



Kent and Medway
NHS and Social Care Partnership Trust

Information Governance & Records Management Department

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Dear [REDACTED],

Request for Information

I write further to your request FOI ID 49924 under the Freedom of Information Act 2000 regarding: -

Bi-polar diagnosis and specialist care

Your request is set out below:

1. The number of individual patients treated in your trust who are diagnosed, either as a primary diagnosis or a co-morbid diagnosis, with the following mental health conditions/available categorisation over the past five years/available time period:
 - a. Psychosis / Schizophrenia / Schizo-Affective Disorder
 - b. Treatment Resistant Depression
 - c. Bipolar / Cyclothymia / Hypomania
 - d. Eating Disorders
 - e. EUPD/CEN
 - f. Other
 - g. Diagnosis not recorded

	2020/2021	2021/2022	2022/2023	2023/2024	2024/2025
Psychosis / Schizophrenia / Schizo-Affective Disorder	570	554	537	470	427
Bipolar / Cyclothymia / Hypomania	234	219	221	238	232
Eating Disorders	9	10	9	7	7
EUPD/CEN	381	336	250	224	173
Other	4384	6207	7064	7177	8389
NULL	49466	52345	47912	49491	55061

2. The total number of admissions in your trust 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:
 - a. Psychosis / Schizophrenia / Schizo-Affective Disorder
 - b. Treatment Resistant Depression

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Trust Chair – Dr Jackie Craissati
Chief Executive – Sheila Stenson

- c. Bipolar / Cyclothymia / Hypomania
- d. Eating Disorders
- e. EUPD/CEN
- f. Other
- g. Diagnosis not recorded

	2020/2021	2021/2022	2022/2023	2023/2024	2024/2025
Psychosis / Schizophrenia / Schizo-Affective Disorder	523	435	293	442	490
Bipolar / Cyclothymia / Hypomania	179	161	107	158	168
Eating Disorders	17	11	5	14	13
EUPD/CEN	177	160	109	200	158
Other	1026	860	546	813	879
NULL		4	315		1

3. Does your trust have a specialist care pathway, such as EIP (Early Intervention in Psychosis), that provides treatment for the following conditions?
- a. Bipolar/Cyclothymia/Hypomania
 - b. Psychosis/Schizophrenia/Schizo-Affective Disorder
 - c. EUPD/CEN
 - d. Treatment resistant depression
 - e. Eating Disorders

Yes

4. If 'yes', please describe these care pathways.

The Kent and Medway Early Intervention in Psychosis (EIP) services are stand-alone, multidisciplinary teams which provide a distinct care pathway up to 3 years; offering assessment and treatment to people aged 14 to 65 who are suspected of having a first episode of psychosis (FEP). The teams are Place based (i.e. work in localities) reporting into 3 directorates (East Kent, West Kent & North Kent). The service operates in line with national standards and offers a CORE set of NICE compliant interventions (e.g. CBT for psychosis, family intervention, carer education program, physical health & wellbeing). DIALOG+ is used as a tool for care planning & is the main outcome measure. Referrals are made by GP/primary care, NELFT CHYPPS, education providers & also self-referrals. Following completion of the treatment pathway, people are transferred to an appropriate service dependent on their needs (e.g. primary care, community rehab or mental health together+ team)

The Community Mental Health Framework (CMHF) sets out a priority for all systems to develop or expand their offer of Community Rehabilitation. In Kent & Medway a multi-disciplinary, place based locality team offer is being rolled out in each of the 3 Directorates. Recruitment is underway for the teams & they are at different operational stages, with East & West Kent more advanced in set up & delivery. Community Rehabilitation is for people whose long-term complex needs (predominantly complex psychosis with co-morbidities like substance misuse, learning difficulties / autistic spectrum disorders) cannot be met by general adult mental health services. This includes people who have recurrent admissions, extended inpatient stays locally or Out of Area and experience supported accommodation placement breakdowns. The Community Rehabilitation Service provides specialist assessment, formulation & bio-psycho-social interventions to support to people recover from complex severe mental illness (SMI). It helps (re)gain skills and confidence to live successfully in the community. The teams work in partnership with people who use services and their carers' adopting a

recovery approach. Joint -working with Voluntary, Community and Social Enterprise (VCSE), Housing; Social Care, and other agencies is central to the pathway offer. Referrals are made by GP/primary care and other health and social agencies to Mental Health Together community teams where the need for community rehabilitation is identified/discussed. The length of the treatment offer is based on individual need and safety.

Within Mental Health Together (MHT), Mental Together Plus (MHT+) and our Therapeutic Community, the Trust offers specific treatment pathways for patients presenting with Complex Emotional Difficulties (CED), or “Emotionally Unstable Personality Disorder” and “Personality Disorder” as well as for persons with Bi-Polar Disorder and Psychosis.

Interventions are offered utilising a Stepped-Care model and range from low to medium level interventions to medium to high and tertiary level interventions. Additionally, the Trust offers a CED Crisis Group to patients with high level need who may be transitioning from acute care settings. This group may contribute towards enabling patients to subsequently avail of community-based interventions such as those provided within MHT+, our Therapeutic Community and SUN (Service User Network).

Typically, low to medium interventions provide psycho-educational, workshop-based interventions that are theoretically based, informative and offer structured coping skills. Medium to high level interventions may also offer psycho-educational, workshop-based interventions however over a longer period, and with greater focus upon stabilisation and structure. In addition, NICE-Recommended, evidence-based treatments are offered and these include, but are not limited to, Mentalisation Based Therapy (MBT), Eye Movement Desensitisation and Re-Processing Therapy (EMDR), Cognitive Analytic Therapy (CAT), Cognitive Behaviour Therapy (CBT), Art Therapy and Art Therapy for Psychosis, Family Therapy, CBT for Bi-Polar and CBT for Psychosis. All such interventions are offered as both group or workshops and on an individual basis, depending upon patient need and presentation.

5. 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, from 2019 to 2025.

All information requested is not routinely collected outside normal record keeping of a financial record. The requested information is not held centrally and is contained within the individual financial records and archive systems which cannot be extracted as a stand-alone piece of data. In order to extract the requested information and collate the results would require a manual exercise to identify and review financial records and would exceed the appropriate time limits, as per the Freedom of Information Act 2000 section 12(1) which does not oblige a public authority to comply with a request for information if the authority estimates that the cost of complying with the request would exceed the appropriate limit.

I confirm that the information above completes your request under the Freedom of Information Act 2000. I am also pleased to confirm that no charge will be made for this request.

If you have any questions or concerns or are unhappy with the response provided or the service you have received you can write to the Head of Information Governance at the address on top of this letter. If you are not content with the outcome of your complaint, you may apply directly to the Information Commissioner for a decision.

Yours Sincerely

On Behalf of
The Information Governance Department