



East London

NHS Foundation Trust

Information Governance

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5 August 2025

Our reference: FOI DA6057

I am responding to your request for information received 15 May 2025. 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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Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request:

Question 1: The number of individual patients treated in your trust who are diagnosed, either as a primary diagnosis or a co-morbid diagnosis, with the following mental health conditions/available categorisation over the past five years/available time period:

- Psychosis / Schizophrenia / Schizo-Affective Disorder
- Treatment Resistant Depression
- Bipolar / Cyclothymia / Hypomania
- Eating Disorders
- EUPD/CEN
- Other
- Diagnosis not recorded

Answer: Please see table below:

Diagnosis	Number of individuals treated, broken down by calendar year				
	2020	2021	2022	2023	2024
Psychosis / Schizophrenia / Schizo-Affective Disorder	1621	1761	2361	3255	7641
Treatment Resistant Depression	1854	1932	2305	3088	6779
Bipolar / Cyclothymia / Hypomania	439	452	581	815	1898
Eating Disorders	112	137	120	157	372
EUPD/CEN	446	463	609	963	1902
Other	21321	25855	30082	37914	70143
Diagnosis not recorded	17789	22179	25613	31873	57364

Question 2: The total number of admissions in your trust involving the following mental health conditions/available categorisation, where individuals have been sectioned under the Mental Health Act over the past five years/available time period:

- Psychosis / Schizophrenia / Schizo-Affective Disorder
- Treatment Resistant Depression
- Bipolar / Cyclothymia / Hypomania
- Eating Disorders
- EUPD/CEN
- Other
- Diagnosis not recorded

Answer: Please see table below:

Diagnosis	Number of admissions, broken down by calendar year.				
	2020	2021	2022	2023	2024
Psychosis / Schizophrenia / Schizo-Affective Disorder	1760	1633	1608	1522	1562
Treatment Resistant Depression	604	545	562	590	588
Bipolar / Cyclothymia / Hypomania	413	355	360	387	327
Eating Disorders	29	33	35	33	38
EUPD/CEN	261	242	226	194	171
Other	534	471	504	464	471
Diagnosis not recorded	7	14	34	23	98



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Question 3: Does your trust have a specialist care pathway, such as EIP (Early Intervention in Psychosis), that provides treatment for the following conditions:

- Bipolar/Cyclothymia/Hypomania
- Psychosis/Schizophrenia/Schizo-Affective Disorder
- EUPD/CEN
- Treatment resistant depression
- Eating Disorders

Answer: Yes

Question 4: If 'yes', please describe these care pathways.

Answer: In East London (EL):

- The Early Intervention Service for psychosis-related conditions including schizophrenia and bipolar with psychotic features. ELFT's EIP service is a ageless service, supports anyone experiencing or at high risk of a first episode of psychosis, including schizophrenia, schizoaffective disorder, brief psychosis, and bipolar disorder with psychotic features. Typically supports individuals for up to three years following their first episode of psychosis, providing intensive, multidisciplinary care over that period.
- Community Mental Health Teams (CMHTs) at ELFT provide multidisciplinary support for adults with severe and enduring mental illnesses, including bipolar disorder, cyclothymia, and treatment-resistant depression, focusing on medical management, psychological therapies, and social care coordination.
- Complex Needs Services (also referred to as Personality Disorder Services in some boroughs) deliver structured, trauma-informed interventions for individuals with Emotionally Unstable Personality Disorder (EUPD) or Complex Emotional Needs (CEN), using care planning and crisis support.

In Bedfordshire and Luton (B&L):

- The Early Intervention Service - This specialist service works with people who are experiencing their first episode of psychosis, no matter what the cause of symptoms, whether it is drug-induced or related to a bipolar disorder or a primary psychotic illness. This intensive service is available to people with psychosis and their carers for a maximum of three years.

Question 5: If 'yes', please provide the estimated annual spend for said specialist care pathways for each year / available time period, providing the name of each service, from 2019 to 2025.

Answer: Please see table below:

Service	Financial Year	Spend (£)
East London Early Intervention Service	2019/20	2,662,196.55
	2020/21	3,675,461.56
	2021/22	3,786,326.60
	2022/23	4,367,797.24
	2023/24	4,841,924.29
	2024/25	5,063,572.81



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East London - Community Mental Health Teams (CMHTs)	2019/20	7,328,133.28
	2020/21	5,590,576.89
	2021/22	5,929,841.92
	2022/23	7,302,027.62
	2023/24	7,740,506.06
	2024/25	7,841,323.24
Complex Needs Services (also referred to as Personality Disorder Services in some boroughs)	2019/20	502,565.28
	2020/21	515,685.44
	2021/22	647,525.68
	2022/23	651,312.42
	2023/24	693,476.42
	2024/25	728,682.07
Bedfordshire & Luton Early Intervention Service	2019/20	1,420,391.00
	2020/21	1,481,133.00
	2021/22	1,699,996.00
	2022/23	1,745,698.00
	2023/24	1,713,662.00
	2024/25	2,029,796.00



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