

Reference:	FOI.15627.24
Subject:	Mental Health Services (MHS)
Date of Request:	3 October 2024

Your request and our response

I would be grateful if you could provide the following information regarding Mental Health Services offered by your Board:

1. The total number of admissions involving the following mental health conditions/available categorisation, where individuals have been sectioned under the Mental Health Act over the past five years/available time period.

Hywel Dda University Health Board (UHB) is unable to provide you with all of the information requested, as it is estimated that the cost of answering your request would exceed the “appropriate limit” as stated in the Freedom of Information Act 2000 and the Data Protection (Appropriate Limit and Fees) Regulations 2004. The “appropriate limit” represents the estimated cost of one person spending 18 hours (or 2½ working days) in determining whether the UHB holds the information, and locating, retrieving and extracting the information.

As not all of the diagnoses requested are coded, the UHB would need to undertake a manual trawl of all MHS patient records, for the 2019/20 to 2023/24 financial years, to identify the information that may fulfil this part of your request.

The UHB is therefore applying an exemption under Section 12 of the Freedom of Information Act 2000 (FoIA), which provides an exemption from a public authority’s obligation to comply with a request for information where the cost of compliance is estimated to exceed the appropriate limit.

However, under section 16 of the FoIA, the UHB has a duty to provide advice and assistance. Therefore, the UHB provides the accessible information it has identified and holds below.

The UHB provides within the table below, the total number of admissions involving the available mental health conditions requested, where individuals have been sectioned under the Mental Health Act, during the 2019/20 to 2023/24 financial years.

Please note: - An ICD-10 code for Complex Emotional Needs could not be identified and therefore, we have provided the number of patients recorded as being diagnosed with Emotionally Unstable Personality Disorder only.

Financial year	Psychosis/ Schizophrenia/ Schizo-Affective Disorder	Bipolar/ Cyclothymia/ Hypomania	Eating Disorders (ED)	Emotionally unstable personality disorder (EUPD) /Complex Emotional Needs (CEN)
2019/20	165	98	*	84
2020/21	105	45	*	48
2021/22	140	59	*	55
2022/23	157	64	7	68
2023/24	153	54	11	94

Financial year	Treatment Resistant Depression (TRD)	Other	Diagnosis not recorded
2019/20	Section 12 exemption applied	Section 12 exemption applied	Section 12 exemption applied
2020/21			
2021/22			
2022/23			
2023/24			

Where the figures in the table have been replaced with an asterisk (*), the UHB is unable to provide you with the exact number of patients due to the low numbers of cases (5 or less), as there is a potential risk of identifying individuals if this was disclosed. The UHB is therefore withholding this detail under Section 40(2) of the FoIA. This information is protected by the Data Protection Act 2018 (DPA)/UK General Data Protection Regulations, as its disclosure would constitute unfair and unlawful processing and would be contrary to the principles and articles of the UK GDPR. This exemption is absolute and therefore, there is no requirement to apply the public interest test.

In reaching this decision, the DPA and UK GDPR define personal data as data that relates to a living individual who can be identified solely from that data or from that data and other information, which is in the possession of the data controller.

- Do you have a specialist care pathway, such as EIP (Early Intervention in Psychosis), that provides treatment for the following conditions:

The UHB has completed the table below, as requested.

	Psychosis/ Schizophrenia/ Schizo-Affective Disorder	TRD	Bipolar/ Cyclothymia/ Hypomania	ED	EUPD/CEN
Yes / No	Yes	No	No	No	No

- If 'yes', please describe these care pathways:

Psychosis/ Schizophrenia/ Schizo-Affective Disorder

- At Risk Mental States (ARMS) and First Episode Psychosis patients are worked with in Early Intervention in Psychosis (EIP), a nurse led service with dedicated Consultant Psychiatric input. Referrals come from within and outside the UHB.
- The Child and Adolescent Mental Health Service (CAMHS) for Children and Young People (CYP) under the age of eighteen (18) with EDs has a specialist team situated in the wider CAMHS, who provide specialist ED assessments and Maudsley interventions.
- CAMHS does not diagnose EUPD. However, a specialist Dialectical Behavioural Therapy (DBT) service is provided to CYP under 18 and up to the age of nineteen (19) for those still in treatment on their eighteenth (18th) birthday, with high-risk behaviours and a pattern emotional dysregulation.

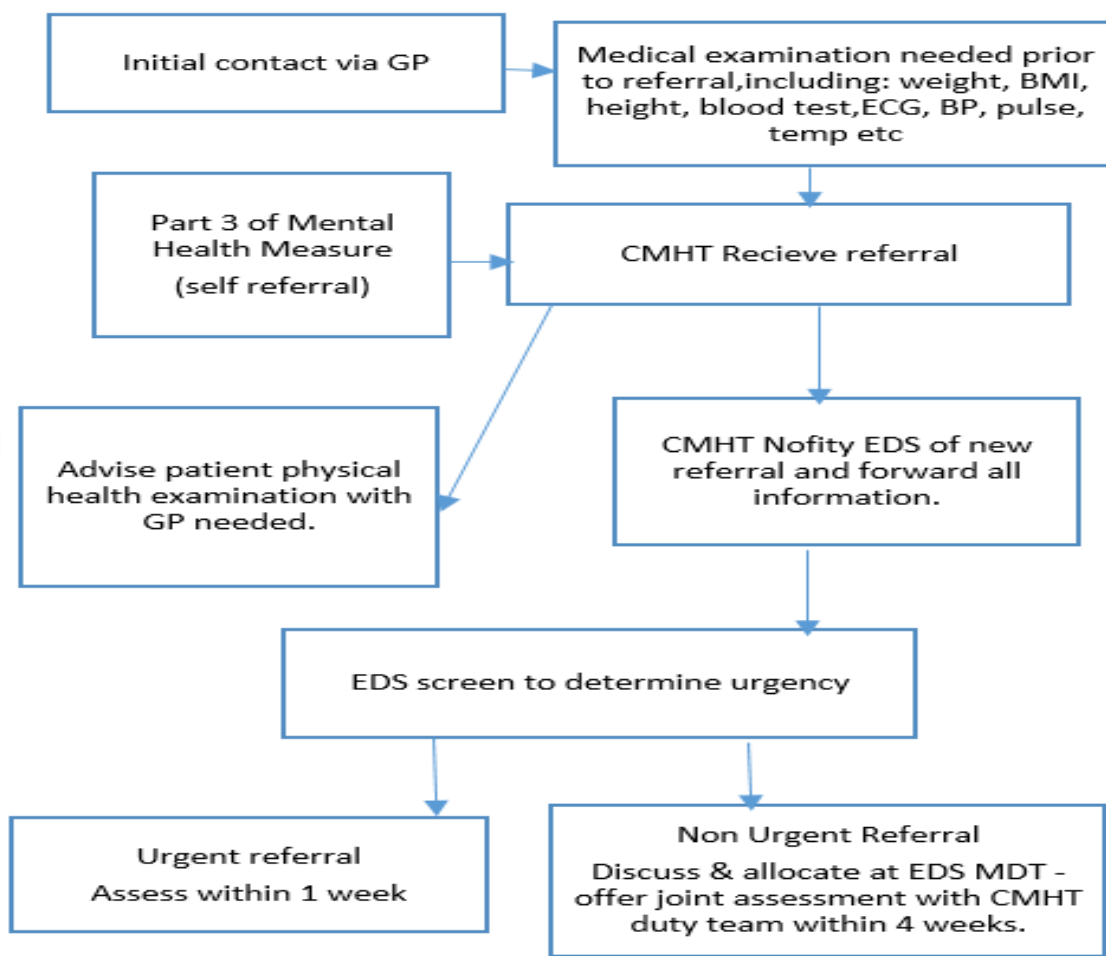
Additional information for TRD

The UHB's adult MHS adheres to the National Institute for Health and Care Excellence (NICE) guidelines, as outlined in the Adult Service Specifications. A copy of the Adult Service Specification has been provided at Attachment 1.

Additional information for ED

The UHB's adult Eating Disorder Service (EDS) provides assessment and a range of evidence-based treatment and interventions for individuals presenting with a moderate or severe ED that require secondary care MHS across the UHB's geographical footprint.

The EDS attends a joint assessment with the Community Mental Health Team (CMHT) if ED symptomology is identified for new referrals or if there is a suspected ED in current care coordinated patients. The UHB provides overleaf, the care pathway flowchart for new referrals to the EDS.



Where an individual is accepted for treatment under the EDS, they will need to be:

- Eighteen (18) years and above or individuals who are sixteen/seventeen (16/17) who are likely to require transition to adult MHS services at the age of eighteen (18).
- Care coordinated within Secondary Mental Health Services/subject to Care coordination and Care and Treatment Plan under Part 2 of Mental Health Measure (MHM).
- Meet diagnostic criteria for Anorexia Nervosa, Bulimia Nervosa, or other specified feeding or ED with high-risk symptoms.

For individuals open to EDS where there is a need for inpatient medical stabilisation admission or Specialist Eating Disorder Unit referral, the EDS will liaise with relevant departments and complete the referral.

Individuals who do not meet the criteria for Care coordination under Part 2 of the MHM may be able to access ED treatment, such as enhanced Cognitive Behaviour Therapy (CBT-e) via IPTS or CBT-Ten (CBT-T) for non-underweight EDs via the Local Primary Mental Health Support Service (LPMHSS) or binge EDs via the Weight Management Service (WMS) etc. The EDS signposts and completes relevant referrals to these services following an initial assessment.

Additional information for EUPD

The UHB’s Intensive Psychological Therapies Service (IPTS) is not a diagnostic service and does not hold a specific Personality Disorder pathway. However, the IPTS delivers a range of evidence based psychological interventions for the treatment of EUPD/Primary Symptomology (Post Traumatic Stress Disorder (PTSD)/Trauma). These include DBT, Cognitive Behavioural Therapy (CBT), Schema Therapy, Narrative Exposure Therapy, Integrative Therapy and Cognitive Analytic Therapy.

IPTS completes a psycho-social assessment and considers the unique needs of each patient when deciding on the best therapeutic approach.

4. If ‘yes’, please provide the estimated annual spend for said specialist care pathways for each year / available time period, providing the name of each service:

Financial year	Care Pathway #1: CAMHS EIP	Care Pathway #2: CAMHS -ED	Care Pathway #3: CAMHS DBT
2019/20	£452,761.00	£0.00	£0.00
2020/21	£492,037.00	£0.00	£0.00
2021/22	£549,185.00	£3,648.00	£0.00
2022/23	£625,109.00	£269,101.00	£146,543.00
2023/24	£767,235.00	£569,735.00	£255,023.00