

Report Title

FOI 131-2025

Extract date

22/07/2025

Note

Our Trust does not hold the commissioned local contracts for pure substance abuse. All our mental health adult community services may and do work with people with mental health problems, who also have substance misuse problems, but not solely.

People included are referred to our mental health adult community services and have a recorded confirmed diagnosis of ICD 10 code F12 or F14, on our RiO clinical system.

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

There is no national definition for when treatment begins apart from people referred to the early intervention in psychosis service and people aged under 19 referred to the eating disorder service. 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 people referred to the early intervention in psychosis service and people aged under 19 referred to the eating disorder service, where we are able to identify those who have had treatment.

As diagnosis has been requested, we have only included cases where a diagnosis has been recorded as confirmed. There may be other people that have been referred or treated, or both where the condition is apparent or suspected but has not been recorded as confirmed.

People could have more than one contact recorded in a referral.

People could have more than one referral to a service.

To avoid deductive disclosure, we are unable to provide the age, gender, and geographical split for question 2, where there are small numbers of people.

Intervention recording available post 1 January 2020.

Appointments recording available post 1 January 2014.

Mental health service users

1. The number of distinct people aged 18 or over at referral on a current caseload of one our Trust's mental health adult community services on 22 July 2025 that have a recorded confirmed diagnosis of an ICD 10 code F12 or F14.

90

2. The number of distinct people aged 18 or over at referral on a current caseload of one our Trust's mental health adult community services on 22 July 2025 that have a recorded confirmed diagnosis of an ICD 10 code F12 or F14 and have attended an appointment intervention recorded as either cognitive behaviour therapy, counselling, psychodynamic psychotherapy, interpersonal psychotherapy, group psychotherapy, or art psychotherapy.

6

3. Age, gender and geographical breakdowns of the people in question 1.

Gender	Number of people on a current mental health adult community caseload with a confirmed ICD 10 diagnosis of F12 or F14
Female	15
Male	75

Current age grouped	Number of people on a current mental health adult community caseload with a confirmed ICD 10 diagnosis of F12 or F14
18 to 34	35
35 to 44	31
45 to 54	18
55 to 64	6

Location based on the person's current postcode of residence	Number of people on a current mental health adult community caseload with a confirmed ICD 10 diagnosis of F12 or F14
Cheltenham	16
Forest of Dean	6
Gloucester	36
Stroud	10
Tewkesbury	10
Out of county	6
Not recorded	6

Treatment Episodes and Modalities

4. The number of first treatment appointments recorded between 1 January 2014 and 31 December 2024 for people aged 18 or over at referral to one of our Trust's mental health adult community services and the person has a current recorded confirmed diagnosis of an ICD 10 code F12 or F14.

1310

5. Psychological or therapeutic interventions recorded for first treatment appointments between 1 January 2020 and 31 December 2024 for people aged 18 or over at referral to one of our Trust's mental health adult community services and the person has a current recorded confirmed diagnosis of an ICD 10 code F12 or F14.

Medicines management, administration of medication, diagnostic assessment, art psychotherapy, cognitive behaviour therapy, cognitive behavioural therapy for Psychosis, dialectical behavior therapy, therapeutic activity, eye movement desensitisation & reprocessing, interpersonal psychotherapy, prescribing medication, compassion focussed therapy, group psychotherapy, integrative psychological therapy, and accommodation, education, guidance, & counselling.

Outcomes and follow-up

6a. Percentage of referrals discharged with a discharge reason recorded as discharged on professional advice between 1 January 2014 and 31 December 2024, with a first treatment appointment recorded and the person was aged 18 or over at referral to one of our Trust's mental health adult community services with a current recorded confirmed diagnosis of an ICD 10 code F12 or F14.

84.5%

6b. Of those distinct people discharged between 1 January 2014 and 31 December 2024, with a first treatment appointment recorded and were aged 18 or over at referral to one of our Trust's mental health adult community services with a current recorded confirmed diagnosis of an ICD 10 code F12 or F14, the percentage of people who have had another referral to the same service after the previous referral.

80.9%

Referral sources and waiting times

7. The most frequent 5 referral sources recorded for referrals between 1 January 2014 and 31 December 2024, where the person was aged 18 or over at referral to one of our Trust's mental health adult community services with a current recorded confirmed diagnosis of an ICD 10 code F12 or F14.

Police, GP, emergency department, other clinical speciality, carer or relative, and self referral.

8. The average wait time between referral and first appointment in days for first appointments between 1 January 2014 and 31 December 2024, where the person was aged 18 or over at referral to one of our Trust's mental health adult community services with a current recorded confirmed diagnosis of an ICD 10 code F12 or F14.

9 days

Co-occurring conditions

9. Proportion of service users presenting with co-occurring mental health and substance use disorders.

Our trust does not hold the commissioned local contracts for pure substance abuse. All our mental health adult community services may and do work with people with mental health, who also have substance misuse problems, but not solely.

10. The number of people with a confirmed diagnosis of ICD 10 codes F12 or F14, who also have a confirmed diagnosis of a different substance condition.

83