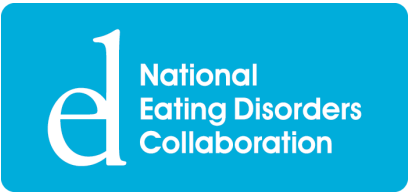


Stepped System of Care for Eating Disorders



Principles, Standards, Lived Experience, Research

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

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.

Includes: Government; primary health care professionals; community-based health services; lived experience organisations; schools; online resources

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.

Includes: Primary health care professionals; medical, mental health and dietetic services (private and public; primary, secondary and tertiary settings); emergency departments; schools; sporting organisations; headspace

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.

Includes: Primary health care professionals; medical, mental health and dietetic services (private and public; primary, secondary and tertiary settings); headspace

Treatment

Community-based Treatment

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

Includes: Primary health care professionals; medical, mental health and dietetic services (private and public); online guided self help; headspace

Community-based Intensive Treatment

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

Includes: Intensive outpatient programs; day programs

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.

Includes: Residential programs; emergency departments; medical and psychiatric inpatient units; eating disorder-specific inpatient units; hospital in the home; rehabilitation units

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.

Includes: Primary health care professionals; medical, mental health and dietetic services (private and public); online resources; support groups; headspace