

FOI 0261 2024 Response

Request

Name of trust: _____

A **Single Session Intervention (SSIs)** is a planned one-time intervention that is designed to provide individuals with immediate support and guidance for a specific issue or problem. That is, it is therapeutic in intent, and delivered as a standalone intervention, without presuming follow up or repeat use. It includes ‘single session therapy’, provided by a therapist from any therapeutic modality, and also self-help interventions designed intentionally to be used just once. Note that a one-off assessment (without providing guidance or therapeutic support) is not considered to be a single session intervention.

Our FOI request consists of 4 questions, pertaining to the financial year 2023-24:

1) Please mark X in the appropriate box:

	Yes	No
Did any services within your trust provide SSIs to Children and Young People (CYP)?		

2) If yes, which services and what SSIs did they offer? (please give as much detail as possible about these, including whether these are individual/group, aimed at a specific type of disorder or age group, what therapeutic modality/model these are based on)

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3) Who delivered these interventions? (please mark X for all that apply)

Practitioner Psychologists (incl. Clinical Psychologists, Forensic Psychologists, Counselling Psychologists, etc)	
Assistant Psychologists	
Trainee Psychologists/Clinical Associate Psychologists	
Consultant Psychiatrists	
Trainee Psychiatrists/Registrars	
Support Workers	
Mental Health Nurses	
Mental Health Practitioners (including Education Mental Health Practitioners, Child Wellbeing Practitioners)	
Family therapists	
Occupational therapists	
Social Workers	
Psychoanalytic Psychotherapists	
Other (please explain)s	

4) At what point(s) in the care pathway are SSIs are offered to CYP/families? (Please mark X to all that apply)

Whilst waiting	
As an additional source of help to users offered other therapeutic provision like medication or psychological therapy	
As a first step to accessing help	
As a crisis intervention	
Other (please explain)	

Response

The Trust do not deliver Single Session Intervention (SSIs) within SOLAR.

Please note that Birmingham and Solihull Mental Health NHS Foundation Trust, Barnardo's, and Autism West Midlands work together to provide emotional wellbeing and mental health services for children and young people in Solihull within our Child and Adolescent Mental Health Service (Solar).

Solar is a secondary care service which accepts referrals from children, young people, and parents/carers themselves, alongside referrals from professionals.

Solar provides multi-disciplinary assessment and treatment of children and young people with mental health or severe emotional and behavioural difficulties. The service currently accepts children and young people, until their 18th birthday, who are residents in the borough of Solihull, go to school or college in the Solihull area, or have a Solihull GP.

For information on children and young people in receipt of CAMHS services in Birmingham, please redirect your request to Forward Thinking Birmingham Service which is hosted by Birmingham Women's and Children's Trust.