Belfast Health and Social Care Trust
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FOI/38545

2 November 2026

Private Therapy Alongside Beechcroft Care

Under the Freedom of Information Act 2000, please provide any recorded information held by Belfast Trust about patients under 18 receiving eating-disorder care from Beechcroft who also received therapy privately.
For the period 1 January 2021 to the date of this request, please provide, if held:

1. **Any policy, guidance or written criteria about whether a patient may continue to receive Beechcroft medical monitoring or other HSC care while receiving therapy privately.**

   BHSCT Eating Disorder Youth Service (EDYS) based at Beechcroft does not hold a specific standalone policy or written guidance relating solely to the provision of private psychological therapy alongside treatment from the Beechcroft specialist eating disorder service. The specialist eating disorder service operates within a multidisciplinary treatment model which integrates psychological therapy, medical monitoring, psychiatric oversight, nursing input and dietetic interventions. Although it would not be the intention of the service to disadvantage a patient solely because they choose to access additional private treatment, this coordinated approach is an important aspect of ensuring safe and effective care for children and young people experiencing eating disorders.

   Where psychological therapy is being provided outside the specialist service, clinicians may need to consider factors such as clinical governance arrangements, risk management responsibilities, consistency of treatment approaches, information sharing arrangements, and the overall effectiveness of the care plan. These considerations are particularly relevant within eating disorder services where treatment frequently relies upon a shared multidisciplinary formulation and consistent therapeutic goals across all professionals involved.

   Decisions regarding ongoing involvement by the specialist service are made on an individual clinical basis, taking account of presenting needs, clinical risk, treatment objectives and the ability of all professionals involved to work collaboratively in support of the young person's care.

   EDYS does not operate a criterion whereby care is automatically withdrawn because a young person accesses private therapy. Any decision regarding discharge or transfer of care is based on an individual clinical assessment, treatment objectives, risk management requirements, and the availability of an appropriate ongoing care plan.

2 November 2026

2. **The number of patients in this situation who continued to receive Beechcroft care.**

   The service does not routinely record or code whether a patient is receiving private therapy alongside EDYS care. Consequently, the Trust does not hold this information in a reportable format and cannot, within the provisions of the Freedom of Information Act 2000, provide an accurate number.

3. **The number who were discharged or whose Beechcroft care was withdrawn, and any recorded reasons or criteria for those decisions.**

   The service does not routinely record discharges or withdrawals of care by reference to whether a young person is receiving private therapy. The Trust does not hold this information in a reportable format and is unable to provide a number of patients discharged or whose care was withdrawn on this basis.