

## Freedom of Information Request

**Reference Number:** EPUT.FOI.24.3297  
**Date Received:** 3<sup>rd</sup> of January 2024

### Information Requested:

Please provide the following information in full for the years 2019, 2020, 2021, 2022, 2023. (Please note that I use the term 'borderline personality disorder' but would also like stats for 'emotionally unstable personality disorder' if that is the diagnostic term that your trust uses.)

1. Please provide your trust policy for borderline personality disorder diagnosis and treatment.

Essex Partnership university Trust does not hold a single policy relating to the personality disorder diagnosis. There are a number of Trust policies that outline delivery and inform practice.

These include service operating policies such as the Standard Operating Procedure Personality Disorder & Complex Needs MDT (attached).

Service delivery and practice is also informed by national policies such as the NICE guidelines on Personality Disorder: Recognition and Management (attached) and the NIMHE Competencies Framework (attached).

2. How much funding is received for the care of borderline personality disorder and how is this money spent?

The Essex Partnership University Trust does not currently hold this information, in the format requested, because our financial records cannot be broken down to the level requested.

3. How many adult patients are there within the trust with a diagnosis of borderline personality disorder?

Adult patients as at 31<sup>st</sup> December of each year in the reporting period with a borderline personality disorder diagnosis.

Age Band	Calendar Years				
	2019	2020	2021	2022	2023
18+	1415	1331	1066	955	855

4. What specialist treatments or therapeutic interventions do the trust facilitate for all patients diagnosed with borderline personality disorder?

The Trust provides the following interventions for people diagnosed with complex needs/personality disorder:

- Dialectical Behaviour Therapy (DBT - group & individual)
- Systems Training for Emotional Predictability & Problem Solving (STEPPS)
- Managing Emotions (group & individual)
- Trauma Safety & Stabilisation

- Psychotherapy
- Cognitive Behaviour Therapy
- Trauma-focused Cognitive Behaviour Therapy (TF-CBT)
- Cognitive Behaviour Therapy for Personality Disorder (CBT-PD)
- Mentalisation-Based Therapy (MBT - group & individual)
- Family Therapy
- Acceptance & Commitment Therapy (ACT)
- Compassion-Focused Therapy (CFT)
- Integrative Therapy
- Schema Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Person-Centred therapy
- Arts Therapy

5. How much does it cost the trust per year to provide medication to adults diagnosed with borderline personality disorder?

[See response to question 2](#)

6. How many patients/service users with borderline personality disorder require in-patient care?

Number of inpatients during the reporting period with a Borderline Personality Disorder diagnosis:

Age Band	Calendar Years				
	2019	2020	2021	2022	2023
18+	531	469	432	411	382

7. How much does it cost the trust to facilitate this in-patient care?

[See response to question 2](#)

8. Does the trust provide dialectical behaviour therapy? If so, please provide the numbers of patients/ service users who have used this service. If not, is there a plan to implement this treatment? The Trust delivers both group and individual DBT. The below table outlines group & individual DBT offer for the periods April 2022 to March 2023 and April 2023 to August 2023. The data reflects activity in the Adult Community Psychology services which are the main providers of DBT. The second table illustrates DBT provision by area.

Type of therapy	Apr 2022- Mar 23	Apr 2023-Aug 2023
DBT (group & individual)	83	59

DBT provision	Location
1 x DBT group	Brentwood & Basildon
1 x DBT group	Castlepoint
1 x DBT group	Thurrock
2 x DBT group	Southend
2 x DBT group	Chelmsford & Braintree
1 x DBT group	North East Essex

9. How many suicides of patients with borderline personality disorder have there been each year?

We can neither confirm nor deny whether some of the information you have requested is held by the Trust in its entirety. This is because the information requested is not held in an easily retrievable format, but may be recorded in individual records. In order to confirm whether this information is held we would therefore have to individually access all records within the Trust and extract the information where it is present. We therefore estimate that complying with your request is exempt under section 12 of the FOI Act: cost of compliance is excessive. The section 12 exemption applies when it is estimated a request will take in excess of 18 hours to complete. We estimate that accessing and reviewing all health records and then extracting relevant information would take longer than the 18 hours allowed for.

10. How many complaints have been lodged in relation to borderline personality disorder treatment?

There have been 21 complaints lodged between 2019 and 2023 in relation to BPD and EUPD.

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**Section 12 (Exemption where cost of compliance exceeds appropriate limit):**

- (1) Section 1(1) 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.
- (2) Subsection (1) does not exempt the public authority from its obligation to comply with paragraph (a) of section 1(1) unless the estimated cost of complying with that paragraph alone would exceed the appropriate limit.
- (3) In subsections (1) and (2) “the appropriate limit” means such amount as may be prescribed, and different amounts may be prescribed in relation to different cases.
- (4) The Secretary of State may by regulations provide that, in such circumstances as may be prescribed, where two or more requests for information are made to a public authority—
  - (a) by one person, or
  - (b) by different persons who appear to the public authority to be acting in concert or in pursuance of a campaign, the estimated cost of complying with any of the requests is to be taken to be the estimated total cost of complying with all of them.
- (5) The Secretary of State may by regulations make provision for the purposes of this section as to the costs to be estimated and as to the manner in which they are to be estimated

**Publication Scheme:**

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link  
<https://eput.nhs.uk>