

FOI 0267/2023 Response

I am following up on my colleague's request below. Would you be able to provide us answers to Questions 4-6.

4. Do children and young people's mental health services in your area extend to age 25, per NICE guidance?

The 18-25 service sits within the Community mental health teams (CMHT).

There is a transition worker within the CAMHS (SOLAR) service that supports with the transition from SOLAR to CMHT to ensure a smooth transition.

5. What support is in place for children accepted into NHS mental health services but that are on a waiting list to begin treatment?

Following acceptance to the service, all Child and Young People (CYP) and Families are given the crisis contact details for both in and outside of working hours.

Periodically the CYP that are waiting for treatment will be contacted to review how they are and if there have been any new challenges.

where possible, an update on an estimated time to start treatment will be provided.

Please note that currently there is a piece of work being carried out around self-help materials that will be added to the eservice website.

6. Which of the following mental health services are offered in your area for children and young people with eating disorders?

- family therapy - **yes**
- cognitive behavioural therapy – **Yes – CBT**
- guided self-help – **Yes.**
- interpersonal psychotherapy - **No**
- focal psychodynamic therapy - **No**