

Hello,

I am writing to you under the Freedom of Information Act 2000 to request information on:

- Demand and capacity regarding eating disorder treatment
- Plans and investments made in response to the Welsh Eating Disorder Service review 2018.

Demand and capacity regarding eating disorder treatment

1. Please complete the table below with data on referrals to mental health services provided by the Health Board, for patients with a suspected eating disorder. *Please note that 'Adult Tier 3' should include any adult eating disorder service.*

Financial year	Total eating disorder referrals received				Number of eating disorder referrals assessed by a mental health or eating disorder service as having an eating disorder but closed without starting eating disorder treatment				Number of eating disorder referrals closed without receiving clinical eating disorder assessment from a mental health or eating disorder service.			
	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3
2018/2019	Unable to provide	Unable to provide this information.	96	97	Unable to provide	Unable to provide this information.		0	Unable to provide.	Unable to provide this information.		0
2019/2020	126		91	86	Unable to provide			0	Unable to provide.		0	
2020/2021	184		121	79	10			0	Unable to provide.		0	
2021/2022 to date (if available, please specify the months covered)	214 01/01/21 - 24/08/21		56 01/04/21 - 31/07/21	42 01/04/21 - 31/07/21	16			0	27 not for CAMHS 11 - referred to CORE CAMHS for assessment		0	

CAMHS = Child and Adolescent Mental Health Service

2. Please detail any service restrictions/eligibility criteria around accessing eating disorder treatment from your Health Board, in the following financial years. *Please list answers separately for each relevant mental health service including any Tier 3 adult eating disorder service.*
 - a) 2018/2019 - There are no restrictions or eligibility criteria around accessing eating disorders treatment in 2018/19.
 - b) 2019/2020 - There are no restrictions or eligibility criteria around accessing eating disorders treatment in 2019/20.
 - c) 2020/2021 - There are no restrictions or eligibility criteria around accessing eating disorders treatment in 2020/21.
 - d) 2021/2022 - There are no restrictions or eligibility criteria around accessing eating disorders treatment in 21 Onwards.

Further information: We do not have eligibility criteria as we assess referrals based on a number of factors such as level of risk and clinical judgement, level of interest, knowledge and skill of clinicians at Tier 2 who have referred the patient. We, as a service have an open policy in order to access our service promoting early intervention, to reduce worsening of presentation whilst waiting. Some of the factors we would also consider would include, physical health, co-morbidity, primary diagnosis, level of risk to self and others, family and community support, age, length of time that they have had an eating disorder, rate of weight loss, compensatory behaviours, functionality of eating disorder among others.

CAMHS

a) 2018/2019

Low risk/ blue risk as per MARSIPAN Jr would not be offered ED Assessment and green risk unlikely to be offered brief intervention

b) 2019/2020

Low risk/ blue risk as per MARSIPAN Jr would not be offered ED Assessment and green risk unlikely to be offered brief intervention

c) 2020/2021

Commencing January 2020 CAMHS ED ABUHB – no inclusion exclusion criteria. Input is highly dependent upon the best service available to meet the young person and family's needs

d) 2021/2022

Commencing January 2020 CAMHS ED ABUHB – no inclusion exclusion criteria. Input is highly dependent upon the best service available to meet the young person and family's needs

3. Does the Health Board provide treatment specifically for child and adolescent patients (under 18 years old) assessed as meeting diagnostic criteria for Avoidant Restrictive Food Intake Disorder (ARFID)? If Yes, which Health Board service/s is this treatment provided by?

Yes, by CAMHS

4. Does the Health Board provide treatment specifically for adult patients (18 years old and over) assessed as meeting diagnostic criteria for Avoidant Restrictive Food Intake Disorder (ARFID)? If Yes, which Health Board service/s is this treatment provided by?

Yes, Psychology Services provide treatment for ARFID.

5. Please complete the table below regarding the total staffing dedicated to eating disorder treatment - in Whole Time Equivalent (WTE) and broken down by professional discipline - at your Health Board, as this was on the dates below. (Please see the fictional example entered in the table below). Please include all staff in post, whether or not they happened to be at work on these dates. Please also include any bank or agency staff that were working on those dates.

Date	Total dedicated and identifiable eating disorder staffing (in WTE and broken down by professional discipline)										
	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3 (including adult eating disorder service)							
At 31 March 2018	Please see further tables below	Cannot split between community teams, not dedicated ED.	SPECIALIST TIER 3 EATING DISORDERS TEAM								
			Clinical Lead	Clinical Specialist RMN	Consultant Psychiatrist	Specialist Clinician OT	Dietitian	Admin	Specialist Practitioner RMN	Specialist Clinician RMN	Support Workers
			1.00 WTE	1.00 WTE	0.1 WTE	1.00 WTE	1.00 WTE	1.00 WTE	1.00 WTE	0.8 WTE	2.8 WTE
At 31 March 2019			SPECIALIST TIER 3 EATING DISORDERS TEAM								
			Clinical Lead	Clinical Specialist RMN	Consultant Psychiatrist	Specialist Clinician OT	Dietitian	Admin	Specialist Practitioner RMN	Specialist Clinician RMN	Support Workers
			1.00 WTE	1.00 WTE	0.1 WTE	1.00 WTE	1.00 WTE	1.00 WTE	1.00 WTE	0.8 WTE	2.8 WTE
At 31 March 2020			SPECIALIST TIER 3 EATING DISORDERS TEAM								
			Clinical Lead	Clinical Specialist RMN	Consultant Psychiatrist	Specialist Clinician OT	Dietitian	Admin	Specialist Practitioner RMN	Specialist Clinician RMN	Support Workers
			1.00 WTE	1.00 WTE	0.3 WTE	1.00 WTE	1.00 WTE	1.00 WTE	1.00 WTE	0.8 WTE	2.8 WTE
At 31 March 2021			SPECIALIST TIER 3 EATING DISORDERS TEAM								
			Clinical Lead	Clinical Specialist RMN	Consultant Psychiatrist	Specialist Clinician OT	Dietitian	Admin	Specialist Practitioner RMN	Specialist Clinician RMN	Support Workers
			1.00 WTE	1.00 WTE	0.3 WTE	1.00 WTE	1.00 WTE	1.00 WTE	1.00 WTE	0.8 WTE	2.8 WTE

CAMHS Core ED Team = Child and Adolescent Mental Health Service

At 31st March 2018

WTE	POSITION/ JOB ROLE
0.2	Advanced Dietitian
0.4	Systemic Family Therapist
0.2	Consultant Psychiatrist
0.1	Psychotherapist
0.5	Specialist Lead for ED Nursing
0.1	Physiotherapist
5.4	Nursing
1	Dietitian
1	Dietitian
0.56	Dietetics
1	OT Technician
0.6	HCSW
Total 11.06wte	

At 31st March 2019

WTE	POSITION/ JOB ROLE
0.2	Advanced Dietitian
0.4	Systemic Family Therapist
0.2	Consultant Psychiatrist
0.1	Psychotherapist
0.5	Specialist Lead for ED Nursing
0.1	Physiotherapist
5.4	Nursing
1	Dietitian
1	Dietitian
0.56	Dietetics
1	OT Technician
0.6	HCSW
Total 11.06wte	

At 31st March 2020

WTE	POSITION/ JOB ROLE
0.2	Advanced Dietitian
1	Systemic Family Therapist
0.2	Consultant Psychiatrist
0.1	Psychotherapist
0.5	Specialist Lead for ED
1	Advanced Practitioner
1	Dietician
1	Occupational Therapist
0.1	Physiotherapist
5.4	Nursing
1	Dietitian
1	Dietitian
0.56	Dietetics
1	OT Technician
0.6	HCSW
Total 14.66	

At 31st March 2021

WTE	POSITION/ JOB ROLE
0.2	Advanced Dietitian
2	Systemic Family Therapist
0.1	Psychologist (Anne Johnson)
0.4	ARFID Psychologist
0.4	ARFID Dietician
0.2	Consultant Psychiatrist
0.1	Psychotherapist
0.5	Specialist Lead for ED
1	Advanced Practitioner
1	Dietician
1	Occupational Therapist
0.1	Physiotherapist
5.4	Nursing
1	Dietitian
1	Dietitian
0.56	Dietetics
1	OT Technician
0.6	HCSW
Total 16.56wte	

In addition 20% of caseload for the wider CAMHS teams (75.71wte) are ED related.

6. Please complete the table below with the number of patients who were under treatment for their eating disorder and had not yet been discharged on the dates specified, broken down by the category of mental health service they were primarily receiving treatment from. *Please note that this question is asking about the services' total caseloads on the dates specified, not the number of appointments that took place on those dates.*

Date	Size of eating disorder caseload (number of patients)			
	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3 (including adult eating disorder service)
At 31 March 2018	Unable to provide.	Unable to provide.		34
At 31 March 2019	Unable to provide.			35
At 31 March 2020	86			50
At 31 March 2021	92			37

CAMHS = Child and Adolescent Mental Health Service

7. Does your Health Board provide eating disorder treatment for patients who are normally resident within the geographic area of any other Health Board in Wales? If so, please provide information on this below, including the number/s of such patients (if any) included in answer to question 6, on each of the dates specified in question 6.

Yes, at Tier 3 for people in South Powys who usually number 2 patients at any given time.

8. Please complete the table below, regarding median referral to start of treatment waiting times for outpatient eating disorder treatment provided by your Health Board. *Please do not provide data which relates to Inpatient treatment. Please measure this as the length of time between the referral being received by the service and the date of the second appointment. Please specify whether figures are in days, weeks or months.*

Financial year	Median Referral To Treatment (RTT) waiting times for outpatient eating disorder treatment (please specify whether figures are in days, weeks or months)			
	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3 (including adult eating disorder service)
Patients added to the caseload during 2018/19	Unable to provide	Unable to provide.	1 st Contact: 22 days 2 nd Contact: 57 days	Cannot provide due to historical system recording.
Patients added to the caseload during 2019/20	3 weeks		1 st Contact: 9 days 2 nd Contact: 32 days	Cannot provide due to historical system recording.
Patients added to the caseload during 2020/21	2.5 weeks		1 st Contact: 10 days 2 nd Contact: 31 days	1 st Contact: 18 Days 2 nd Contact: 29 Days
Patients added to the caseload during 2021/22 (if available, please specify the months covered)	3 weeks (1 st April till 31 August)		1 st Contact: 3 days 2 nd Contact: 21 days	1 st Contact: 12 Days 2 nd Contact: 23 Days

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9. Please attach any formal protocol that the Health Board has in place to govern co-working between mental health services and diabetes services for patients who have both an eating disorder and diabetes.

Adult - Meet bi-monthly with colleagues in Adult Diabetes services to discuss cases and provide liaison, consultation and supervision to one another. There is no formal written protocol.

CAMHS and CAMHS ED have regular multidisciplinary meetings with Paediatrics to discuss their cases and Psychologists are embedded with the Paediatric team full time to support any patient who have both an eating disorder /any mental health difficulty and diabetes.

10. Please attach any formal protocol that the Health Board has in place to govern co-working between mental health services and neurodevelopmental services for patients who have both an eating disorder and autism.

Adult - There is no formal protocol in place.

CAMHS function within the Health Board is arranged into 3 teams Emergency Department, Neurodevelopmental and Specialist Child and Adolescent Mental Health Services (sCAMHS) working as multidisciplinary teams to ensure joint working and with a Single Point of Access for referrals that are appropriately directed according to severity and need. Eating Disorder delivery is incorporated within CAMHS overall and is not standalone requiring a formal protocol.

Plans and investments made in response to the Welsh Eating Disorder Service review 2018

On 25 September 2019 Vaughan Gething MS, the-then Minister for Health and Social Services, wrote to all Health Board Chief Executives about the Welsh Eating Disorders Service review 2018. In this letter the Minister asked Health Boards to begin developing plans and making service improvements in line with the vision set out in the service review. All Health Boards were asked to “conduct a baseline review of current waiting times and to develop improvement plans” and the letter ended with: “Please respond with your views on the report [the Service review] and recommendations and with your improvement plans following baseline reviews by 8th November [2019].”

11. Please supply recorded information on the baseline review of waiting times for eating disorder treatment conducted by the Health Board and the correspondence, including improvement plans, that the Health Board sent to the Welsh Government in response to this letter.



ABUHB Eating Disorders Service



Letter of Response ReABUHB Eating Disor

Action 6.2(i) of the Welsh Government’s [Review of the Together for Mental Health Delivery Plan 2019-2022 in response to COVID-19](#) commits the Government to “work with service users, carers and health boards to develop a new model of service in response to the recent independent review.” The milestones set for this action for 2020 and 2021 were to “Develop and begin implementation on local improvement plans” (p.38).

12. Please supply recorded information on how the Health Board has developed and begun implementation of local improvement plans in response to the Welsh Eating Disorder Service review 2018, in:
 - a) 2020: ABUHB has an ED Steering Group encompassing all elements of provision for people with an ED in Gwent across the age range to develop a local improvement plan. The group meets quarterly and is ongoing.
 - b) 2021 (to date, please specify the months covered): The Health Board is developing early intervention and treatment at Tier 2 for people with an eating disorder in Gwent and will begin a pilot project in Caerphilly borough

in October 2021 before roll out across the Health Board area in early 2022.

13. Since the publication of the Welsh Eating Disorder Service review 2018, the Government has asked Health Boards to submit proposals for funding to support planning and service improvements in line with the service review. Please enclose recorded information that relates to:
- The proposals submitted by the Health Board's clinical staff to relevant Health Board senior management
 - The response of relevant Health Board senior management to these proposals, including whether they were funded, in part or in whole.



Eating Disorders
bid (002).pdf

Please note that £440k of recurring Service Improvement Funding has recently been approved for Eating Disorders, and appointments are being made relating to this, which will enhance the service



CAMHS Eating
Disorders.docx



CAMHS Avoidant
Food Intake Disorde

14. Please state how much money the Health Board has spent on its Tier 3 adult eating disorder service (if applicable) in the following financial years:
- 2018/19 – £372k
 - 2019/20 – 445k
 - 2020/21 – 461k
 - 2021/22 (if available, please specify the months covered) £150k 4 months April 2021 – July 2021
15. Please state how much money the Health Board has spent specifically on the treatment of eating disorders (excluding that detailed in answer to Question 14) in the following financial years:
- 2018/19 Not identified as separate budget and not captured
 - 2019/20 Not identified as separate budget and not captured
 - 2020/21 Not identified as separate budget and not captured
 - 2021/22 (if available, please specify the months covered) Not identified as separate budget and not captured

If it is not possible to provide the information requested without exceeding the cost of compliance limit, please provide advice and assistance, under your Section 16 obligations, as to how I can refine my request appropriately.

If you have any queries, please contact me via email or phone and I will be happy to clarify what I am asking for. My contact details are outlined below.

Many thanks,