

Freedom of Information Request	FOI 23-504	30 October 2023
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Your request

You requested the following:

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
 - b. For 18+ year olds

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

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,
 - 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.

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
 - b. For 18+ year olds

Our response

Our response to questions 1 and 2 is provide in the table below:

Age Range	Commissioned	Service Provider
Under 18's	No	Seen as part of the Child and Adolescent Mental Health Services (CAMHS) eating disorder (ED) Workstream
18+ Years	No	Seen as part of Primary Care services for adults initially and then escalated to adult eating disorder services as need dictates.

3. Patients under 18 years old will undergo an ED assessment and an ED focused cognitive behavioural therapy (CBT) usually individual as numbers very low from CAMHS ED assessment teams and CAMHS ed clinicians.

For patients over 18 years old we provide guided self-help at a Primary care level, and CBT as a second line via Specialist Eating Disorder service depending on complexity and need. If someone is referred to the Specialist Eating Disorders for binge eating, we will complete an initial telephone assessment as we do with all referrals. If presentation is fitting with a Binge eating diagnosis, we may then refer to Primary Care Mental Health Services or complete further assessment and/or offer intervention with the Specialist Eating Disorders Service. If we feel it is more appropriate for a referral to the adult weight management service, we will make this recommendation following a telephone assessment.

These are provided through the following:

- We have developed a Binge Eating workbook and provided training to Primary Care Mental Health Support Services (PCMHSS) to enable to them to provide guided self-help for those presenting with binge eating. This is in line with NICE recommendations for binge eating disorder. We are planning a further round of training and offering supervision to PCMHSS colleagues.
- If someone requires further intervention following this, or has other comorbid mental health problems, or felt to be too complex for PCMHSS then the Specialist Eating Disorders Service will provide CBT. This is currently provided on an individual basis, but we are developing a group programme. Individuals would then have a choice of group or individual CBT.
- We may also offer other interventions such as Dialectical Behavioural Therapy and Compassion Focused Therapy if indicated.

4. Our response to question 4 is provided in the table below:

Age Range	Service Restrictions
Under 18's	There are no service restrictions for assessment
18+ Years	The patient will usually access support at a Primary care Mental Health level before specialist services become involved.