

<b>Reference:</b>	FOI.7699.21
<b>Subject:</b>	Mental Health treatment for adults
<b>Date of Request:</b>	14 December 2021

**Requested:**

I would like to make an application under the Freedom of Information Act 2000 for the following information: (please provide a breakdown from the last 3 years - 2019 - present, in calendar years not fiscal)

1. What is the current waiting list for \*Mental Health treatment for adults (from 18 upwards) at your University Health Board? (Should this be broken down into divisions/counties please provide the waiting list for each division/county.)

*(\*All psychological and talking therapies (be that CBT, Behavioural, Psychoanalytical/Psychodynamic, etc) offered by your Primary and Secondary Mental Health Services following the initial assessment)*

2. What is the current average waiting time to be seen by a \*Psychologist/Therapist in your Health Board? Should services be broken down into counties/divisions please provide a breakdown of the average waiting time in each county/division.)

*(\*Therapists in this context refers to any formally qualified professional who offer psychologically-based therapies in your Primary and Secondary Mental Health Services i.e. CBT therapists, EMDR therapists, Behavior Therapists, Clinical Psychologists, Assistant Psychologists, Counselling Psychologists, CPNs, Social Work Therapists)*

3. What is the longest length of time an individual patient has waited for \*Mental Health treatment in the past three years? 2019 - present. Please provide a breakdown for each county/division. e.g. Hywel Dda health Board is separated into counties - Carmarthenshire, Ceredigion, Pembrokeshire and Betsi Cadwaladr is split into 3 divisions (East, central and West.) \*\*

*(\*Any treatment or intervention offered by your Primary and Secondary Mental Health Services which is provided to improve patients' mental health and psychological functioning)*

**Response:**

1. & 2. Hywel Dda University Health Board (UHB) provides, within the table below, the current Mental Health and Psychology waiting times for adults, by treatment and county, as at 12 January 2022.

Weeks wait	Art Therapy	Cognitive Analytic Therapy (CAT)	Cognitive Behavioural Therapy (CBT)	Dialectical Behavioural Therapy (DBT)	Eye Movement Desensitization & Reprocessing (EMDR)	Integrative
Carmarthen	0	31	33	33	32	33
Ceredigion	0	30	32	33	19	33
Pembrokeshire	4	25	30	32	32	29

<b>Weeks wait</b>	<b>Mindfulness-based Cognitive Therapy (MBCT)</b>	<b>Narrative Exposure Therapy (NET)</b>	<b>Schema Therapy (ST)</b>	<b>Systemic Therapy</b>	<b>Trauma-focused CBT (TF-CBT) &amp; EDMR</b>
Carmarthen	32	35	31	33	1
Ceredigion	31	11	31	22	0
Pembrokeshire	27	35	14	32	0

3. The UHB provides, within the table below, by county, the longest length of time an individual patient has waited for Mental Health treatment during the calendar years 2019, 2020 and 2021.

<b>County</b>	<b>Longest waiting times</b>
Carmarthen	192 days/ 27.5 weeks
Ceredigion	140 days/20 weeks
Pembrokeshire	66 days/ 9.4 weeks