

Freedom of Information Act 2000 disclosure log entry

Reference

23-24163

Date response sent

25/08/23

Subject

Provision of Services

Details of enquiry

1. In the area you cover, are there services / pathways / arrangements for screening groups of young people with higher risk of mental ill-health, for example:
 - a) children in contact with social care
 - b) care leavers
 - c) children who require support from multiple mental health services, e.g. an eating disorder service and anxiety service
 - d) asylum-seeking children
2. In the area you cover, are there specific arrangements for young people with complex needs, which may cut across multiple services, e.g. NHS mental health services, social care, youth justice, etc.?
3.
 - a) Is there a mental health crisis care team for all young people in the area you cover?
 - b) Is follow-up care provided after contact with the mental health crisis team is terminated?
4. Do children and young people's mental health services in your area extend to age 25, per NICE guidance?
5. What support is in place for children accepted into NHS mental health services but that are on a waiting list to begin treatment?
6. Which of the following mental health services are offered in your area for children and young people with eating disorders?
 - a) family therapy
 - b) cognitive behavioural therapy
 - c) guided self-help
 - d) interpersonal psychotherapy
 - e) focal psychodynamic therapy

Response sent

Overview: The Tavistock and Portman NHS Foundation Trust is a small specialist mental health Trust, and not a hospital. We provide outpatient, and mainly psychological, services nationally. We do not provide acute services, nor inpatient patient services, and do not have an A&E department.

It is important to understand that although the Tavistock and Portman NHSFT headquarters and primary building is in Camden, London NW3, we cover several national referral services and services across geographical areas which is atypical for the NHS in some areas, hence our answers are not necessarily consistent across all of the areas we work in because we may provide some services in one borough and different services in another.

Please take the above comments into account, as we have provided bespoke answers on our service provision to your questions below.

For more information on the services we provide please visit the Care and Treatment section on our website, which may be reached via: [Treatments \(tavistockandportman.nhs.uk\)](https://www.tavistockandportman.nhs.uk/treatments)

Please find below our answers to your specific questions:

1. In the area you cover, are there services / pathways / arrangements for screening groups of young people with higher risk of mental ill-health, for example:
 - a) children in contact with social care
Yes, where we are commissioned to do so.
 - b) care leavers
Yes, as part of the above service
 - c) children who require support from multiple mental health services, e.g. an eating disorder service and anxiety service
 - Many of our CAMHS services do not have set criteria or psychiatric diagnostic codes as these do not form part of the Trust's psychoanalytic and psychodynamic approach. Our aim is to understand the internal, emotional and unconscious forces at play which may lead someone to develop mental health problems, rather than to give a psychiatric diagnosis which would tend to exclude many people who fall between services.
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 - d) asylum-seeking children
We have a particular service for children in such circumstances.
2. In the area you cover, are there specific arrangements for young people with complex needs, which may cut across multiple services, e.g. NHS mental health services, social care, youth justice, etc.?
Yes, for example we have a Minding the GAP service for young adults that seeks to cut across agencies and develop the most suitable care plan for a young person taking into account their various needs
3.
 - a) Is there a mental health crisis care team for all young people in the area you cover?
Yes
 - b) Is follow-up care provided after contact with the mental health crisis team is terminated?
That completely depends upon the nature of the crisis and whether it indicated a follow up, but yes in principle it is always considered and often provided.
4. Do children and young people's mental health services in your area extend to age 25, per NICE guidance?
Yes in principle and sometimes in practice, the issues are extremely complex , one of these being that psychiatrists in jobs working with children are not necessarily insured, qualified and experienced working with adults and vice versa. This is a national not a local issue
5. What support is in place for children accepted into NHS mental health services but that are on a waiting list to begin treatment?
We have an excellent platform called the NCLwaiting room online, and do recommend that you check it out at [New online waiting room helps children and young people manage their mental health while they wait for NHS therapy \(tavistockandportman.nhs.uk\)](https://www.tavistockandportman.nhs.uk/new-online-waiting-room-helps-children-and-young-people-manage-their-mental-health-while-they-wait-for-nhs-therapy)

6. Which of the following mental health services are offered in your area for children and young people with eating disorders?

We do not have an Eating Disorder Service and do not treat Eating Disorders as a presenting condition in adolescents/children. We do however, offer an Eating Difficulties services for people at risk of dipping into a clinical threshold, which offers a wide range of interventions

The Royal Free Hospital in Hampstead, NW London is the identified local pathway for all Children and Young People (CYP) presenting with eating disorders.