

FOI 0481_2024 Response

***NOTE Background Information:

Please note that 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 in Solihull within our Child and Adolescent Mental Health Service (Solar).

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 18th 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.

Under the Freedom of Information Act, I would like to request the following information:

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

For under 18s

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.

For 18+ year olds

The Trust's Eating Disorder Service is commissioned to provide treatment to patients who meet the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria for Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder or Other Specified Feeding and Eating Disorders (OSFED)

Binge Eating Disorder: Diagnostic criteria consists of

- Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:
 - Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than what most people would eat in a similar period of time under similar circumstances.
 - A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).
- The binge-eating episodes are associated with three (or more) of the following:

- Eating much more rapidly than normal.
 - Eating until feeling uncomfortably full.
 - Eating large amounts of food when not feeling physically hungry.
 - Eating alone because of feeling embarrassed by how much one is eating.
 - Feeling disgusted with oneself, depressed, or very guilty afterward.
- Marked distress regarding binge eating is present.
 - The binge eating occurs, on average, at least once a week for 3 months.
 - The binge eating is not associated with the recurrent use of inappropriate compensatory behaviour as in bulimia nervosa and does not occur exclusively during the course of bulimia nervosa or anorexia nervosa.

2. 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?

1. For under 18s
2. For 18+ year olds

For under 18s

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.

For 18+ year olds

Through the Trust's eating disorder services, treatment is provided for those who meet the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria for Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder or Other Specified Feeding and Eating Disorders (OSFED)

3. If applicable, 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.

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.

For 18+ year olds

Most patients with Binge Eating Disorder (BED) would receive treatment as an outpatient by the Outpatient Therapy Team. The team consists of medical staff, psychological therapists, a dietitian, and clinical psychologists. The team is very experienced in working with people with eating disorders.

Please note that on rare occasions, day treatment will be offered for a short period of time with the purpose to stabilise the patient.

Patients suffering with BED are offered the following treatment and therapeutic interventions,

- One to one therapy includes: (for all eating disorders)
- Cognitive behavioural therapy
- Psychodynamic therapy
- Compassion-focused therapy
- Acceptance and commitment therapy
- Motivational enhancement therapy
- Dietetic advice and treatment
- Group therapy:
- Cognitive behavioural therapy for eating disorders (CBT-ED) groups for individuals with Binge eating disorder and Bulimia nervosa.
- Supportive Clinical Management for individuals with a long-term and chronic eating disorder with an aim of preventing deterioration and reducing admission.
- Guided self-help, this is a new intervention that was recently piloted and will now be offered as a treatment option. We are able to offer this as an e-learning or paper based, with 1:1 support from a member of the therapy team.

4. 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.

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.

For 18+ year olds

For a patient to access the eating disorder service for Binge Eating Disorder they need to be aged 25+ within the Birmingham area and 19+ if they are from the Solihull area. The Binge Eating Diagnostic criteria consists of,

- Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:
 - Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than what most people would eat in a similar period of time under similar circumstances.
 - A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).
- The binge-eating episodes are associated with three (or more) of the following:
 - Eating much more rapidly than normal.
 - Eating until feeling uncomfortably full.
 - Eating large amounts of food when not feeling physically hungry.
 - Eating alone because of feeling embarrassed by how much one is eating.
 - Feeling disgusted with oneself, depressed, or very guilty afterward.
- Marked distress regarding binge eating is present.
- The binge eating occurs, on average, at least once a week for 3 months.
- The binge eating is not associated with the recurrent use of inappropriate compensatory behaviour as in bulimia nervosa and does not occur exclusively during the course of bulimia nervosa or anorexia nervosa.

Please note that the exclusion criteria for referral and assessment is simple obesity or over-eating.