



East London

NHS Foundation Trust

Information Governance

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Website: <https://www.elft.nhs.uk>

26 April 2024

Our reference: FOI DA5303

I am responding to your request for information received 2 April 2024. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,

Information Rights Coordinator

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113
Web: www.ico.org.uk

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention



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We care . We respect . We are inclusive

Interim Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request: I would like to request the following information about mental health support for children and young people aged 11 to 25 in East London under the Freedom of Information Act.

Question 1: Which CAMHS services are offered? Please list these services.

Answer: The Trust has reviewed question 1 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 21(1) of the FOI Act states:

(1) Information which is reasonably accessible to the applicant otherwise than under section 1 is exempt information.

The information requested is accessible here:

<https://www.elft.nhs.uk/camhs>

Question 2: Do you operate a 0-25 service?

Answer: No. The Trust provides CAMHS services up to 18 years of age.

Question 3: Can young people self-refer to CAMHS?

Answer: Yes, people can self-refer to CAMHS.

Question 4: Which of the following non-specialist publicly-funded services for young people's mental health (a) currently exist and/or (b) used to exist within the last decade (please indicate if they currently exist, and if they used to exist if you hold this data):

- a) Social prescribing
- b) Bereavement services
- c) Peer support
- d) Mental Health Support Teams
- e) School counsellors, mentors, or pastoral or key support workers
- f) Educational psychologists
- g) Youth groups
- h) Wellbeing cafes or mental health drop-in services
- i) Youth information, advice and counselling services (YIACS) / early support hubs
- j) Advice line for mental health issues
- k) Targeted service(s) for LGBTQ+ young people
- l) Targeted service(s) for young people from minority ethnic / racialised communities
- m) Targeted service(s) for other underserved groups (*please list here*)
- n) Targeted service(s) for young people on waiting lists for access to NHS mental health services (formerly tier 3)
- o) Art or music therapy
- p) Online support service / app.
- q) Occupational therapy
- r) Any other service (*please list here*)

Answer: The following services are currently offered:

- d) Mental Health Support Teams are being delivered in line with the national programme.
- f) The Trust also funds capacity with Educational Psychologists Lumi Nova.



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- o) Art therapy.
- q) occupational therapy.

Question 5: Do any of the following exist (please answer yes or no and elaborate if necessary)?

- a) **A CAMHS or young people's mental health partnership board?**
- b) **A designated individual or team who coordinates partnership working across services for children and families / settings?**
- c) **Data-sharing infrastructure to share data across services, for example, schools, social care, youth justice, special educational needs teams, etc.?**
- d) **Evaluation of young people's outcomes following engagement with services?**
- e) **A young people's advisory group or official mechanism for young people to feed into service design and improvement?**

Answer: The Trust monitors outcomes in accordance with national requirements
We share information across partnerships in accordance with specific data sharing agreements for specific purposes.

Partnership Boards (different names) operate in different locations – these are typically established by the local authority, health and VCS partners.

Question 6: Is there a single point of access for young people with a mental health concern? Please answer yes or no and elaborate if necessary.

Answer: Each borough has single point of access arrangements in place, dependent on the local system and partners.

Question 7: Do you operate a 'no wrong door' approach? Please answer yes or no and elaborate if necessary.

Answer: No.

Question 8: Do young people have to be referred to access a mental health support service? Please answer yes or no and elaborate if necessary.

Answer: No.

Question 9: Are there specific services or approaches to ensure under-served groups of young people can access support e.g. young people from minority ethnic / racialised backgrounds, LGBTQ+ young people, etc.? Please answer yes or no and elaborate if necessary.

Answer: The Trust works with communities and partnerships to identify specific groups who do not find it easy to access services or are over-represented and carry out specific work to increase access. This will vary widely and is dependent on local community needs and services.



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