# Stepped System of Care for Eating Disorders

## Principles, Standards, Lived Experience, Research

### Prevention, Public Health Information, Advocacy
- Policy development, public advocacy, best-practice communication and targeted programs to help prevent the development of disordered eating and eating disorders, and reduce stigma.

### Early Identification
- Identification and screening of eating disorders in any setting to support early recognition and intervention for people who may be experiencing an eating disorder.

### Initial Response
- Completion of a comprehensive assessment, preliminary diagnosis and referral to appropriate services according to a person's psychological, physical, nutritional and functional needs.

### Treatment
- **Community-based Treatment**
  - Evidence-based treatment delivered in the community or outpatient setting with coordinated access to a range of services as needed.
- **Community-based Intensive Treatment**
  - Evidence-based treatment delivered in the community or outpatient setting for people who require more intensive therapy.
- **Hospital Treatment**
  - Admission to hospital for people who require medical and/or psychiatric intervention, or admission to a residential eating disorder program for people who are medically stable but require a high level of treatment and support.

### Recovery Support
- Community-based and online services accessible for anyone with experience of an eating disorder to reduce the risks associated with relapse and recurrence of illness and to support ongoing recovery.

## Care Team Approach - medical, mental health, nutritional, peer work, family and supports

- **Policy development, public advocacy, best-practice communication and targeted programs to help prevent the development of disordered eating and eating disorders, and reduce stigma.**

- **Identification and screening of eating disorders in any setting to support early recognition and intervention for people who may be experiencing an eating disorder.**

- **Completion of a comprehensive assessment, preliminary diagnosis and referral to appropriate services according to a person's psychological, physical, nutritional and functional needs.**

- **Evidence-based treatment delivered in the community or outpatient setting with coordinated access to a range of services as needed.**

- **Evidence-based treatment delivered in the community or outpatient setting for people who require more intensive therapy.**

- **Admission to hospital for people who require medical and/or psychiatric intervention, or admission to a residential eating disorder program for people who are medically stable but require a high level of treatment and support.**

- **Community-based and online services accessible for anyone with experience of an eating disorder to reduce the risks associated with relapse and recurrence of illness and to support ongoing recovery.**

## Includes:
- Government; primary health care professionals; community-based health services; lived experience organisations; schools; online resources
- Primary health care professionals; medical, mental health and dietetic services (private and public; primary, secondary and tertiary settings); emergency departments; schools; sporting organisations; headspace
- Primary health care professionals; medical, mental health and dietetic services (private and public; primary, secondary and tertiary settings); headspace
- Primary health care professionals; medical, mental health and dietetic services (private and public; online guided self help; headspace)
- Residential programs; emergency departments; medical and psychiatric inpatient units; eating disorder-specific inpatient units; hospital in the home; rehabilitation units
- Primary health care professionals; medical, mental health and dietetic services (private and public); online resources; support groups; headspace

(NEDC, 2021)