

15 January 2024

Eating Disorders - Intensive community and day patient treatment programmes

Questions

1. **Does the Health and Social Care Trust provide any intensive community and/or day patient treatment for eating disorders (or refer patients on to receive such treatment from another NHS or non-NHS provider)? This may include day patient treatment, home treatment, or other innovative model/s.** We are interested in programmes for children and young people, and/or adults.

£ Yes

£ No, and the Health and Social Care Trust has never provided such a service

£ No, but the Health and Social Care Trust did provide such a service in the past [Please provide more information below, including what led to the closure of this service/s]

Answer: No, the adult Eating Disorder Service in Belfast and South Eastern Health and Social Care Trusts have never provided such a service.

Answer: BHSCT Eating Disorder Youth Service (EDYS) do not offer day treatment or home treatment currently.

If you answered "Yes" to question 1, please answer the remaining questions below. If the Health and Social Care Trust provides more than one model of intensive community or day patient treatment and/or has separate programmes based on age or any other criteria, **please provide separate answers for each treatment programme and specify which programme is being referred to.** If the Health and Social Care Trust refers patients on to receive intensive community or day patient treatment from another NHS or non-NHS provider, please state the name of this provider, and cover this treatment programme within the answers you give to questions 2-8.

Answers to remaining Questions from the EDYS

2. **What model/s of intensive community or day patient treatment for eating disorders does the Health and Social Care Trust provide (or refer patients onto)?** (Examples include day treatment or home treatment, but we are keen to hear about any other forms of intensive treatment too aside from

15 January 2024

inpatient care.) In your answer, please specify whether these are provided in-person or online/virtually.

Answer: Whilst not being able to offer full Intensive/ day treatment the BSHCT EDYS team offers a Specialist Intervention Programme (SIP) to provide support with meals and snacks and psychosocial interventions. SIP is face to face and provided by the EDYS team. Appointments can be offered from twice weekly to daily depending on identified need. Sessions are approximately 1-1.5 hours.

3. What is the intensity of this/these model/s of intensive community or day patient treatment for eating disorders?

a) Please provide the information requested below. (If the Health and Social Care Trust provides, or refers patients onto, more than one intensive community or day patient treatment programme please provide separate answers for each):

- **Number of hours per day**

Answer: 1-1.5 hours per day.

- **Number of days per week**

Answer: from 2 days to 5 days.

- **Number of contacts per week and minimum duration of those contacts**

Answer: twice weekly to daily sessions, depending on need of young person and families.

- **Is supervised meal support provided?**

Answer: Yes one meal or snack is supervised each day of SIP.

b) Please provide any more information that we should know about regarding the intensity of treatment provided by this/these programme/s.

Answer: The community team provide the SIP which includes meal support and psycho-education interventions. Each potential referral is discussed with MDT at weekly team meeting before referral is completed.

4. Are families or other carers engaged with (when appropriate) in the treatment provided by this/these intensive community and/or day patient treatment programme/s for eating disorders? If so, please describe or attach further information outlining this engagement

5.

15 January 2024

Answer: Families/ carers attend SIP with the young person at each session.

6. **Is/are the intensive community and/or day patient treatment programme/s for eating disorders time limited, or is the length of this treatment based on clinical need? If it is time limited, what is the maximum length of treatment?**

Answer: SIP is based on clinical need. Young people and their families/carers can be stepped up and down as required, so may have 2-3 referrals and intensive treatment during their journey with the team. It is not time limited.

7. **What are the referral criteria for patients to access the intensive community and/or day patient treatment programme/s for eating disorders? In your answer, please detail any exclusion criteria (e.g., age, type of eating disorder/diagnosis, BMI, comorbidity, or otherwise).**

Answer: Referral criteria to SIP – AN, BN, atypical AN, BN, weight for height % or ED behaviours. Step up or step down either to avoid hospital admission or to support hospital discharge.

8. **What is/are the geographic catchment area/s for referrals to the intensive community and/or day patient treatment programme/s for eating disorders (including any such programmes provided outside the Health and Social Care Trust's usual geographic area)?**

Answer: EDYS covers both Belfast and South Eastern Trusts. The young person and their family/ carer must be assessed and allocated to individual worker before referral can be made to SIP. There are no other programmes outside of Health and Social Care that EDYS have access to.

9. **Please state the size of the caseload (number of accepted referrals) at the Health and Social Care Trust's intensive community and/or day patient treatment programme/s for eating disorders on the dates below:**

31 March 2023-

30 September 2023

Families Seen	Apr	May	Jun	Jul	Aug	Sep	Count of Families
Total	1	3	6	2	4	4	9
Referrals to SIP	Apr	May	Jun	Jul	Aug	Sep	Total
Total	0	1	3	1	3	2	10

15 January 2024

- 10. Which organisation commissions the intensive community and/or day patient treatment programme/s for eating disorders?** If this is a Local Commissioning Group please specify its name in your answer to this question.

Answer: During the pandemic EDYS were given temporary funding for a pilot of the intensive programme for six months from SSPG/Department of Health. Whilst not commissioned by the DOH NI Strategic Planning & Performance Group why commission CAMHS services, BHSCT has continued the service using existing funding.

- 11. 10. Please tell us what the Health and Social Care Trust is proud of about its intensive community and/or day patient treatment programme/s for eating disorders and outline the challenges and opportunities the Health and Social Care Trust has experienced in providing this/these programme/s.**

Answer: Positives:

1. Safe management of potential physical deterioration to avoid hospital admissions.
2. To assess/ gather more information about family life, struggles at home or what is helpful at home.
3. Role modelling- upskilling parents/ carers.
4. Empowerment of parents/Carers and young people.
5. Consistency to family as individual worker and family worker are involved in all sessions.
6. BHSCT/ SET EDYS team have the option of referral into SIP- other teams regionally do not provide SIP.

Challenges:

1. Balancing empowerment of parents/ carers vs. disempowering them
2. Distance for families to travel to site SIP available in – potential barrier
3. Pressure on the team to find capacity at short notice (usually in crisis or if three or more families need intensive intervention).
4. Young people and families not agreeing to referral.