

**Freedom of Information Act 2000 - Request Reference FoI/21/362**

**Eating Disorder Treatment- Amended Response**

I am writing to you under the Freedom of Information Act 2000 to request information on:

- Demand and capacity regarding eating disorder treatment
- Plans and investments made in response to the Welsh Eating Disorder Service review 2018.

**Demand and capacity regarding eating disorder treatment**

1. Please complete the table below with data on referrals to mental health services provided by the Health Board, for patients with a suspected eating disorder. *Please note that 'Adult Tier 3' should include any adult eating disorder service.*

Financial year	Total eating disorder referrals received				Number of eating disorder referrals assessed by a mental health or eating disorder service as having an eating disorder but closed without starting eating disorder treatment				Number of eating disorder referrals closed without receiving clinical eating disorder assessment from a mental health or eating disorder service.			
	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3
2018/2019				Total SHED referral: 68 (47 CARDIFF, 15 CWM TAF, 5 Transitions CARDIFF, 5				SHED total: 5 (4 CARDIFF 1 Cwm taf)  Unclear if supported by CMHT.				SHED= 4 (1 CARDIFF, 1 CWM TAF, 1 TRANSITION CWM TAF, 1 unclear area)

				TRANSITION CWM TAF, 1 unclear)							
2019/2020	46			SHED total: 51 (37 CARDIFF, 5 CWM TAF, 10 Transitions CARDIFF, 1 TRANSITION CWM TAF, 6 unclear)				Total=8 (6 CARDIFF, 2 Cwm Taf)			Total : 8 (1 CARDIFF, 1 Transitions CARDIFF, 1 TRANSITION CWM TAF, 6 unclear)
2020/2021	93			73 (44 CARDIFF, 9 CWM TAF, 16 TCARDIFF, 6 TRANSITION CWM TAF, 4 unclear)				(6 Cardiff)			Total= 5 (1 CWM TAF 1 Transition CARDIFF 4 unclear)

2021/2022 to date (if available, please specify the months covered)				33 (18 CARDIFF 9 CWM TAF 8 TC)				(1 Cwm TAF)				
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CAMHS = Child and Adolescent Mental Health Service

2. Please detail any service restrictions/eligibility criteria around accessing eating disorder treatment from your Health Board, in the following financial years. *Please list answers separately for each relevant mental health service including any Tier 3 adult eating disorder service.*
  - a) 2018/2019
  - b) 2019/2020
  - c) 2020/2021
  - d) 2021/2022

Referral criteria vary between our specialist and Primary facing Eating Disorder Services in Adult Mental Health.

3. Does the Health Board provide treatment specifically for child and adolescent patients (under 18 years old) assessed as meeting diagnostic criteria for Avoidant Restrictive Food Intake Disorder (ARFID)? If yes, which Health Board service/s is this treatment provided by?

Yes, this service is provided by CAHMS.

4. Does the Health Board provide treatment specifically for adult patients (18 years old and over) assessed as meeting diagnostic criteria for Avoidant Restrictive Food Intake Disorder (ARFID)? If yes, which Health Board service/s is this treatment provided by?

Yes we do offer treatment for ARFID within Eating Disorder Specialist Outpatient Treatment Team (EDSOTT).

5. Please complete the table below regarding the total staffing dedicated to eating disorder treatment - in Whole Time Equivalent (WTE) and broken down by professional discipline - at your Health Board, as this was on the dates below. (Please see the fictional example entered in the table below). *Please include all staff in post, whether or not they happened to be at work on these dates. Please also include any bank or agency staff that were working on those dates.*

Date	Total dedicated and identifiable eating disorder staffing (in WTE and broken down by professional discipline)			
	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3 (including adult eating disorder service)
At 31 March 2018				
At 31 March 2019				
At 31 March 2020				: 0.2 WTE Consultant Psychiatrist (C&V), 0.2 WTE Consultant Psychiatrist (CTM), 1 WTE Clinical lead (Psychologist), 1 WTE Dietician (unsure of this I'd have to check), 3 WTE specialist practitioners, 0.2 WTE systemic therapist, 1 WTE Assistant Psychologist, 0.6 WTE Support workers, 0.5 WTE occupational therapist (maternity leave)
At 31 March 2021	1.2 0.5 wte Band 7 nurse, 0.7 wte 8b Clinical Psycholo gist			0.2 WTE Consultant Psychiatrist (C&V), 0.2 WTE Consultant Psychiatrist (CTM), 1 WTE Clinical lead (Psychologist), 0.8 WTE clinical psychologist, 1.6 WTE Dietician, 3 WTE specialist practitioners, 0.2 WTE systemic therapist, 1 WTE Assistant Psychologist, 0.6 WTE Support workers, 0.5 WTE occupational therapist

CAMHS = Child and Adolescent Mental Health Service

6. Please complete the table below with the number of patients who were under treatment for their eating disorder and had not yet been discharged on the dates specified, broken down by the category of mental health service they were primarily receiving treatment from. *Please note that this question is asking about the services' total caseloads on the dates specified, not the number of appointments that took place on those dates.*

Date	Size of eating disorder caseload (number of patients)			
	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3 (including adult eating disorder service)
At 31 March 2018				74 (51 CARDIFF, 22 Cwm Taf, 0 Transitions Cardiff, 1 Transitions Cwm Taf)
At 31 March 2019				89 (65 CARDIFF, 18 CWM TAF, 3 TRANSITION CARDIFF, 3 Transitions Cwm Taf)
At 31 March 2020				93 (60 CARDIFF, 21 CWM TAF, 10 Transition CARDIFF, 2 Transitions Cwm Taf)
At 31 March 2021				97 (55 CARDIFF, 18 CWM TAF, 19 TRANSITION Cardiff, 5 Transitions Cwm Taf)

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Cardiff and Vale University Health Board does not collate this data for CAHMS services, however, under our Section 16 obligation to provide advice and assistance, I can provide the Tier 3 data for Adult Mental Health.

- Does your Health Board provide eating disorder treatment for patients who are normally resident within the geographic area of any other Health Board in Wales? If so, please provide information on this below, including the number/s of such patients (if any) included in answer to question 6, on each of the dates specified in question 6.

Please see Question 6 for Adult Mental Health. The UHB does not hold data on other HBs with CAHMS.

8. Please complete the table below, regarding median referral to start of treatment waiting times for outpatient eating disorder treatment provided by your Health Board. *Please do not provide data which relates to Inpatient treatment. Please measure this as the length of time between the referral being received by the service and the date of the second appointment. Please specify whether figures are in days, weeks or*

Financial year	Median Referral To Treatment (RTT) waiting times for outpatient eating disorder treatment (please specify whether figures are in days, weeks or months)			
	CAMHS	Adult Tier 1	Adult Tier 2	Adult Tier 3 (including adult eating disorder service)
Patients added to the caseload during 2018/19				
Patients added to the caseload during 2019/20				
Patients added to the caseload during 2020/21				
Patients added to the caseload during 2021/22 (if available, please specify the months covered)				

*months.*

CAMHS = Child and Adolescent Mental Health Service

In completing a search for the information requested, Cardiff and Vale University Health Board (the UHB) has confirmed that this information is not centrally recorded or collated. To retrieve the information requested would require a manual search through individual records and the UHB considers that this would exceed the limit set within regulations for responding to a request. The UHB has therefore relied upon the Section 12 exemption ('Exemption where cost of compliance exceeds appropriate limit') of the Freedom of Information Act 2000 and is refusing your request.

The UHB has estimated that to complete the work needed to respond to this request would exceed the time limit as set within regulations to respond to a Freedom of Information Act request. Under the Act there is an allowance of two and a half days, or 18 hours, to comply with a request and the cost limit set within the fees regulations for this amount of work (18 hours) is £450 for the UHB. The fees regulations specify that the cost of complying with a request must be calculated at the rate of £25 per hour.

9. Please attach any formal protocol that the Health Board has in place to govern co-working between mental health services and diabetes services for patients who have both an eating disorder and diabetes.

Cardiff and Vale UHB does not hold this data. Under our section 16 obligation to provide advice and assistance, I can inform you that the Service for High risk Eating Disorders (SHED) have been working on developing diabetes informed service within their team. The UHB have raised this as an issue

and made a request for additional funding around the issue of Diabetes, however we have not yet received confirmation of finances for this from Welsh Government.

10. Please attach any formal protocol that the Health Board has in place to govern co-working between mental health services and neurodevelopmental services for patients who have both an eating disorder and autism.

Cardiff and Vale UHB does not hold this information. Under our Section 16 obligation to provide advice and assistance, the UHB can inform you that though there is no formal protocol in place the service is exploring the possibility of closer working with the ASD service.

### **Plans and investments made in response to the Welsh Eating Disorder Service review 2018**

On 25 September 2019 Vaughan Gethin MS, the-then Minister for Health and Social Services, wrote to all Health Board Chief Executives about the Welsh Eating Disorders Service review 2018. In this letter the Minister asked Health Boards to begin developing plans and making service improvements in line with the vision set out in the service review. All Health Boards were asked to *“conduct a baseline review of current waiting times and to develop improvement plans”* and the letter ended with: *“Please respond with your views on the report [the Service review] and recommendations and with your improvement plans following baseline reviews by 8<sup>th</sup> November [2019].”*

11. Please supply recorded information on the baseline review of waiting times for eating disorder treatment conducted by the Health Board and the correspondence, including improvement plans that the Health Board sent to the Welsh Government in response to this letter: Action 6.2(i) of the Welsh Government’s [Review of the Together for Mental Health Delivery Plan 2019-2022 in response to COVID-19](#) commits the Government to *“work with service users, carers and health boards to develop a new model of service in response to the recent independent review.”* The milestones set for this action for 2020 and 2021 were to *“Develop and begin implementation on local improvement plans”* (p.38).

Cardiff and Vale University Health Board does not hold this information.

12. Please supply recorded information on how the Health Board has developed and begun implementation of local improvement plans in response to the Welsh Eating Disorder Service review 2018, in:
  - a) 2020  
August 2021 – recruitment of 1 WTE Band 7 nurse Therapist for Eating disorders within CAMHS  
December 2021 – recruitment of 0.7 WTE Band 8b Clinical Psychologist/ Lead for Eating disorders within CAMHS

b) 2021 (to date, please specify the months covered)

February 2021 roll-out of online parents support group

April 2021 implementation of Eating Disorder assessment clinic.

May 2021 Roll-out training on Maudsley Model across CAMHS to increase skills in intervention

13. Since the publication of the Welsh Eating Disorder Service review 2018, the Government has asked Health Boards to submit proposals for funding to support planning and service improvements in line with the service review. Please enclose recorded information that relates to:

a) The proposals submitted by the Health Board's clinical staff to relevant Health Board senior management

Proposals were developed by the Clinical Team in liaison with the management team and agreed in full

b) The response of relevant Health Board senior management to these proposals, including whether they were funded, in part or in whole.

Proposals accepted, funded and recruitment underway.

14. Please state how much money the Health Board has spent on its Tier 3 adult eating disorder service (if applicable) in the following financial years:

a) 2018/19

b) 2019/20

c) 2020/21

d) 2021/22 (if available, please specify the months covered)

COVID Recovery Funding allocated – 194k, Welsh Government allocation. £188,590 – recruitment underway.

15. Please state how much money the Health Board has spent specifically on the treatment of eating disorders (excluding that detailed in answer to Question 14) in the following financial years:

a) 2018/19

b) 2019/20

c) 2020/21

d) 2021/22 (if available, please specify the months covered)

In completing a search for the information requested, Cardiff and Vale University Health Board (the UHB) has confirmed that this information is not centrally recorded or collated. To retrieve the information requested would require our specialist clinicians to perform a manual search through individual records and the UHB considers that this would exceed the limit set within regulations for responding to a request. The UHB has therefore relied upon the Section 12 exemption ('Exemption where cost of compliance exceeds appropriate limit') of the Freedom of Information Act 2000 and is refusing your request.

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