

26/07/2023

NN-ICB/23/356

Dear Requestor

**RE: Freedom of Information Request**

With reference to your request for information I can confirm in accordance with Section 1 (1) of the Freedom of Information Act 2000 that we partially hold the information that you have requested. A response to each part of your request is below.

In the request you asked:

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:
  - children in contact with social care
  - care leavers
  - children who require support from multiple mental health services, e.g. an eating disorder service and anxiety service
  - asylum-seeking children

Nottingham and Nottinghamshire Integrated Care Board (ICB) does not hold screening protocols. You may wish to contact the providers to request this information. How to submit a request for information to each provider can be found on their websites as listed below.

- Nottinghamshire Healthcare NHS Foundation Trust - <https://www.nottinghamshirehealthcare.nhs.uk/c-freedom-of-information>
- Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust – <https://www.dbth.nhs.uk/contact/freedom-of-information/>
- Sherwood Forest Hospitals NHS Foundation Trust - <https://www.sfh-tr.nhs.uk/about-us/contact-us/freedom-of-information-act-access-information-from-a-public-body/>
- Nottingham University Hospital NHS Trust - <https://www.nuh.nhs.uk/freedom-of-information/>

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.?

The following are the services commissioned by Nottingham and Nottinghamshire ICB for children and young people, including those with complex needs. All include specific arrangements that cut across multiple services.

- Nottingham Child and Adolescent Mental Health Service (CAMHS) - Children in Care
- Nottingham and Nottinghamshire - Children in Care Nursing
- Nottingham and Nottinghamshire - CAMHS Head 2 Head

- Nottingham and Nottinghamshire - Youth Justice Nursing
- You Know Your Mind - Emotional health and wellbeing personal budget for children in care and care leavers
- Community Children and Young People Specialist Services

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?

Follow up after care will be individualised to each child or young person. You may wish to redirect your query to Nottinghamshire Healthcare NHS Trust, who are the providers of this service, for more information.

4. Do children and young people's mental health services in your area extend to age 25, per NICE guidance?

Currently;

- Commissioning of Be U Notts - an early support service for children and young people aged <25
- Transitions workers supporting children and young people moving between CAMHS and adult services. Examples include the following pathways; Eating Disorders, Personality disorder and neurodevelopmental pathway.

5. What support is in place for children accepted into NHS mental health services but that are on a waiting list to begin treatment?

Self-help support and information is available from the Nott Alone Website (<https://nottalone.org.uk>). Providers are expected to offer information and advice to young people whilst waiting. The support and advice will be individualised dependant on the young person's presentation.

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

- family therapy
- cognitive behavioural therapy
- guided self-help
- interpersonal psychotherapy
- focal psychodynamic therapy

The following detail is an excerpt from the service specification for the specialist children and young people's Eating Disorder service.

'Children up to the age of 18 with a potential eating disorder will receive specialist assessment and commencement of community based interventions in accordance with NICE guidelines within 4 weeks of referral for routine referrals and 1 week for urgent referrals. The aim of service is to provide a specialist assessment and NICE guidance intervention to young people with eating disorders including anorexia nervosa, bulimia nervosa and Avoidant Restrictive Food Intake Disorder (ARFID). The service will work with young people and their parents/carers to provide timely and evidence based interventions to address physical, psychological and social aspects of eating disorders.

The service will offer evidence based practice in the form of:

- FT-AN (Family Therapy for Anorexia Nervosa)
- Cognitive behavioural therapy
- Family therapy
- Guided self-help
- Interpersonal psychotherapy
- Psychoeducation
- Physical monitoring (ongoing medical monitoring will be delivered jointly with primary care and acute paediatrics).
- Psychiatry input
- Group work
- Dietetics'

The provider of specialist services therefore does offer the majority of the support listed in the request. For more information please contact Nottinghamshire Healthcare Trust who provide this service.

If you are unhappy with the way in which your request has been handled, NHS Nottingham and Nottinghamshire Integrated Care Board (ICB) have an internal review procedure through which you can raise any concerns you might have. Further details of this procedure can be obtained by contacting Lucy Branson, Associate Director of Governance via [lucy.branson@nhs.net](mailto:lucy.branson@nhs.net) or by writing to FOI Team at NHS Nottingham and Nottinghamshire ICB, Sir John Robinson House, Sir John Robinson Way, Arnold, Daybrook, Nottingham, NG5 6DA.

If you remain dissatisfied with the outcome of the internal review, you can apply to the Information Commissioner's Office (ICO), who will consider whether the organisation has complied with its obligations under the Act and can require the organisation to remedy any problems. Generally, the ICO cannot make a decision unless you have exhausted the complaints procedure provided by NHS Nottingham and Nottinghamshire ICB. You can find out more about how to do this, and about the Act in general, on the Information Commissioner's Office website at: <https://ico.org.uk/for-the-public/>

Complaints to the Information Commissioner's Office should be sent to:

FOI/EIR Complaints Resolution, Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Telephone 0303 123 1113 or report a concern via <https://ico.org.uk/concerns/>

Yours sincerely

Freedom of Information (FOI) Officer on behalf of *NHS Nottingham and Nottinghamshire Integrated Care Board*

[notts.foi@nhs.net](mailto:notts.foi@nhs.net)

*All information we have provided is subject to the provisions of the Re-use of Public Sector Information Regulations 2015. Accordingly, if the information has been made available for re-use under the [Open Government Licence \(OGL\)](#) a request to re-use is not required, but the license conditions must be met. You must not re-use any previously unreleased information without having the consent of NHS Nottingham and Nottinghamshire Integrated Care Board. Should you wish to re-use previously unreleased information then you must make your request in*

writing (email will suffice) to the FOI Lead via [notts.foi@nhs.net](mailto:notts.foi@nhs.net). All requests for re-use will be responded to within 20 working days of receipt.