

Freedom of Information Request: Our Reference CTMUHB_422_23

You asked:

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)?

a) For under 18s

Yes.

b) For 18+ year olds

Yes.

2. 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

b) For 18+ year olds

Not applicable.

3. 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,

a) For under 18s

Cognitive Behavioural Therapy, Cognitive Behavioural Therapy for Eating Disorders, Family Therapy.

a) For 18+ year olds

In the Tier 2 Eating Disorders Service individual Enhanced Cognitive Behavioural Therapy, Cognitive Behavioural Therapy - Ten or Interpersonal Psychotherapy is available.

At present we are not aware of guided self-help being delivered within the Health Board. This is currently due to staffing provisions.

The Tier 2 Eating Disorder Service is offers virtual and face-to-face appointments in clinics, this applies to all patients with an eating disorder, including patients with BED.

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 ICBs (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.

b) For under 18s

The Child and Adolescent Mental Health Service (CAMHS), Tier 2 or Tier 3, across the whole of Cwm Taf Morgannwg Health Board.

b) For 18+ year old

The Local Primary Care Mental Health Support Services (LPCMSS) as well as the CTMUEB Tier 2 Eating Disorder Service provide treatment specifically for BED.

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.

a) For under 18s

There is no set criteria, each referral would be assessed based on the full information provided and the Single Point of Access team would liaise directly with the referrer as appropriate.

b) For 18+ year olds

We can confirm that currently there are no specified service restrictions or eligibility criteria in terms of accessing specific treatment for BED, other than a patient would have a diagnosis of BED or their presentation indicates BED.

General eligibility criteria apply for accessing specialist eating disorder service. Following an individual assessment the patient's needs, risks and wishes are considered in terms of deciding on the most appropriate form of support or treatment for BED. Weight and body mass index will be part of the assessment and will be considered in terms of an individual's ability to engage in therapeutic work.

General eligibility criteria applies for accessing Care and Treatment in Community Mental Health Teams (CMHTs). There are no specified restrictions with regard accessing treatment for BED, nor are there any specific eligibility criteria in terms of specific treatment for BED in CMHTs. Patients receive a comprehensive

assessment and risk assessment, which informs individualised care and treatment planning which is outcome focussed and underpinned by the recovery model.

The Tier 2 Eating Disorders Service is in the process of reopening. The Tier 2 Eating Disorders Service offers a variety of treatment options for those with a range of eating disorders including BED. There is a unified pathway of referral to Tier 2 Eating Disorders Service across the CTMUHB.