Freedom of Information Request

Reference Number:	EPUT.FOI.22.2748
Date Received:	12 December 2022

Information Requested:

1) Please enter the name of your NHS trust or IAPT service name and location:
    Essex Partnership University NHS Foundation Trust,
    The Lodge
    Runwell
    SS11 7XX
    IAPT Service: Therapy For You

2) Do you have local policies/guidelines about accepting referrals for those with Bipolar Disorder in your IAPT services?
    Yes

3) If NO, please give details why this is e.g. national guidelines or local policies:_____
    N/A

4) Is Bipolar Disorder an exclusion criteria for your services?
    No

5) Does your service work with Bipolar Disorder specifically, or other issues in the context of Bipolar Disorder (e.g. anxiety, PTSD)?
    1. Bipolar disorder specifically
    2. Other issues in the context of Bipolar Disorder (e.g. anxiety, PTSD)
        YES
    3. Both

6) Do you routinely screen for Bipolar Disorder in initial assessments?
    NO
    a) Please give details here if you wish:_____
    b) If YES, what is the process you use for screening?
    c) Self-report measure (e.g. mood disorders questionnaire, hypomania checklist)
    d) Structured interview questions
    e) Other (Please state):N/A

7) If YES, what is the process when you suspect somebody has Bipolar disorder?
    1. Continue usual IAPT treatment
    2. Continue IAPT treatment with adaptations for Bipolar
    3. Refer back to GP
    4. Refer to secondary mental health team
    f) Other (Please state): N/A

8) Have your staff received training about Bipolar Disorder (tick all that apply)?
    1. Training on screening for Bipolar Disorder
    2. Training on psychological therapies for Bipolar Disorder
    YES

3. No training
4. Other (Please state):_____

9) In the past two years, how many referrals have you received in total?
   44,049

10) How many of these people had a Bipolar disorder diagnosis at the point of referra
    72

11) In the past two years, how many referrals were not accepted at the point of referral (without an assessment) in total?
    Please note that the trust's policy is not to provide patient or staff numbers, where the response is less than or equal to five (≤5) as it would potentially allow identification of the individual patient/staff and would therefore be personal data.
    The trust considers that release of that information would breach GDPR/DPA18 principles on the grounds that it would not be fair in all the circumstances. This information is therefore exempt under section 40 of the FOI Act 2000.

12) How many of these were due to Bipolar Disorder?
    0

13) In the past two years, how many referrals were offered an assessment/screening and then discharged without being offered therapy?
    1,172

14) How many of these were due to Bipolar Disorder?
    57

15) In the past two years, how many people have entered treatment with you in total (2 or more active sessions)?
    16,940

16) How many of these had Bipolar Disorder?
    8

17) What is your definition of treatment completion?
    A person is deemed to have had a course of treatment in IAPT if the individual has had at least two sessions (coded as 'assessment and treatment' and/or 'treatment') before discharge.

18) In the past two years, how many people who entered treatment have completed the scheduled treatment with you?
    9,367

19) How many of these had Bipolar Disorder?
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20) In the past two years, how many people have completed treatment with you in total (using your service definition on of completion?
14,083

21) How many of these had Bipolar Disorder?
11

Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link https://eput.nhs.uk