

Health and Adult Social Care Overview and Scrutiny Committee

BRIEFING NOTE – No.2/2022

Date: Thursday 3 March 2022

Briefing paper to: All Members of the Health and Adult Social Care Overview and Scrutiny Committee

Purpose: The service currently offered by the North East London NHS Foundation Trust (NELFT) All age eating disorder service (AAEDS) to adults with a potential or actual eating disorder and what are being considered for future developments for adults.

The NELFT All age eating disorder service (AAEDS) provides support for children and young people from the age of 8 years old upwards. The AAEDS are a tier 3 mental health service / getting more help on the I-Thrive framework. The AAEDS offers treatment interventions for Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Other Specified Feeding and Eating Disorders plus parental and carers support

The service model is all age; there are no transitional issues in relation to the person's eating disorder treatment pathways. However, if the person with the eating disorder has an additional mental health need, transition support may be required between NELFT Children and young persons mental health services (CYPMHS) into Kent and Medway Partnership Trust (KMPT) who are commissioned to provide mental health support for those over 18 years in Kent and Medway. This is a separate process.

For adults entering the AAEDS, following the clinical triage of the referral and acceptance by the service, will be offered a treatment intervention which best meets their individual needs and suits that person's urgent need. The interventions on offer are:

Possible treatment interventions for those experiencing Anorexia Nervosa

- Cognitive Behavioural Therapy for Eating Disorders (CBT-ED)
- Specialist Supportive Clinical Management (SSCM)

- Maudesley Anorexia Nervosa Treatment for Adults (MANTRA)
- Interpersonal therapy
- Family therapy
- Physical health support using the National MARSIPAN risk guidance
- Outreach support
- Dietetics support both on an individual basis and group programmes

Possible treatment interventions for those experiencing Bulimia Nervosa

- Guided self-help Cognitive Behavioural Therapy on individual basis
- Bulimia Nervosa Cognitive Behavioural Therapy group
- Brief Cognitive Behavioural Therapy for Non-Underweight Patients for Eating Disorders. (CBT-T)
- Dietetics support both on an individual basis and group programmes

Whilst waiting for treatment to commence with regards to Anorexia Nervosa and Bulimia Nervosa the person is referred to MOTIVATE programme offered by BEAT formerly known Eating Disorders Association, which is a registered charity working in the field of eating disorders. All the BEAT support services were commissioned by NHS Kent & Medway CCG in 2021. If the person does not meet criteria for BEAT services, then the AAEDS will commence first stage treatment with the person using a CBT modality.

Possible treatment interventions for those experiencing Binge Eating Disorder

The person on this pathway are offered the BEAT MOMENTUM programme, if this suggested group intervention is declined, then guided self-help Cognitive Behavioural Therapy individual sessions are considered by AAEDS.

Possible treatment interventions for those experiencing Other Specified Feeding and Eating Disorders

Dependent on the presentation of the person, their symptoms and individual needs, they will be offered the treatment intervention nearest to the diagnosed eating disorder which could be any of the above.

Parent and carer support; the AAEDS clinicians offer support alongside the treatment interventions, however BEAT have been commissioned to provide their SOLACE programme to parents and carers. This programme is an online group which offers support to those supporting a person with an eating disorder. The BEAT facilitator will offer guidance and support whilst working through different ideas and discussion points. Topics will be focused on the themes of self-care, feelings, and boundaries.

Future developments for adults with an eating disorder in the coming year:

- **First Episode Rapid Early Intervention for Eating Disorders (FREED)**
The service is part of a national research pilot with the South London and Maudesley Trust and Kings College London. FREED programme is specifically for persons aged 16 – 25 who have had an eating disorder for three years or less. The AAEDS will start this service initially for 18 year olds to 25 years in March 2022.
- **Intensive Care / enhanced care pathway for adults.**
The Children and young person team have developed this pathway over the last year. It has improved the experience of children and staff in Community and Acute hospital Paediatric beds and encouraged innovation and cross working.
The Commissioners and AAEDS Service leads are in early discussions with Kent and Sussex Provider Collaborative as to how to replicate a similar pathway for adults. This service would require substantial investment.
- **Avoidant Restrictive Food Intake Disorder (ARFID).** The Kent and Medway health, education and social care partners are just beginning to scope out what is available to support this group of people and what a ARFID service needs to look like for the people of Kent & Medway.
Traditionally ARFID is seen as a condition within childhood, however evidence is merging that ARFID does affect adults as well. There are close links with having neuro diverse conditions or traits. The AAEDS is involved in the wider scoping exercise. This service would require substantial investment.

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