

Information Governance

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2 November 2023

Our reference: FOI DA4986

I am responding to your request for information received 3 October 2023. I am sorry for the delay in responding to your request. 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,

Information Rights 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

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'what matters' to everyone, achieve a better quality
of life and continuously improve our services.
We care . We respect . We are inclusive

Interim Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request: I would like to request the following information under the Freedom of Information Act on behalf of the Education Policy Institute.

Question 1: In the area you cover, are there services / pathways / arrangements for screening groups of young people with higher risk of mental ill-health, for example:

- a) children in contact with social care
- b) care leavers
- c) children who require support from multiple mental health services, e.g. an eating disorder service and anxiety service
- d) asylum-seeking children

Answer: Yes.

Question 2: In the area you cover, are there specific arrangements for young people with complex needs, which may cut across multiple services, e.g. NHS mental health services, social care, youth justice, etc.?

Answer: Yes.

Question 3: **A) Is there a mental health crisis care team for all young people in the area you cover?**

Answer: Yes.

B) Is follow-up care provided after contact with the mental health crisis team is terminated?

Answer: This is dependent on the clinical need for follow up.

Question 4: **Do children and young people's mental health services in your area extend to age 25, per NICE guidance?**

Answer: No, CAMHS services are provided until 18th birthday. If required, they may be referred to adult mental health services.

Question 5: **What support is in place for children accepted into NHS mental health services but that are on a waiting list to begin treatment?**

Answer: Support will vary by service and place and will include signposting to online resources such as BEAT or Be Body Positive, plus access to Local CAMHS crisis support.

Question 6: **Which of the following mental health services are offered in your area for children and young people with eating disorders?**

- a) family therapy
- b) cognitive behavioural therapy
- c) guided self-help
- d) interpersonal psychotherapy
- e) focal psychodynamic therapy

Answer: The Trust offers family therapy, cognitive behavioural therapy and guided self-help.

If interpersonal psychotherapy or focal psychodynamic therapy is clinically indicated, then we can refer to local CAMHS/voluntary sector to provide.



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