



**East London**  
NHS Foundation Trust  
**Information Governance**  
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6 November 2025

**Our reference: FOI DA6298**

I am responding to your request for information received 9 October 2025 and clarified on 14 October. 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](http://www.ico.org.uk)

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**Chief Executive Officer:** Lorraine Sunduza  
**Chair:** Eileen Taylor

**Request:**

**Question 1: Does your Trust have a policy on Transition between children and adult mental health services? Could you please share a copy of the policy or include a link if it is available online.**

Answer: Yes. Please see link below:  
<https://www.elft.nhs.uk/sites/default/files/2025-10/Transitions%20Policy%202.5.docx>

**Question 2: Does your Trust offer 0 to 25 pathway for mental health support and if it does, who is it offered to past the age of 18 (eg. all young people or specific groups/conditions)?**

Answer: No. The Trust provides Children and Adolescent Mental Health Services (CAMHS) up to 18 years of age. Patients above the age of 18 are supported through adult mental health pathways.

**Question 3: What are the mental health care pathways for those under the age of 18 and 18+ within your Trust. Please provide the list for both of these age groups?**

Answer: CAMHS alternative admission services include:

**Crisis Service**

- CAMHS Crisis
- CAMHS Crisis to Admission
- CAMHS Crisis Home Treatment Team (HTT)
- CAMHS Crisis Intensive HTT
- CAMHS East London (EL) Dialectical Behaviour Therapy (DBT) Team

**CYP Eating Disorder Service**

- CAMHS Eating Disorder Intensive Day and Virtual Service (IDVS)
- CAMHS Eating Disorders
- CAMHS Eating Disorders Intensive HTT

**Specialist CAMHS Services includes:**

- CAMHS Behaviour Support and Outreach
- CAMHS Behaviour Support Aviary
- CAMHS Behavioural Improvement Team
- Adolescent / Complex
  - CAMHS Complex Needs Team
  - CAMHS Complex Needs Team Early Intervention Service (EIS)
  - CAMHS Adult Mental Health Team (AMHT)
  - CAMHS AMHT EIS

**Emotional & Behavioural (EB)**

- CAMHS EB
- CAMHS EB Wait
- CAMHS E&B Group

**CAMHS Early Help**

- CAMHS Perinatal
- CAMHS Perinatal Infant Psychotherapy
- CAMHS Zero To Five

**School**

- CAMHS Mental Health Support Teams (MHST)



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- CAMHS School Dunstable
- CAMHS School Luton
- CAMHS School Mental Health Team (SMHT)
- CAMHS Community and Wellbeing Integrated Services (CWIS)

### **Neuro-developmental Pathway (NDT)**

- CAMHS Attention Deficit Hyperactivity Disorder (ADHD)
  - CAMHS Autism Spectrum Disorder / Learning Disability (ASD/LD)
  - CAMHS NDT
  - CAMHS NDT Group
  - CAMHS NDT Medication Review
- 
- CAMHS Family Hubs
  - CAMHS GP Liaison Team
  - CAMHS Groups
  - CAMHS Intensive Support Team (IST)
  - CAMHS Looked After Children (LAC)
  - CAMHS London Borough of Tower Hamlets (Social Care)
  - CAMHS Primary Care Access Service (PCAS)
  - CAMHS Paediatric Liaison Team (PLT)
  - CAMHS Psychotherapy
  - CAMHS Single Point Entry (SPE)
  - CAMHS SPE Triage
  - CAMHS Youth Offending Team

### **Crisis Care (Adults 18+)**

- 24/7 Crisis Line via NHS 111 Option 2, offering immediate telephone triage, advice, and onward referral for people in mental health crisis.
- Psychiatric Liaison Teams delivering urgent face-to-face assessments for individuals presenting in crisis, and referrals from acute wards - in A&E.
- CRHT teams - offering intensive, short-term support within a person's home as an alternative to hospital admission.
- Crisis Cafés, providing non-clinical, out-of-hours support for adults experiencing emotional distress.
- Inpatient services, where required, within ELFT's mental health centres, with clear pathways between inpatient, HTT, and community services.

### **Community Mental Health Services (18–64)**

Community mental health services support adults aged 18–64 with a range of needs, from common mental health problems to severe and enduring mental illness.

- Community Mental Health Teams (CMHTs) providing multidisciplinary care for individuals requiring longer-term or more complex support.
- Early Intervention in Psychosis (EIP) services for adults experiencing first-episode psychosis.
- Psychological Therapy Services, offering structured psychological interventions, group programmes, and social recovery support - part of CMHT support in BL.
- Employment Support Services – vocational and Individual Placement & Support (IPS) programmes to help people with mental health conditions gain or retain employment.

### **Community Services for Older Adults (65+)**

- Older People's Community Mental Health Teams (OPCMHTs) for assessment, treatment, and ongoing support for both functional (e.g. depression, psychosis) and organic (e.g. dementia) disorders.



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- Memory Clinics, offering diagnostic assessment, treatment, and post-diagnostic support for dementia and cognitive impairment.

#### **Learning Disabilities (Adults 18+)**

- ELFT delivers Community Learning Disability Services (CLDS) across East London for adults 18+ with learning disabilities and additional mental health or behavioural needs.
- These multi-disciplinary teams include psychiatry, psychology, nursing, occupational therapy, speech and language therapy, and social care professionals.

#### **ADHD and Autism Services (Adults 18+)**

- Adult ADHD Service – diagnostic assessment, medication management, and psychoeducation.
- Adult Autism Service – diagnostic assessment for autism spectrum disorder and post-diagnostic support such as social-communication programmes.

#### **Perinatal Mental Health Services**

- Specialist community perinatal teams across all East London and a Mother and Baby Unit (MBU) at Homerton Hospital provide assessment and treatment during pregnancy and post-birth.

#### **Eating Disorder Services (Adults 18+)**

- ELFT provides specialist eating-disorder assessment and treatment for adults 18+.

**Question 4:** Please provide information in the table below on the total number of 17 year olds with an active referral to community children’s mental health services and the number of 17 year olds who accessed treatment (treatment means 2 or more contacts with services) within your Trust’s community children and young people mental health services in the following periods of time a) 1 April 2021- to 31 March 2022 b) 1 April 2022 to 31 March 2023 c) 1 April 2023 to 31 March 2024 d) 1 April 2024 to 31 March 2025.

**Clarification:** I am seeking the number of those aged 17 at the time of referral who accessed treatment.

Answer: Please see table below:

	<b>Financial Years</b>			
	<b>a)1 April 2021- to 31 March 2022</b>	<b>b) 1 April 2022 to 31 March 2023</b>	<b>c)1 April 2023 to 31 March 2024</b>	<b>d)1 April 2024 to 31 March 2025</b>
Total number of 17 year olds with active referral due to children and young people mental health services	1048	1112	1121	1250
Total number of 17 y.o who accessed treatment from children and young people mental health services	1187	1128	1123	1129



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**Question 5:** Of the 17 year olds who accessed treatment (treatment means 2 or more contacts with services) within your Trust’s community children and young people mental health services how many were: discharged back to GP; recorded as completed treatment; referred to adult mental health services; and continued treatment with children mental health services upon reaching the age of 18 in the following periods of time: 1 April 2021- to 31 March 2022 b) 1 April 2022 to 31 March 2023 c) 1 April 2023 to 31 March 2024 d) 1 April 2024 to 31 March 2025. Please provide information in the table below.

**Clarification:** I am seeking the number of those aged 17 at the time of referral who accessed treatment.

Answer: Please see table below:

	Financial Years			
	1 April 2021- to 31 March 2022	1 April 2022 to 31 March 2023	1 April 2023 to 31 March 2024	1 April 2024 to 31 March 2025
Number of children age 17 discharged back to GP	579	539	579	602
Number of children age 17 recorded as completed treatment	708	758	927	656
Number of children age 17 referred to adult mental health services	45	29	33	19
Number of children age 17 continuing treatment with children mental health services upon reaching the age of 18	1638	2001	2018	2094

**Question 6:** Please provide information in the table below on the total number of 18 year olds with active referral to community adults mental health services within your trust in the following periods of time a) 1 April 2021- to 31 March 2022 b) 1 April 2022 to 31 March 2023 c) 1 April 2023 to 31 March 2024 d) 1 April 2024 to 31 March 2025

Answer: Please see table below:

	Financial Years			
	a)1 April 2021- to 31 March 2022	b) 1 April 2022 to 31 March 2023	c)1 April 2023 to 31 March 2024	d)1 April 2024 to 31 March 2025
Total number of 18 year olds with active referral	860	912	980	1008

**Question 7:** How many of young people age 18 with active referral to community adults mental health services within your trust had referral source recorded as ‘children and young people mental health services’ in the following periods of time a) 1 April 2021- to 31 March 2022 b) 1 April 2022 to 31 March 2023 c) 1 April 2023 to 31 March 2024 d) 1 April 2024 to 31 March 2025. Please provide information in the table below

Answer: Please see table below:



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	Financial Years			
	a)1 April 2021- to 31 March 2022	b) 1 April 2022 to 31 March 2023	c)1 April 2023 to 31 March 2024	d)1 April 2024 to 31 March 2025
Total number of 18 year olds with active referral by referral source 'children and young people mental health services'	131	155	150	190

**Question 8:** Of young people age 18 who had active referral to adult mental health services within your Trust by referral source 'children and young people mental health services' how many accessed treatment (2 or more contacts with services) within community adult mental health services in your trust in the following periods of time a) 1 April 2021- to 31 March 2022 b) 1 April 2022 to 31 March 2023 c) 1 April 2023 to 31 March 2024 d) 1 April 2024 to 31 March 2025:

Answer: Please see table below:

	Financial Years			
	a)1 April 2021- to 31 March 2022	b) 1 April 2022 to 31 March 2023	c)1 April 2023 to 31 March 2024	d)1 April 2024 to 31 March 2025
Total number of 18 year olds referred from 'children and young people mental health services' who accessed treatment within community adult mental health services	55	49	51	63

**Question 9:** For young people age 18 who accessed treatment from adult mental health services within your Trust and whose referral source was 'children and young people mental health services' what was the median wait in days; the longest wait in days; and the shortest wait in days from referral to second contact in the following periods of time a) 1 April 2021- to 31 March 2022 b) 1 April 2022 to 31 March 2023 c) 1 April 2023 to 31 March 2024 d) 1 April 2024 to 31 March 20

Answer: Please see table below:

	Financial Years			
	a)1 April 2021- to 31 March 2022	b) 1 April 2022 to 31 March 2023	c)1 April 2023 to 31 March 2024	d)1 April 2024 to 31 March 2025
Median wait in days from referral to second contact for 18 year olds who accessed services and whose referral came from children and young people mental health services	83	81	79	50



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Longest wait in days from referral to second contact for 18 year olds who accessed services and whose referral came from children and young people mental health services	862	1079	469	389
Shortest wait in days from referral to second contact for 18 year olds who accessed services and whose referral came from children and young people mental health services	2	0	3	2

**Question 10: Does your trust record information on the sources of referrals to children and young people mental health services and adult mental health services? If yes, what are the sources of referrals listed in both cases.**

**Clarification: I seek information for all sources of referral to children and adult mental health services.**

Answer: Please see table below:

Service Type	Referral Source
Adult Mental Health (MH)	General Medical Practitioner
Adult MH	Internal - Community Mental Health Team (Adult Mental Health)
Adult MH	Accident And Emergency Department
Adult MH	Self Referral
Adult MH	Internal - Inpatient Service (Adult Mental Health)
Adult MH	GP Written
Adult MH	Other Source Of Referral
Adult MH	Police
Adult MH	Police Custody
Adult MH	Other Acute Secondary Care Specialty
Adult MH	Other Service Or Agency
Adult MH	Acute Hospital
Adult MH	Local Authority Social Services
Adult MH	Internal - Community Mental Health Team (Older People)
Adult MH	Hospital Inpatient Service
Adult MH	Self
Adult MH	Psychiatry Service
Adult MH	IAPT
Adult MH	Carer/Relative
Adult MH	Other Clinical Specialty
Adult MH	Non-Emergency Health Care Service (111)
Adult MH	Midwifery Service
Adult MH	Crisis Line
Adult MH	Friends And Family
Adult MH	Hospital Admission



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Adult MH	Care Home
Adult MH	Ambulance Service
Adult MH	Internal - Community Mental Health Team (Learning Disabilities)
Adult MH	Carer
Adult MH	Ward
Adult MH	GP Verbal
Adult MH	Community Mental Health Team (Cmht)
Adult MH	Acute Assessment Unit
Adult MH	Voluntary Sector
Adult MH	Internal - Community Mental Health Team (Ei Service)
Adult MH	General Practitioner With Special Interest
Adult MH	Total Wellbeing
Adult MH	Health Visitor
Adult MH	Other Primary Health Care
Adult MH	Primary Care Liaison
Adult MH	Home Treatment Team
Adult MH	Emergency Duty Team
Adult MH	Internal - Inpatient Service (Older People)
Adult MH	Psychiatric Liaison Team (PIs)
Adult MH	Internal - Community Mental Health Team (Child And Adolescent Mental Health)
Adult MH	Probation Service
Adult MH	Community Psychiatric Nursing Service
Adult MH	Magistrates Court Cell Detention Staff
Adult MH	Other Early Intervention Service
Adult MH	Prison
Adult MH	Out Of Area Agency
Adult MH	Community Nursing Service
Adult MH	Court Liaison And Diversion Service
Adult MH	Community Inpatient Service
Adult MH	Social Services
Adult MH	Internal - Inpatient Service (Forensics)
Adult MH	Crisis Team (CRHT)
Adult MH	Child & Adolescent Mental Health Service
Adult MH	Cell Sweep
Adult MH	Psychology Service
Adult MH	Other Independent Sector Mental Health Services
Adult MH	Enhanced Primary Care
Adult MH	Parent
Adult MH	Obstetrician
Adult MH	Community Specialist Nurse
Adult MH	Accident And Emergency Department - Consultant
Adult MH	Permanent Transfer From Another MH Trust
Adult MH	Independent Sector - Medium Secure Inpatients
Adult MH	Nursing Home
Adult MH	School Nurse
Adult MH	Internal - Inpatient Service (Child And Adolescent Mental Health)
Adult MH	Other Agency Magistrates Court
Adult MH	Sheltered Accommodation Service



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Adult MH	Drug Action Team/Drug Misuse Agency
Adult MH	Specialist Nurse (Secondary Care)
Adult MH	Children's Social Care
Adult MH	Employer
Adult MH	Primary Care Psychotherapy Consultation Service
Adult MH	Voluntary Services
Adult MH	Local Authority Education Service
Adult MH	Drug Service Non-Statutory
Adult MH	Magistrates Court Staff
Adult MH	Key Worker
Adult MH	Temporary Transfer From Another MH Trust
Adult MH	Community-Based Paediatrics
Adult MH	Medium Secure MH Services
Adult MH	Internal - Inpatient Service (Learning Disabilities)
Adult MH	Courts
Adult MH	Low Secure MH Services
Adult MH	Perm Transfer From MH Services
Adult MH	Other Community Health Provider
Adult MH	Resolutions
Adult MH	Magistrates Court Judiciary
Adult MH	High Secure MH Services
Adult MH	Temp Transfer From MH Services
Adult MH	Education Service – Local Education Authority
Adult MH	Walk-In Centre
Adult MH	Internal - Transfer By Graduation: CAMHS To Adult Mental Health Services
Adult MH	Hospital-Based Paediatrics
Adult MH	Clinical Decision Unit
Adult MH	Independent Sector - Low Secure Inpatients
Adult MH	Private Care Provider
Adult MH	Jobcentre Plus
Adult MH	Autism Service
Adult MH	Crown Court Cell Detention Staff
Adult MH	Mental Health Street Triage (Mhst)
Adult MH	Drug Service Statutory
Adult MH	Education Service - Non Local Education Authority
Adult MH	Mind
Adult MH	Day Hospital
Adult MH	Discharge Liaison Service
Adult MH	Learning Disability Service
Adult MH	Recovery Service
Adult MH	Police Custody Health Care Service
Adult MH	Carers In Bedfordshire
Adult MH	Looked After Children Service
Adult MH	Asylum Services
Adult MH	Occupational Health
Adult MH	District Nursing Service
Adult MH	General Dental Practitioner
Adult MH	Internal - Trans By Graduation: Adult MH Services To Older Peoples MH Services



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Adult MH	Practice Nurse
Adult MH	Telephone or Electronic Access Service
Adult MH	Health Visiting Service
Adult MH	Physiotherapy Service
Adult MH	Occupational Therapy Service
Adult MH	Crown Court Judiciary
Adult MH	Community Paediatric Service
Adult MH	Voluntary Sector Alliance Partner
Adult MH	Trans From Local Adolescent MH Services
Adult MH	Educational Establishment (Includes Schools)
Adult MH	Crown Court Staff
Adult MH	Day Centre
Adult MH	Independent Sector
Adult MH	Behaviour Service
Adult MH	Alliance Organisations
Adult MH	Police Voluntary Attendee
Adult MH	Out Of Hours GP Service
Adult MH	Bedford General Hospital
Adult MH	Rapid Assessment Team
Adult MH	Other Agency Crown Court
Adult MH	Penrose Synergy
Adult MH	Extended Primary Care Team
Adult MH	Other Agency Police Custody
Adult MH	Special Care Baby Unit
Adult MH	Night Nursing Service
Adult MH	Special Educational Needs Services
Adult MH	Employment Service
Adult MH	Hospice
Adult MH	Lister Hospital
Adult MH	Multi-Professional Triage Team
Adult MH	Luton All Women's Centre
Adult MH	Luton & Dunstable General Hospital
Adult MH	Child Development Service
Adult MH	Home Office
Adult MH	Child Protection Service
Adult MH	Community Matron
Adult MH	Palliative Care Service
Adult MH	Milton Keynes Hospital
Adult MH	Housing Department
Adult MH	Newham University Hospital Ward
Adult MH	Addenbrookes Hospital
CAMHS	General Medical Practitioner
CAMHS	Educational Establishment (Includes Schools)
CAMHS	Education Service - Lea
CAMHS	Accident And Emergency Department
CAMHS	Internal - Community Mental Health Team (Child And Adolescent Mental Health)
CAMHS	Self
CAMHS	Other Service Or Agency



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CAMHS	Local Authority Social Services
CAMHS	Community-Based Paediatrics
CAMHS	Hospital-Based Paediatrics
CAMHS	CAMHS Crisis Line
CAMHS	CAMHS Spa
CAMHS	Crisis Line
CAMHS	Other Primary Health Care
CAMHS	Children's Social Care
CAMHS	Education Service – Non-Local Education Authority
CAMHS	Other Acute Secondary Care Specialty
CAMHS	Internal - Community Mental Health Team (Adult Mental Health)
CAMHS	Police
CAMHS	Other Source Of Referral
CAMHS	School Nurse
CAMHS	Out Of Area Agency
CAMHS	Internal - Inpatient Service (Child And Adolescent Mental Health)
CAMHS	Youth Offending Team
CAMHS	Health Visitor
CAMHS	Pupil Referral Unit
CAMHS	Other Independent Sector Mental Health Services
CAMHS	Trans From Local Adolescent MH Services
CAMHS	Specialist Nurse (Secondary Care)
CAMHS	Other Early Intervention Service
CAMHS	Court Liaison And Diversion Service
CAMHS	Voluntary Sector
CAMHS	Internal - Community Mental Health Team (Learning Disabilities)
CAMHS	Employer
CAMHS	Internal - Community Mental Health Team (Ei Service)
CAMHS	Perm Transfer From MH Services
CAMHS	Drug Service Statutory
CAMHS	Drug Service Non-Stat



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