

Are you
aware of our
service?

NHS England Funded Highly Specialised Outpatient Service (HSS) for OCD and BDD

Are you seeing any
patients with OCD or BDD
who haven't responded
to CBT treatment?

Do you know there
are no funding
implications for
you?

For information about the HSS service, please contact
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The Good News!

The HSS is funded by NHS England is a tier 6 specialist service. We are delighted to tell you that this means we are able to offer treatment to eligible patients without the need to be funded directly by local CCG's. Our clinic offers specialist out-patient cognitive behaviour therapy (CBT) to those patients with severe, treatment resistant OCD and BDD.

Referral Criteria

We welcome referrals from secondary care mental health services, of patients whose **main problem** is severe and treatment resistant OCD & BDD, who are suitable for out-patient services and are aged over 18.

In order to be seen within this NHS England funded service the following criteria must be met:

- The OCD or BDD must be severe and interfere significantly with the person's life (YBOC's ≥ 30)
- The person must have completed at least two adequate courses of CBT, directed at OCD/BDD.
- The person must have had at least two adequate medication trials of serotonin re-uptake inhibitor (SSRI) medication at NICE guideline maximum recommended doses, and have been offered augmentation with neuroleptic medication or clomipramine

In the referral letter, it would be really helpful if the referring team could include the following information:

- Details of the presenting problem
- Y-BOCS score indicating how severe the OCD or BDD is (if known), or confirming information that the problem is severe
- Previous and current medication including duration, dates, doses, etc. (if known)
- Details of any previous psychological treatment, including dates, duration, location, NHS or private, name of therapist, etc.

NHS England requires all patients referred under this service to remain under the care of the local CMHT during treatment. More information will be provided on request.

People who do not meet HSS criteria?

Some people will not meet the stringent criteria outlined, but might still require specialist outpatient CBT through our clinic. If OCD or BDD is the main presenting problem, we can offer them an assessment as well as a set of CBT sessions (if required) via our national treatment service.