

12 March 2019

Information Rights & Compliance Team  
99 Waverley Road  
St Albans  
Hertfordshire  
AL3 5TL

Tel: 01727 804954  
Email: [Hpft.foi@nhs.net](mailto:Hpft.foi@nhs.net)

Our Ref: FOI 3165

Thank you for your request concerning intensive outpatient treatment for patients with Eating Disorders.

Your request has been considered and processed in accordance with the requirements of the Freedom of Information (FOI) Act 2000.

- Does your Trust provide any intensive outpatient treatment for patients with Eating Disorders, for example, a day treatment programme or home treatment (or another model of intensive outpatient treatment)? We are interested in programmes for children and young people, and/ or adults.**

Yes, we do.

- What model/s of intensive outpatient treatment does this service adopt? E.g. day treatment or home treatment, or any other treatment modalities. Although we give day treatment and home treatment as examples, we are keen to hear about any other forms of intensive treatment too.**

CAMHS Eating Disorder	Adult Community Eating Disorder
Home Treatment Service	Intensive Community Management

- What is the intensity of this model/s of intensive outpatient treatment and intended length of treatment? E.g. number of hours a day/ days per week, number of contacts per week, length of treatment duration.**

CAMHS Eating Disorder	Adult Community Eating Disorder
<ul style="list-style-type: none"> <li>Up to 15 appointments per week</li> <li>Ranging from 1 to 3 hours per session depending on task involved (i.e. meal support can take a number of hours),</li> <li>Up to 7 days per week with the support of the home treatment team</li> </ul>	<ul style="list-style-type: none"> <li>Up to 5 contacts a week, each contact being approximately 1 hour, with different professionals; likely to be a psychotherapist, a support worker, a dietitian and a consultant psychiatrist.</li> <li>Treatment lasts 8 weeks or less; the person will either have reached a weight at which they are out of danger and able to continue with a lower level of intervention, or it will be clear that inpatient treatment is necessary.</li> </ul>

4. **What are the referral criteria for the intensive outpatient service? E.g. restrictions by age or diagnostic criteria.**

CAMHS Eating Disorder	Adult Community Eating Disorder
Criteria for this would be young people who are deteriorating in the community and likely to need inpatient admission.	For adults (over 18) with a BMI of 14 or less.
Home Treatment Service would be implemented first to help prevent inpatient admission.	The aim is to avoid inpatient treatment where possible.

5. **What is the catchment area for referrals to your intensive outpatient Eating Disorders service?**

CAMHS Eating Disorder	Adult Community Eating Disorder
Hertfordshire	Hertfordshire

6. **Which organisation/s commission the intensive outpatient Eating Disorders treatment?**

Our CAMHS and Adult Eating Disorder services are commissioned with other mental health services by local commissioning groups in Hertfordshire. For more information about our commissioning please follow this [link](#) to our Annual Report.

7. **Please state the size of the caseload (number of accepted referrals) at your intensive outpatient Eating Disorders programme/s (as described above) on the dates below.**

**If you have more than one intensive outpatient programme, please provide the size of the caseload separately for each, and specify whether the programme is for over 18s or under 18s.**

Open Referrals		
	CAMHS Eating Disorder	Adult Community Eating Disorder
31 March 2017	125	301
31 March 2018	160	293

8. **Where possible, please provide the web address explaining more about the programme.**

The aforementioned programmes do not form part of our website. However, please follow this [link](#) for our webpage for our CAMHS Eating Disorders Service and this [link](#) for our Adult Community Eating Disorders Service.

Should you require further clarification, please do not hesitate to contact me.

Please find enclosed an information sheet regarding copyright protection and the Trust's complaints procedure in the event that you are not satisfied with the response.

Yours sincerely

*Sue Smith*

**Sue Smith  
Information Rights Officer**

Enc: Copyright Protection and Complaints Procedure Information Leaflet.

If you would like to complete a short survey in relation to your Freedom of Information request please scan the QR code below or click [here](#).

