorded on our RiO clinical system.

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There is no national definition for when treatment begins apart from patients referred to the early intervention in psychosis service, patients aged under 19 referred to the eating disorder service and patients referred to talking therapies. Within other services, treatment could begin at the first contact and for others the second or third contact, dependent on need. Therefore we have responded with those who have their second contact except for patients referred to the early intervention in psychosis service, patients aged under 19 referred to the eating disorder service and patients referred to talking therapies, where we are able to identify those who have had treatment.

Patients included are aged 18 or over at their referral date.

There could be duplicate patients across the two clinical systems.

Patients could have more than one appointment during their referral.

Patients could have more than one referral to a service.

To avoid deductive disclosure in the age group and gender split, where there are small numbers of patients, they have been removed from question 1 and 2 and replaced with less than 5 for question 2.

The total number of patients per clinical system in question 7 and 8 do not add up to the total number of patients per clinical system in question 6, who receive a group therapy session. This is because a patient can have more than one contact across the two different delivery types of face to face or telephone and video.

1. The number of distinct patients per clinical system aged 18 or over at referral on the caseload of our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services on 26 June 2025 that have had their first treatment appointment split by age group at referral.

	Age at referral group		
	18 to 34	35 to 64	65 or over
RiO	886	1139	32
IAPTus	1773	1951	254

2. The number of distinct patients per clinical system aged 18 or over at referral on the caseload of our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services on 26 June 2025 that have had their first treatment appointment split by gender and age group at referral.

		Age at referral group		
		18 to 34	35 to 64	65 or over
RiO	Female	585	659	18
	Male	301	480	14
	Other	<5	<5	0
IAPTus	Female	1233	1277	166
	Male	493	665	88
	Other	47	9	0

3. The number of distinct patients per clinical system aged 18 or over at referral on the caseload of our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services on 26 June 2025 that have had their first treatment appointment and have been on the caseload for more than 3 years.

RiO	654
IAPTus	0

4. The average length of time in days per clinical system from referral to first treatment appointment for patients referred to our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services with a first treatment contact between 1 June 2024 and 31 May 2025 and the referral source is a self referral or a GP referral.

RiO	68
IAPTus	25

5. The average length of time in days per clinical system from referral to first treatment appointment recorded identified as one to one with a clinician for patients referred to our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services with a first treatment contact between 1 June 2024 and 31 May 2025 and the referral source is a self referral or a GP referral.

RiO	73
IAPTus	24

6. The number of distinct patients per clinical system who were referred to our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services and attended a contact between 1 June 2024 and 31 May 2025 split by contact type

	RiO	IAPTus
All contact activities recorded as group contact	481	10781
Contact activity recorded as cognitive behavioural therapy or counselling and recorded as individual patient contact	619	4302
Other contact activities that are not cognitive behavioural therapy or counselling and not group activities	3894	2934

Note - patients may be counted more than once if they have more than one contact over the different contact types

7. The number of distinct patients per clinical system who were referred to our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services and attended a contact between 1 June 2024 and 31 May 2025 that was recorded as a group contact either by telephone or video.

RiO	216
IAPTus	10330

8. The number of distinct patients per clinical system who were referred to our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services and attended a contact between 1 June 2024 and 31 May 2025 that was recorded as a group contact face to face.

RiO	374
IAPTus	549

9. The number of distinct patients per clinical system who were referred to our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services and attended a contact between 1 June 2024 and 31 May 2025 that was recorded as either cognitive behaviour therapy, counselling or integrative psychological therapy split by contact method

	RiO	IAPTus
Face to face	607	1941
Telephone	82	413
Video call	203	2567

Note - patients may be counted more than once if they have more than one contact that is face to face, telephone or video.

10. The number of distinct patients per clinical system who were referred to our Trust's eating disorders, early intervention in psychosis, complex psychological interventions, perinatal, recovery or talking therapies services and discharged between 1 June 2024 and 31 May 2025 with a discharge reason of patient non attendance, discharged against professional advice, incomplete assessment, not assessed, not suitable, suitable but patient declined treatment, termination of treatment earlier than care professional planned or termination of treatment ealier than patient requested.

	613
IAPTus	8304

11. How many individuals in the past 12 months have received onward referral from eating disorders, early intervention in psychosis, complex psychological intervention, perinatal, recovery services and talking therapies to psychiatric services for further assessment?

Patients referred to our eating disorders, early intervention in psychosis, complex psychological intervention, perinatal and recovery services might move from one RiO service to another according to their specific needs, but we would not refer to another RiO service for a different psychiatric assessment. This is because we have a range of multi-disciplinary specialist mental health teams which include psychiatry rather than a standalone psychiatric service. We are unable to easily extract from the RiO clinical system patients being referred outside of the Trust or onto a different Trust clinical system for further psychiatric assessment.

Patients referred to our talking therapy service may get referred onto one of our RiO mental health services for further psychiatric assessment. However as the talking therapies information is recorded on IAPTus, a different clinical system, we are unable to easily identify the patients discharged from IAPTus and referred onto a RiO mental health service.