

FOI 0424/2023 Response

Background information:

The response below relates to the following services:

- Adults Eating Disorder Service, which consisting of a community intensive outreach service for Birmingham and Solihull patients only. As well as, a Day Treatment Service, commissioned by the West Midlands Adult Eating Disorder Provider Collaborative that is available to all West Midlands patients who are able to travel to the Barberry Centre site.
- CAMHS Service known as Solar provided by the Trust in conjunction with , Barnardo's and Autism West Midlands to provide emotional wellbeing and mental health services for children and young people in Solihull within our Child and Adolescent Mental Health Service.

We provide 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 19th 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.

Questions

1. Does the Trust provide any intensive community and/or day patient treatment for eating disorders (or refer patients on to receive such treatment from another NHS or non-NHS provider)? This may include day patient treatment, home treatment, or other innovative model/s. We are interested in programmes for children and young people, and/or adults.

Yes

No, and the Trust has never provided such a service

No, but the Trust did provide such a service in the past [Please provide more information below, including what led to the closure of this service/s]

If you answered "No" to question 1 (either of the two options), that is all that is required, thank you for your response.

If you answered “Yes” to question 1, please answer the remaining questions below. If the Trust provides more than one model of intensive community or day patient treatment and/or has separate programmes based on age or any other criteria, please provide separate answers for each treatment programme and specify which programme is being referred to. If the Trust refers patients on to receive intensive community or day patient treatment from another NHS or non-NHS provider, please state the name of this provider, and cover this treatment programme within the answers you give to questions 2-8.

2. What model/s of intensive community or day patient treatment for eating disorders does the Trust provide (or refer patients onto)? (Examples include day treatment or home treatment, but we are keen to hear about any other forms of intensive treatment too aside from inpatient care.) In your answer, please specify whether these are provided in-person or online/virtually.

Adults Eating Disorder Service

Community intensive outreach, and day treatment.

CAMHS Service

For young people, the service provides outreach such as meal support and supporting families at home or in community settings.

3. What is the intensity of this/these model/s of intensive community or day patient treatment for eating disorders?

a) Please provide the information requested below. (If the Trust provides, or refers patients onto, more than one intensive community or day patient treatment programme please provide separate answers for each):

- **Number of hours per day (if applicable to model)**

Adults Eating Disorder Service

Day treatment - 8am-4pm Monday to Friday. Most patients would be expected to attend this in person full time, although there is flexibility, and some meals could be supported virtually if needed.

Community intensive outreach- there is no fixed numbers of appointments or durations.

CAMHS Service

Mon-Fri 9-5pm and will offer support in these hours if more support is required Solar Crisis will offer this out of hours.

- **Number of days per week (if applicable to model)**

Please see above.

- **Number of contacts per week and minimum duration of those contacts (if applicable to model) *Dependent on clinical need.***

Adults Eating Disorder Service

There is no fixed numbers of appointments or durations.

CAMHS Service

There is no fixed numbers and is dependent on clinical need.

- **Is supervised meal support provided? (If so, for how many meals per day?)**

Adults Eating Disorder Service

some meals could be supported virtually if needed and the frequency is based on patient needs.

CAMHS Service

Sometimes yes depending on clinical need. frequency is based on patient needs

b) Please provide any more information that we should know about regarding the intensity of treatment provided by this/these programme/s.

No further information to be added from the services.

4. Are families or other carers engaged with (when appropriate) in the treatment provided by this/these intensive community and/or day patient treatment programme/s for eating disorders? If so, please describe or attach further information outlining this engagement.

Adults Eating Disorder Service

Families are involved but this is on an individual needs basis. There is no formal process for family involvement at present.

CAMHS Service

Yes, we work on the basis of family based interventions.

5. Is/are the intensive community and/or day patient treatment programme/s for eating disorders time limited, or is the length of this treatment based on clinical need? If it is time limited, what is the maximum length of treatment?

Adults Eating Disorder Service

Not time limited.

CAMHS Service

The length of time under the service can vary and is dependant of the needs of that individual.

There are regular reviews that take place to determine if interventions are working, there is an improvement and then a plan is made for either discharge or transition. There is no specific time scale attached to length of stay. However, there are waiting time standards for assessment to treatment.

6. What are the referral criteria for patients to access the intensive community and/or day patient treatment programme/s for eating disorders? In your answer, please detail any exclusion criteria (e.g., age, type of eating disorder/diagnosis, BMI, comorbidity, or otherwise).

Adults Eating Disorder Service

We do not have any specific inclusion or exclusion criteria for either treatment. It would be done in an individualised way, depending on risk and level of engagement.

CAMHS Service

The initial criteria for the service is that the Children and Young People (CYP) have a Solihull G.P. Also, as part of the screening of a referral there will be certain characteristics that would identify that there was an eating disorder requiring specialised interventions.

7. What is/are the geographic catchment area/s for referrals to the intensive community and/or day patient treatment programme/s for eating disorders (including any such programmes provided outside the Trust's usual geographic area, potentially as part of an NHS-led Provider Collaborative)?

Adults Eating Disorder Service

Community intensive outreach is for local (Birmingham and Solihull) patients only.

Day treatment is commissioned by the West Midlands Adult Eating Disorder Provider Collaborative and is available to all West Midlands patients who are able to travel to the Barberry Centre site.

CAMHS Service

Only Solihull and those under 18 years of age.

8. Please state the size of the caseload (number of accepted referrals) at the Trust's intensive community and/or day patient treatment programme/s for eating disorders on the dates below:

- 31 March 2023
- 30 September 2023
- (If the Trust provides more than one intensive community or day patient treatment programme, please provide the size of the caseload separately for each and specify whether the programme is for over 18s or under 18s.)

Snapshot Date	Eating Disorders Community	Eating Disorders Day Services	Solar Eating Disorders
31/03/2023	239	3	70
30/09/2023	248	1	72

*****NOTE:**

- Solar Eating Disorder Team is catered for clients under 18s.
- The figures are based on referrals taken onto a staff member's caseload.

9. Which organisation/s commission the intensive community and/or day patient treatment programme/s for eating disorders? If this is one or more NHS Integrated Care Board (ICB) or NHS Trust (as lead provider for an NHS-led Provider Collaborative), please specify their name/s in your answer to this question.

Adults Eating Disorder Service

Community team: Birmingham and Solihull ICB

Day treatment: West Midlands Adult Eating Disorder Provider Collaborative (MPFT is lead provider)

CAMHS Service

The service is part of Birmingham & Solihull mental health foundation trust and is commissioned via the Integrated Care Board (ICB).

10. Please tell us what the Trust is proud of about its intensive community and/or day patient treatment programme/s for eating disorders and outline the challenges and opportunities the Trust has experienced in providing this/these programme/s.

Please note that the Trust is unable to respond to this query.

This is because the question is opinion based and therefore does not fall into the remit or spirit of an FOI request, which is to provide factual information.

In addition to this, there have been no noted challenges and opportunities.