

# SPOTLIGHT AUDIT OF PSYCHOLOGICAL THERAPY SERVICES

For adults with anxiety or depression

## KEY FINDINGS

The standards are a way to measure how well a mental health service is performing. Eight standards were grouped into five themes detailed below:

### Access and Waiting Times



**59%**

of adults started treatment within 18 weeks of referral, showing access was poor

### Appropriateness of Therapy



**65%**

of eligible service users were receiving a NICE-recommended therapy for their presenting problem

### Service User Involvement



**75%**

of adults agreed that their therapy helped them to cope with their difficulties and most rated their therapist highly

### Therapist Training and Supervision

**3%**

of therapists were not receiving any formal supervision



**42%**

of therapists provided at least one type of therapy with no formal training\*

### Outcome Measurement

**50%**

of cases had evidence of an outcome measure being used at least once during therapy



## PRINCIPAL RECOMMENDATION

#### The committee should include:

- Service user and carer representatives
- Lead psychological professionals for the Trust
- Direct representation at Board level

All Mental Health Trusts should have a Trust-wide Psychological Therapies Management Committee.

#### The committee should coordinate:

- Systematic data collection
- Waiting list management
- Outcome measures
- Service user involvement
- Care pathways
- Training and supervision