

Reference Number: FOIAH2425/319

From: Other

Date: 12 September 2024

Subject: Single Session Interventions (SSIs) within CAMHS

Q1 Under the Freedom of Information Act (2000) we would like to make a request for information relating to the provision of Single Session Interventions (SSIs) within Child and Adolescent Mental Health Services (CAMHS) within Alder Hey Children's Hospitals NHS Foundation Trust from the financial year 2023-24.

A1 [Please see attached 319 FOI Response](#)

Name of trust: Alder Hey Children’s Hospital NHS Foundation 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)?	X	

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)

Single Session Therapy – individual work is offered in community and crisis care services.

SST is offered as part of crisis resolution to either support children and young people (up to the age of 18) to manage emotions during an acute crisis, to support management of distress whilst waiting for a planned care service, or as part of an ongoing intervention in community services. The single sessions interventions are provided to individuals and focus on one of the following presentations: anxiety; low mood; sleep difficulties; emotional dysregulation, self-harm; anger; parenting; self-esteem; emotional literacy; formulation (understanding how things have become difficult and what is keeping things difficult and what are the protective factors that can help to keep things ok). The sessions provide psychoeducation and are informed by the following approaches: Dialect Behaviour Therapy (DBT) coping skills (distress tolerance and emotional regulation); mindfulness; compassion focused therapy; cognitive behavioural therapy; training in Windy Dryden Single Session Therapy has been commissioned for staff.

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

Practitioner Psychologists (incl. Clinical Psychologists, Forensic Psychologists, Counselling Psychologists, etc)	X
Assistant Psychologists	X
Trainee Psychologists/Clinical Associate Psychologists	X
Consultant Psychiatrists	

Trainee Psychiatrists/Registrars	
Support Workers	
Mental Health Nurses	X
Mental Health Practitioners (including Education Mental Health Practitioners, Child Wellbeing Practitioners)	X
Family therapists	X
Occupational therapists	
Social Workers	X
Psychoanalytic Psychotherapists	
Other (please explain)	N/A

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