

Freedom of Information Request: Our Reference CTHB_12_19

You asked:

I am writing to you under the Freedom of Information Act 2000 to request information regarding intensive outpatient treatment for patients with Eating Disorders.

Throughout this FOI we will use the term "intensive outpatient treatment" to refer to treatment programmes which offer increased contact hours for the patient compared to traditional outpatient treatments (e.g. Cognitive Behavioural Therapy or Family Based Treatment), yet the patient returns home at night therefore is not an inpatient. Intensive outpatient programmes range in their intensity, for example, a patient may attend the programme for eight hours, three days a week or up to twelve hours, seven days a week.

Day treatment programmes are the most common form of intensive outpatient treatment and tend to run as a group therapy, with the patients attending the programme during the day and returning home for evenings and weekends. Home treatment in which a clinician visits the patient's home to support meals and snacks and offer psychosocial intervention, is an additional form of intensive outpatient treatment. There are other models of intensive outpatient treatment which may not be either day treatment or home treatment, and we are interested in hearing about these too.

- 1) Does your Local Health Board provide any intensive outpatient treatment for patients with Eating Disorders, for example, a day treatment programme or home treatment (or another model of intensive outpatient treatment)? We are interested in programmes for both children and young people, and/ or adults.**

Cwm Taf UHB does not provide an intensive outpatient treatment for adult patients with eating disorders.

If "no" to question 1, that is all that is required. Thank you for your response.