

**Information Governance**

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30<sup>th</sup> May 2024

**Our reference: FOI DA5123aR**

By Email:

I am responding to your request for a further internal review under the Freedom of Information Act 2000 which was received on 21<sup>st</sup> December 2023, with further information sought on 28<sup>th</sup> February 2024. This was regarding our latest response on 15<sup>th</sup> March 2024, I am sincerely sorry for the delay in responding to your request.

I confirm that I have now undertaken a review of your request and am enclosing an updated response which is attached to this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

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)

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'what matters' to everyone, achieve a better quality  
of life and continuously improve our services.  
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**Chief Executive Officer:** Lorraine Sunduza  
**Chair:** Eileen Taylor

**Request:**

**Question 1: Bedfordshire and Luton countywide service**

**Question 3 (of DA5123) - Could you please ask the Bedfordshire and Luton countywide service to detail the maximum intensity of treatment that the 'home intensive treatment option' is able to provide in terms of the number of contacts per week and their duration?**

(The purpose of question 3 is to gauge the maximum intensity of treatment that such programmes are able to provide/their capacity to provide alternatives to inpatient admission. We are looking at this nationally to see how many areas are currently able to provide genuinely intensive levels of community and/or day patient treatment (without naming providers). To be able to do this we need detailed information about the programmes that are in place, as set out in the prompts/sub-sections of this question).

**Answer: What is the maximum intensity of treatment (in terms of frequency and duration of contacts per week, and number of meals supported) that can be provided by these services?**

**Bedfordshire Adults** – Operates five days per week (Monday – Friday); two meals and two snacks per day. The contacts are ten per week as a minimum in the first eight weeks including two carers support contacts. 50% must be face to face and the number of contacts is tapered in weeks eight to twelve.

**Bedfordshire Child and Adolescent Mental Health Service (CAMHS)** - The intensive service currently operates Monday – Friday. There is currently no set maximum number of contacts, the number is adapted to each individual case and their needs. The input is reviewed weekly; however the initial plan will support ideally up to six weeks, though there is room for extending this if needed.

Depending on the individual's need, they will receive daily input and support for at least one meal a day (more if required – up to three maximum a day, however this would be time limited) and this will gradually reduce over time as initial crisis begins to reduce.

**Question 3: East London wide service for City & Hackney, Newham and Tower Hamlets, Eating Disorder Intensive Programme (EDIP)**

**Question 3 (of DA5123)- Could you please ask the East London wide service to:**

- a) detail the maximum intensity of treatment that the 'Eating Disorder Intensive Programme (EDIP)' is able to provide in terms of the number of contacts per week and their duration,
- b) and also for the maximum number of meals that can be supported per day?

(The purpose of question 3 is to gauge the maximum intensity of treatment that such programmes are able to provide/their capacity to provide alternatives to inpatient admission. We are looking at this nationally to see how many areas are currently able to provide genuinely intensive levels of community and/or day patient treatment (without naming providers). To be able to do this we need detailed information about the programmes that are in place, as set out in the prompts/sub-sections of this question.)



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**What is the maximum intensity of treatment (in terms of frequency and duration of contacts per week, and number of meals supported) that can be provided by these services?**

**Answer:** **East London CAMHS** – This response relates to the intensive outpatient programme for eating disorders that is run by East London Community Eating Disorders Service for Children and Young People (CEDS-CYP) team.

EDIP runs for a maximum of eight weeks.

The maximum contact is eleven YP/parent sessions a week plus a weekly professionals Multi-Disciplinary Team (MDT) meeting (twelve sessions a week). The duration is variable depending on the session format, e.g. psychiatry, dietetic, nursing, therapy, key work or meal support, but on average will be approximately an hour each. The maximum meal support that can be offered is eight per week, but this would be in exceptional circumstances and time-limited to two weeks. The usual maximum meal support offer within the programme is four per week.

Additionally, there are three YP/parents/professionals meetings organised at the start of EDIP, at the mid-point and at the end, which last an hour each.

This does not include any necessary administrative time and liaisons with other professionals, relative to each case.



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## Original Request

### Question 1: Bedfordshire and Luton countywide service

**Question 3 (of DA5123) - Could you please ask the Bedfordshire and Luton countywide service to detail the maximum intensity of treatment that the 'home intensive treatment option' is able to provide in terms of the number of contacts per week and their duration?**

**(The purpose of question 3 is to gauge the maximum intensity of treatment that such programmes are able to provide/their capacity to provide alternatives to inpatient admission. We are looking at this nationally to see how many areas are currently able to provide genuinely intensive levels of community and/or day patient treatment (without naming providers). To be able to do this we need detailed information about the programmes that are in place, as set out in the prompts/sub-sections of this question).**

**Answer:** The Trust has reviewed question 1 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

*(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.*

The information requested is accessible here: Question 3

[https://www.elft.nhs.uk/sites/default/files/2024-02/foi\\_da5123\\_-\\_appendix\\_1.pdf](https://www.elft.nhs.uk/sites/default/files/2024-02/foi_da5123_-_appendix_1.pdf)

However, for completeness we are providing the information in this response:

In Bedfordshire and Luton countywide service, currently, there is not a set number of contacts, however this will be adapted to each individual case/patient needs.

### Question 3: East London wide service for City & Hackney, Newham and Tower Hamlets, Eating Disorder Intensive Programme (EDIP)

**Question 3 (of DA5123)- Could you please ask the East London wide service to:**

- c) detail the maximum intensity of treatment that the 'Eating Disorder Intensive Programme (EDIP)' is able to provide in terms of the number of contacts per week and their duration,**
- d) and also for the maximum number of meals that can be supported per day?**

**(The purpose of question 3 is to gauge the maximum intensity of treatment that such programmes are able to provide/their capacity to provide alternatives to inpatient admission. We are looking at this nationally to see how many areas are currently able to provide genuinely intensive levels of community and/or day patient treatment (without naming providers). To be able to do this we need detailed information about the programmes that are in place, as set out in the prompts/sub-sections of this question.)**



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Answer: The Trust has reviewed question 3 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

*(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.*

The information requested is accessible here: Question 3  
[https://www.elft.nhs.uk/sites/default/files/2024-02/foi\\_da5123\\_-\\_appendix\\_1.pdf](https://www.elft.nhs.uk/sites/default/files/2024-02/foi_da5123_-_appendix_1.pdf)

However, for completeness we are providing the information in this response:

For East London wide service for City & Hackney, Newham and Tower Hamlets:

As minimum, the young person and their family are invited to an initial goal setting meeting, a mid-point review and an end-of-programme review with the MDT.

In terms of enhanced support as minimum, five contacts per week (x3 meal support sessions + key working session + therapy [core team]) are offered. On top of these there are nursing, psychiatry, and dietetic sessions, as needed.



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