

Our Reference North East and North Cumbria ICB\
FOI ICB 25–248

North East and North Cumbria ICB
Pemberton House
Colima Avenue
Sunderland Enterprise Park
Sunderland
SR5 3XB

Tel: 0191 512 8484
E-mail: nencicb.foi@nhs.net

By Email

30 September 2025

Dear Applicant

Freedom of Information Act 2000 – Request for Information – NHS North East and North Cumbria Integrated Care Board (NENC ICB)

Thank you for your request received on 25 September 2025 for information held by NHS North East and North Cumbria Integrated Care Board (the ICB) under the provisions of the Freedom of Information Act 2000. The ICB covers the areas of County Durham, Newcastle Gateshead, North Cumbria, North Tyneside, Northumberland, South Tyneside, Sunderland, and Tees Valley.

Please find the information you requested on behalf of the ICB as follows.

Your Request

This FOI request is regarding access to psychological therapy for children with tics and / or Tourette's syndrome. I would be grateful if you could clarify:

1. What services within Newcastle and/or the North East and North Cumbria Integrated Care Board offer evidence-based psychological treatment such as Comprehensive Behavioural Intervention for Tics (CBIT) for teenagers with severe tics associated with a diagnosis of Tourette's syndrome?
2. How can these services be accessed including who would be required to make the referral and would they accept 15-year-olds?
3. If psychological therapy such as CBIT is not available in the region for children with tics, how this can be accessed from outside the region?

Psychological treatments are recommended as the first line treatments for tics according to the European Clinical Guidelines for Tourette Syndrome and Other Tic Disorders (Müller-Vahl et al, 2022; Szejko et al, 2022; Andrén, et al 2022). To summarise, the European Clinical Guidelines recommend that psychoeducation should be the initial intervention, regardless of symptom severity. First-line treatments should be psychological in the form of behavioural therapies (Roessner et al, 2022; Andrén, et al 2022). Pharmacological interventions alone or in combination with behavioural therapies are recommended as second-line interventions (Roessner et al, 2022).

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In terms of psychological interventions, Habit Reversal Training (HRT), primarily the expanded package Comprehensive Behavioural Intervention for Tics (CBIT) and Exposure and Response Prevention (ERP) are recommended (Andrén, et al 2022).

Our Response

We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB on this occasion is not able to provide the requested information. In line with your rights under section 1(1)(a) of the Act to be informed whether information is held, we confirm the ICB does not hold any of the information requested. However, we have determined that the information is held by Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW).

In accordance with our duty under s.16 of the FOIA to provide reasonable advice and assistance to an individual requesting information, we have provided the FOI email addresses for CNTW – foi@cntw.nhs.uk – to make your request.

In accordance with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log. Therefore, a version of our response which will protect your anonymity will be posted on the NHS ICB website <https://northeastnorthcumbria.nhs.uk/>.

If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me on the above telephone number or at the above address.

If you are unhappy with the service you have received in relation to your request and wish to request a review of our decision, you should write to the Information Governance Manager using the contact details at the top of this letter quoting the appropriate reference number.

If you are not content with the outcome your review, you do have the right of complaint to the Information Commissioner as established by section 50 of the Freedom of Information Act 2000. Generally, the Information Commissioner cannot make a decision unless you have exhausted the ICB's complaints procedure.

The Information Commissioner can be contacted at Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF or www.ico.org.uk.

Any information we provide following your request under the Freedom of Information Act will not confer an automatic right for you to re-use that information, for example to publish it. If you wish to re-use the information that we provide and you do not specify this in your initial application for information then you must make a further request for its re-use as per the Re-Use of Public Sector Information Regulations 2015 www.legislation.gov.uk. This will not affect your initial information request.

Yours faithfully

Information Governance Support Officer

**Information Governance Support Officer
North East and North Cumbria Integrated Care Board**