

Response

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 (CYP) in Solihull within our Child and Adolescent Mental Health Service (CAMHS) Solar. We provide multi-disciplinary assessment and treatment of children and young people suffering with mental ill health such as severe emotional and behavioural difficulties which include eating disorders.

Solar currently accepts children and young people, until their 19th birthday, who are residents in the borough of Solihull or registered with a GP in the borough of Solihull.

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.

- 1) Does the Trust provide eating disorders services that offer outpatient treatment? If so, please state the name of the service/s and the Clinical Commissioning Group/s (CCG/CCGs) that commission them.**
 - a) For under 18s**

Through the provision of the Trust's CAMHS service (Solar) treatment for an Eating Disorder is provided by the community-based specialist Eating Disorder Team (TEDS).

The TEDS Team provide assessment and treatment to children and young people who are residents in the borough of Solihull or registered with a GP within the Solihull area, until their 19th birthday.

Please note that the Eating Disorder service provided by the TEDS Team is not explicit to Binge Eating Disorders (BED) nor is it specifically commissioned as an eating disorders service, rather it is commissioned as part of the overall delivery of the CAMHS service which is locally commissioned by Birmingham and Solihull Clinical Commissioning Group (BSOL CCG).

- 2) Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?**
 - a) For under 18s**

If "no" to either a) or b) in question 2, please answer question 3.

If "yes" to both a) and b) in question 2, please skip to question 4.

The Trust is not specifically commissioned to provide a service for children and young people assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) however, the Trust is commissioned to provide a CAMHS service that offers support and treatment to children and young people with mental health or severe emotional and behavioural difficulties, including Eating Disorders such as BED.

3) If “no” to question 2 a) and/or b), does the Trust provide any kind of treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) or signpost them to services provided by other organisations?

a) For under 18s

If “no” to both a) and b) in question 3, that is all that is required. Thank you for your response.

If “yes” to either a) or b) in question 3, please answer the questions below.

Through the provision of the Trust’s CAMHS service (Solar) treatment for Eating Disorders is provided by a community-based specialist Eating Disorder Team (TEDS).

The TEDS Team provide assessment and treatment to children and young people who are residents in the borough of Solihull or registered with a GP within the Solihull area and suffering with an Eating Disorders, until their 19th birthday.

4) Please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:

a) the types of treatment that the Trust provides specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder-focused CBT [individual CBT-ED]) and,

b) how these are provided (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care-based mental health services, Weight management services or otherwise).

In the case of self-help, please specify whether this is guided or unguided.

Please specify the names of all applicable services and the Clinical Commissioning Groups (CCGs) or local authorities that commission them. If the Trust provides more than one relevant service, please list answers to part a) separately against each.

i) For under 18s

All children and young People (CYP) that are referred to the TEDS team undertake an eating disorder assessment with the purpose to determine if the following can provide,

- Interventions such as Cognitive Behavioural Therapy (CBT)
- Specialist, Supportive Clinical Management
- Providing self-guided/ self- help manuals
- Parental group support
- Referral to specific BED service
- Specialist dietetic support,
- Specialist Supportive Clinical Management (SSCM),
- Guided or unguided self help.
- Specialist family therapy
- Medical oversight which may include medication.

Service restrictions/eligibility criteria

- 5) **If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc). *If the Trust provides more than one relevant service, please list answers separately against each.***
- a) **For under 18s**

As treatment for Eating Disorders is provided through the provision of the Trust's CAMHS service the following criteria must be met,

- The child and young person must be either residing in Solihull or registered to a GP in the Solihull borough
- The child and young person must not be older than 18 years old.

In addition to this, the TEDS Team will assess each case on clinical need and risk level to determine if the child and young person suffering with Binge Eating Disorder would benefit from the interventions provided by the TEDS Team. The TEDS Team will also liaise with the wider multi-agency services to establish if wider support/ better suited support and treatment can be provided.

Access to binge eating disorder-focused guided self-help

- 6) a) **In 2019/2020 (the tax year) how many people on the caseload of the services specified in answer to Question 4b had been assessed as currently meeting diagnostic criteria for Binge Eating Disorder (BED)?**
- i) **For Under 18s**

The Trust is unable to provide further information to this question, this is because our system does not capture the detail of information requested as Binge Eating disorder (BED) is not a diagnosis or referral reason that is recorded in our system.

Obtaining the requested information will require manual search and collation of the data, which the Trust is unable to facilitate. With this in mind, a Section 12 exemption has been applied as the Trust does not have the capacity to fulfil this query

Please be aware that the Trust does not operate in tax year and all Trust data is captured in financial years.

b) How many of those in Question 6a have participated in a binge eating disorder-focused guided self-help programme as first- line psychological treatment?

i) For Under 18s

The Trust is unable to provide further information to this question, this is because the data is not held in our system in a reportable format.

Obtaining the requested information will require manual search and collation of the data, which the Trust is unable to facilitate. With this in mind, a Section 12 exemption has been applied as the Trust does not have the capacity to fulfil this query

Please be aware that the Trust does not operate in tax year and all Trust data is captured in financial years.

Funding

7) a) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Trust for eating disorders (any eating disorder diagnosis)?

i) For Under 18s

The Trust is not specifically funded to provide an Eating Disorder service however, the Trust is funded to provide a CAMHS service which offers support and treatment to children and young people with mental health or severe emotional and behavioural difficulties, including Eating Disorders (via TEDS Team) but not specific to Binge Eating Disorder (BED).

Please be aware that the Trust does not operate in tax year and all Trust data is captured in financial years.

b) In 2019/2020 (the tax year) how much funding was allocated to the treatment provided by the Trust specifically for Binge Eating Disorder (BED)?

i) For Under 18s

The Trust is not specifically funded to provide an Eating Disorder service however, the Trust is funded to provide a CAMHS service which offers support and treatment to children and young people with mental health or severe emotional and behavioural difficulties, including Eating Disorders (via TEDS Team) but not specific to Binge Eating Disorder (BED).

Please be aware that the Trust does not operate in tax year and all Trust data is captured in financial years.

Referrals from Weight Management Services

- 8) Does the Trust's eating disorder service/s (if it provides any) accept referrals from Weight Management services?

If the Trust provides more than one relevant service, please list answers separately against each.

- a) For under 18s

If "no" to both a) and b) in question 8 or both questions are not applicable, that is all that is required. Thank you for your response.

If "yes" to either a) or b) in question 8, please answer question 9.

The TED Team accepts referrals from Weight Management Services and will consider referrals from all sources.

- 9) In 2019/2020 (the tax year) how many patients started treatment at the Trust's eating disorder service/s...

If the Trust provides more than one relevant service, please list answers separately against each.

- a) Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically

- i) For Under 18s

The Trust is unable to provide further information to this question, this is because our system does not capture the detail of information requested as Binge Eating disorder (BED) is not a diagnosis or referral reason that is recorded in our system.

Obtaining the requested information will require manual search and collation of the data, which the Trust is unable to facilitate. With this in mind, a Section 12 exemption has been applied as the Trust does not have the capacity to fulfil this query

Please be aware that the Trust does not operate in tax year and all Trust data is captured in financial years.

- b) Who were assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) specifically, who had been referred from Weight Management services.

- i) For Under 18s

The Trust is unable to provide further information to this question, this is because our system does not capture the detail of information requested as Binge Eating disorder (BED) is not a diagnosis or referral reason that is recorded in our system.

Obtaining the requested information will require manual search and collation of the data, which the Trust is unable to facilitate. With this in mind, a Section 12 exemption has been applied as the Trust does not have the capacity to fulfil this query