

FOI 1941

11th October 2023

FREEDOM OF INFORMATION ACT 2000 – INFORMATION REQUEST

Question 1: Is the Trust commissioned to provide a service for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED)?

Response:

- A. **For under 18s** - The Southern Trust CAMHS Eating Disorder Service are currently not commissioned to assess or provide treatment for Binge Eating Disorder.
- B. **For 18+ year olds** - No, the Southern Trust along with its regional counterparts has been commissioned for the treatment of Anorexia Nervosa, Bulimia Nervosa and associated atypical eating disorders.

Question 2: If “no” to question 2 a) and/or b), does the Trust provide any kind of treatment for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED) or signpost them to services provided by other organisations?

Response:

- A. **For under 18s** - The CAMHS Eating Disorder service in response to unmet need, on occasions have been asked for advice/onward signposting which may be provided by generic dietetic services and support groups within the voluntary sector.
- B. **For 18+ year olds** - The Southern Trust signpost to alternative supports from the community and voluntary sector such as AMH- Everybody, EDANI and the national charity BEAT.

Question 3: Please outline the services that the Trust provides for patients assessed as meeting diagnostic criteria for Binge Eating Disorder (BED), including:

- A. **The types of treatment that the Trust provides specifically for Binge Eating Disorder (BED) (e.g. binge eating disorder-focused guided self-help, group eating disorder-focused CBT [group CBT-ED], individual eating disorder - focused CBT [individual CBT-ED]) and,**

B. How these are provided (i.e. by eating disorder service/s, Improving Access to Psychological Therapies (IAPT) service/s, other primary care - based mental health services, Weight management services or otherwise).

In the case of self-help, please specify whether this is guided or unguided. Please specify the names of all applicable services and the ICBs (CCGs) or local authorities that commission them. If the Trust provides more than one relevant service, please list answers to part a) separately against each.

Response:

For under 18s - The Southern Trust CAMHS Eating Disorder Service are currently not commissioned to assess or provide treatment for Binge Eating Disorder, hence not applicable.

For 18+ year olds - The Adult Eating Disorder Service and CBT service does not provide treatment for those assessed with Binge Eating Disorder.

Question 4: If applicable, please describe any service restrictions/eligibility criteria around accessing treatment specifically for Binge Eating Disorder (BED) (e.g. age, weight/BMI, comorbidity, severity etc). If the Trust provides more than one relevant service, please list answers separately against each.

Response:

For under 18s – The Southern Trust CAMHS Eating Disorder Service are currently not commissioned to assess or provide treatment for Binge Eating Disorder, hence not applicable.

For 18+ year olds - The Adult Eating Disorder Service and CBT service does not provide treatment for those assessed with Binge Eating Disorder.

Email: Foi.Team@Southerntrust.hscni.net