



East London
NHS Foundation Trust
Information Governance
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11 October 2024

Our reference: FOI DA5599

I am responding to your request for information received 12 September 2024. I am sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,

Information Rights Coordinator

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113
Web: www.ico.org.uk

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention



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We care . We respect . We are inclusive

Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request: Under the Freedom of Information Act (2000) we would like to make a request for information relating to the provision of Single Session Interventions (SSIs) within Child and Adolescent Mental Health Services (CAMHS) within East London NHS Foundation Trust from the financial year 2023-24. You can complete this in a body email reply or by filling in the attached word document version and sending it on return email as an attachment.

Name of trust: East London NHS Foundation Trust

A Single Session Intervention (SSIs) is a planned one-time intervention that is designed to provide individuals with immediate support and guidance for a specific issue or problem. That is, it is therapeutic in intent, and delivered as a standalone intervention, without presuming follow up or repeat use. It includes 'single session therapy', provided by a therapist from any therapeutic modality, and also self-help interventions designed intentionally to be used just once. Note that a one-off assessment (without providing guidance or therapeutic support) is not considered to be a single session intervention.

Our FOI request consists of 4 questions, pertaining to the financial year 2023-24:

Question 1: Did any services within your trust provide SSIs to Children and Young People (CYP)? Yes / No

Answer: The Trust has reviewed question 1 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 40 for the FOI Act states:

(2) This exemption covers the personal data of third parties (anyone other than the requester) where complying with the request would breach any of the principles in the UK GDPR.

In order to provide the information requested, it would be necessary to access patient records as the information is not held in a searchable format. There is no legal basis to access patient records for the purposes of responding to a Freedom of Information request. The Trust is therefore unable to provide a response.

Question 2: If yes, which services and what SSIs did they offer? (please give as much detail as possible about these, including whether these are individual/group, aimed at a specific type of disorder or age group, what therapeutic modality/model these are based on)

Answer: The Trust has reviewed question 2 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 40 for the FOI Act states:

(2) This exemption covers the personal data of third parties (anyone other than the requester) where complying with the request would breach any of the principles in the UK GDPR.

In order to provide the information requested, it would be necessary to access patient records as the information is not held in a searchable format. There is no legal basis to access patient records for the purposes of responding to a Freedom of Information request. The Trust is therefore unable to provide a response.



Question 3: Who delivered these interventions? (please mark X for all that apply)

Practitioner Psychologists (incl. Clinical Psychologists, Forensic Psychologists, Counselling Psychologists, etc)	
Assistant Psychologists	
Trainee Psychologists/Clinical Associate Psychologists	
Consultant Psychiatrists	
Trainee Psychiatrists/Registrars	
Support Workers	
Mental Health Nurses	
Mental Health Practitioners (including Education Mental Health Practitioners, Child Wellbeing Practitioners)	
Family therapists	
Occupational therapists	
Social Workers	
Psychoanalytic Psychotherapists	
Other (please explain)s	

Answer: The Trust has reviewed question 3 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 40 for the FOI Act states:

(2) This exemption covers the personal data of third parties (anyone other than the requester) where complying with the request would breach any of the principles in the UK GDPR.

In order to provide the information requested, it would be necessary to access patient records as the information is not held in a searchable format. There is no legal basis to access patient records for the purposes of responding to a Freedom of Information request. The Trust is therefore unable to provide a response.

Question 4: At what point(s) in the care pathway are SSIs are offered to CYP/families? (Please mark X to all that apply)

Whilst waiting	
As an additional source of help to users offered other therapeutic provision like medication or psychological therapy	
As a first step to accessing help	
As a crisis intervention	
Other (please explain)	

Answer: The Trust has reviewed question 4 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 40 for the FOI Act states:

(2) This exemption covers the personal data of third parties (anyone other than the requester) where complying with the request would breach any of the principles in the UK GDPR.

In order to provide the information requested, it would be necessary to access patient records as the information is not held in a searchable format. There is no legal basis to access patient records for the purposes of responding to a Freedom of Information request. The Trust is therefore unable to provide a response.

