

**Health and Adult Social Care Scrutiny Committee  
15 September 2022**

**Step 4 Psychological Therapy Services**

**Report of the Head of Legal and Governance**

**1 Purpose**

- 1.1 To review progress in reducing waiting times for assessment and treatment for Step 4 psychological services provided by Nottinghamshire Healthcare NHS Foundation Trust.

**2 Action required**

- 2.1 The Committee is asked whether:
- a) it wishes to make any comments or recommendations; and
  - b) whether any further scrutiny is required, and if so the focus and timescales.

**3 Background information**

- 3.1 In September 2021, representatives of Nottinghamshire Healthcare NHS Foundation Trust attended a meeting of the Committee to discuss access to step 4 psychotherapy and psychological therapies in response to the Committee's concerns about the waiting time for assessment and treatment, and the support available for people during that period. Having considered the information available, the Committee was concerned about the waiting time for treatment but welcomed assurance by the Trust that receiving lower levels of care whilst waiting for more specialist support does not impact on an individual's access to step 4 services. The Trust outlined the actions being taken to reduce waiting times for treatment and stated that it anticipated that waiting times would be significantly improved by summer 2022. Therefore, the Committee decided to review the Trust's progress in reducing waiting times and improving outcomes through transformation in summer 2022.
- 3.2 The Trust's Executive Director for Local Mental Health Services, Consultant Clinical Psychologist, Deputy Director for Local Mental Health Services and Head of Transformation of Mental Health Services will be attending the meeting to update the Committee on current waiting times for assessment and treatment, and community mental health transformation in relation to psychological therapies. A copy of the presentation that they will be giving is attached.

#### **4 List of attached information**

- 4.1 Presentation from Nottinghamshire Healthcare NHS Foundation Trust about City Step 4 Waiting Times and Psychological Pathway Transformation

#### **5 Background papers, other than published works or those disclosing exempt or confidential information**

- 5.1 None

#### **6 Published documents referred to in compiling this report**

- 6.1 Report to, and minutes of the meeting of the Health Scrutiny Committee held on 16 September 2021.

#### **7 Wards affected**

- 7.1 All

#### **8 Contact information**

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