



East London

NHS Foundation Trust

Information Governance

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Our reference: FOI DA5679

I am responding to your request for information received 29 October 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

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Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request: Under the Freedom of Information Act 2000, I would like to request the following information regarding the services your organisation provides for individuals with co-existing mental health and substance use difficulties:

Question 1: Overview of Services:

- a) A comprehensive list of all services and programmes currently offered specifically for people with co-existing mental health and substance use needs.
- b) Details on whether these services are integrated (addressing both issues simultaneously) or if they operate separately.

Answer: For East London, substance misuse services are provided by third party organisations (RESET or CGL). These providers run their own groups independently.

In Bedfordshire & Luton, substance misuse services are provided by third party organisation Path to Recovery (P2R). This provider runs its own groups independently.

Within Talking Therapies we do not have any specific treatment programmes for this group, but we liaise with local substance misuse services as needed to ensure that service users can access appropriate care to meet their needs.

Forensic Services: The Drug and Alcohol service meets this within the forensic directorate of ELFT. All assessment and treatment offered by the Drug and Alcohol service is suitably adapted and specialised to meet the needs of those with co-occurring disorders. This offer is part of comprehensive and holistic multidisciplinary care that all forensic service users receive in this part of the Trust.

Question 2: Access and Eligibility:

- a) The eligibility criteria for accessing these services.
- b) Information on referral processes, including whether self-referrals are accepted.
- c) Average waiting times from referral to initial assessment and from assessment to commencement of treatment.

Answer: East London: Not applicable.

Bedfordshire & Luton: Not applicable.

Talking Therapies: Not applicable.

Forensic services:

- a) Please see the attached policy.
- b) Please see the attached policy.
- c) Over the past four years, the average waiting time to assessment was eighteen weeks, but this is driven by a period of short staffing where waiting times were prolonged. Excluding that period, the average waiting time to assessment was thirteen weeks. Current waiting time (for the past six months) average is five weeks. The waiting times are almost identical for the commencement of treatment.

Question 3: Service Capacity and Utilisation:

- a) The total number of individuals who have accessed these services in the past three years, broken down by year.



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b) The maximum capacity of each service or programme.

Answer: East London: Not applicable.

Bedfordshire & Luton: Not applicable.

Talking Therapies: Not applicable.

Forensic services:

- a) This information is not available by year because we operate differently to typical Drug and Alcohol services in that we do not discharge people; as long as they remain under Forensic services, they remain open to follow up by us. So our caseload figure represents a great majority of Forensic service users overall, some of whom may be actively engaged with the Drug and Alcohol service at the time, and some will not be. At the time of writing, there were 197 service users open to the Drug and Alcohol service.
- b) We have no maximum capacity. We are staffed to provide care to service users across the entire Forensic care pathway.

Question 4: Staffing and Expertise:

- a) The number of staff dedicated to these services, including their professional qualifications.**
- b) Details of any specialised training provided to staff for working with co-existing conditions.**

Answer: East London: Not applicable.

Bedfordshire & Luton: Not applicable.

Talking Therapies: Not applicable.

Forensic services:

- a) The Drug and Alcohol service has eight members of staff.
- 1 x Lead Clinical Psychologist (Head of Drug and Alcohol Service)
 - 1 x Senior Substance Misuse Nurse
 - 1 x Psychological Therapist
 - 3 x Drug and Alcohol Recovery Workers
 - 1 x Assistant Psychologist
 - 1 x Peer Support Worker
- b) The Forensic directorate support service users where the large majority have co-occurring mental illness and substance misuse. In that sense, all available training and the Continuing Professional Development (CPD) has this population in mind. Within the Drug and Alcohol service specifically, all staff are trained to use approaches adapted for this population as part of their induction. Clinical supervision is offered to all staff in the team, where these skills are further developed. Formal CPD in motivational interviewing and Self-Management and Recovery Training (SMART) is routinely offered to new starters in the team.

Question 5: Funding and Resources:

- a) The annual budget allocated to these services for the past three financial years.**
- b) Information on any funding changes during this period and the reasons for such changes.**



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Answer: East London: Not applicable.

Bedfordshire & Luton: Not applicable.
Talking Therapies: Not applicable.

Please see table below.

Forensic services:

Funding was increased in 24/25 due to an additional post being funded. The remaining budget movement year on year relates to enhancement rate and incremental drift changes and pay award.

Year	Annual Budget
2024/25	£360,635.00
2023/24	£381,707.00
2022/23	£469,667.00

Question 6: Performance and Outcomes:

- a) **Copies of any evaluations, audits, or performance reports related to these services from the past three years.**
- b) **Key performance indicators used to measure the effectiveness of the services.**

Answer: East London: Not applicable.

Bedfordshire & Luton: Not applicable.

Talking Therapies: Not applicable.

Forensic services:

- a) Evaluations, audits, or performance reports are not available.
- b) As a formal Key Performance Indicator (KPI) for our Forensic service overall, we report quarterly on the 'number of service users actively using drugs' in the inpatient service.

Question 7: Partnerships and Collaborations:

- a) **Information on any partnerships with other organisations (e.g., NHS trusts, charities, community groups) in delivering these services.**
- b) **Details of joint initiatives or programmes aimed at supporting this client group.**

Answer: East London: Not applicable.

Bedfordshire & Luton: Not applicable.

Talking Therapies: Not applicable.

Forensic services:

- a) In conjunction with the wider teams in the Forensic directorate, the Drug and Alcohol service is resourced to meet the large majority of needs of our service users. But where needed, we work closely with other organisations to do so. This most frequently occurs for a small number of our community forensic service users who require opiate substitute treatment, where this will be managed by local community drug and alcohol services in the relevant London boroughs.
- b) Given the comprehensiveness of the offer available by ELFT Forensic



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services, there are no joint initiatives or programmes with other organisations.

Question 8: Future Developments:

- a) Any planned changes, expansions, or reductions to these services in the next 12 months.**
- b) Strategies in place to improve service delivery for individuals with co-existing mental health and substance use needs.**

Answer: East London: Not applicable.

Bedfordshire & Luton: Not applicable.

Talking Therapies:

- a) Neither of the following initiatives would constitute a new or expanded service, but an enhancement to existing care pathways.
- b) In Tower Hamlets our Talking Therapies service is working in partnership with the local Substance Misuse provider to develop a joint assessment process which is intended to reduce duplication, improve engagement and reduce stigma.

In Bedfordshire, where ELFT also provides the Substance Misuse service, development of a Talking Therapies group to support people with substance use issues is under discussion to help service users address low-level substance use problems without needing a separate referral to the dedicated service.

Forensic services:

- a) As part of financial viability initiatives in ELFT, one post in the Drug and Alcohol service has been reduced by one Agenda for Change band. The team is currently undertaking a review of what it offers and may provide an additional group therapy option in the next twelve months.
- b) The performance of the Drug and Alcohol service is monitored regularly by its Head. We evaluate outcomes of therapy using formal outcome measures, and make changes in response to this, as needed. We regularly invite service user feedback on the treatment we deliver, and again adjust things in response to this feedback. We will continue to do this in the future.



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