

**Information Governance**

The Green  
1 Roger Dowley Court  
Russia Lane  
London  
E2 9NJ

**Telephone: 020 7655 4053**

**Email [elft.foi@nhs.net](mailto:elft.foi@nhs.net)**

**Website: <https://www.elft.nhs.uk>**

**Our reference: FOI DA3204**

I am responding to your request for information received 20<sup>th</sup> August 2019. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,

Ayomide Adediran  
Information Governance Coordinator

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision. If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 0303 123 1113  
Web: [www.ico.org.uk](http://www.ico.org.uk)

**Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention**

**Request:**

**I would like to make a request for some data on Child and Adolescent Mental Health Services (CAMHS) and Adult Improving Access to Psychological Therapies (IAPT) under the Freedom of Information Act. I am requesting the following information:**

**A list of criteria for referrals to CAMHS and IAPT for: a) 2019/20 b) 2018/19 c) 2017/18**

**Answer:**

The below response is applicable for all years a) 2019/20 b) 2018/19 c) 2017/18.

East London NHS Foundation Trust's (ELFT) Tier 2/3 CAMHS services are available to children and young people who are at risk of significant, persistent and/or complex emotional and mental health difficulties. Services accept self-referrals and referrals from professionals.

The Trust's Tier 4 CAMHS services provide care for young people who present with severe or complex mental health difficulties requiring hospital admission. Some young people may already be known to community CAMHS but may require an inpatient admission to provide more intensive assessment and treatment. Thresholds are as set out in the national specifications for Tier 4 CAMHS. This can be found here - <https://www.england.nhs.uk/commissioning/spec-services/npc-crg/group-c/c03/>

East London NHS Foundation Trust's IAPT services are available to adults 18+ (or 16 if not in full time education). IAPT services provide talking therapies and group treatments for mild to moderate common mental health problems. The services deliver a stepped care model designed to treat depression and anxiety disorders including generalised anxiety disorder, social anxiety, panic disorder, health anxiety and also post-traumatic stress disorder. Services accept self-referrals and referrals from professionals.