

26 February 2024

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Our Ref: FOI/04888

Thank you for your request concerning binge eating disorder (BED).

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

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

**a) For under 18s**

Yes. The CAMHS Eating Disorder Service alongside the charity First Steps ED are commissioned to offer support to under 18s with BED.

**b) For 18+ year olds**

No, we are not commissioned to provide a service for BED. However, please see the answer to question 2b)

**2. If “no” to question 1 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?**

**a) For under 18s**

Not applicable.

**b) For 18+ year olds**

We do not have an official provision for mild presentations but can be signposted to The Living Room or online resources.

**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,**

**For Under 18s**

Depending on presenting comorbid risks they would be offered support either within the CAMHS ED Team, or First Steps ED, with whom we operate a trusted referral process



should risk levels change. We offer guided self-help, family or individual support. First Steps ED offer a BED workshop facilitated by individuals with lived experience.

**For 18+ year olds**

Our community Eating Disorder service mainly offers group work but with some 1-1 provision. Guided Self Help, CBT or other psychotherapy modalities are available depending on presentation.

- 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).**

**For Under 18s**

Please see the answer to 3a

**For 18+ year olds**

Please see the answer to 3a.

- 4. In the case of self-help, please specify whether this is guided or unguided.**

**For Under 18s**

Where we have supported this presentation, it has been guided self-help.

**For 18+ year olds**

Guided self-help.

- 5. 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.**

**For Under 18s**

East and North Herts and West Herts.

**For 18+ year olds**

East and North Herts and West Herts.

- 6. 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.**

**a) For under 18s**

We triage referrals using the MEED risk assessment tool, green risk are signposted to First Steps ED, red and amber risk are offered support within the CAMHS ED team.

**b) For 18+ year olds**

Presentations determined as mild are signposted to Talking Therapies or the voluntary sector.

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](#).

