

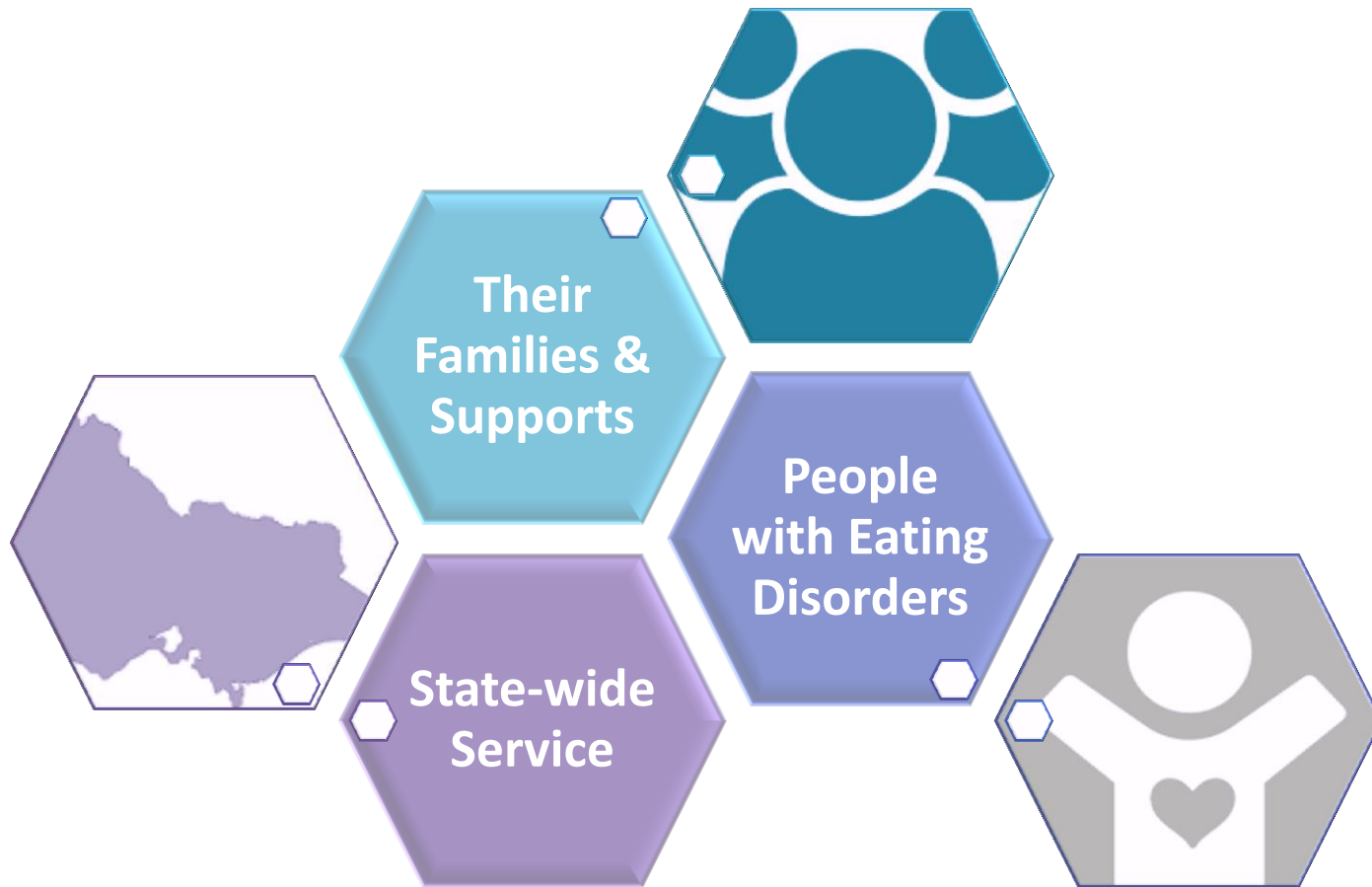
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**CEED**

**Centre of Excellence in Eating Disorders,  
Victoria**

# About CEED



Victorians will have access to a

# WORLD CLASS

»»»»»»»»»»»» **SYSTEM OF CARE** ««««««««««««

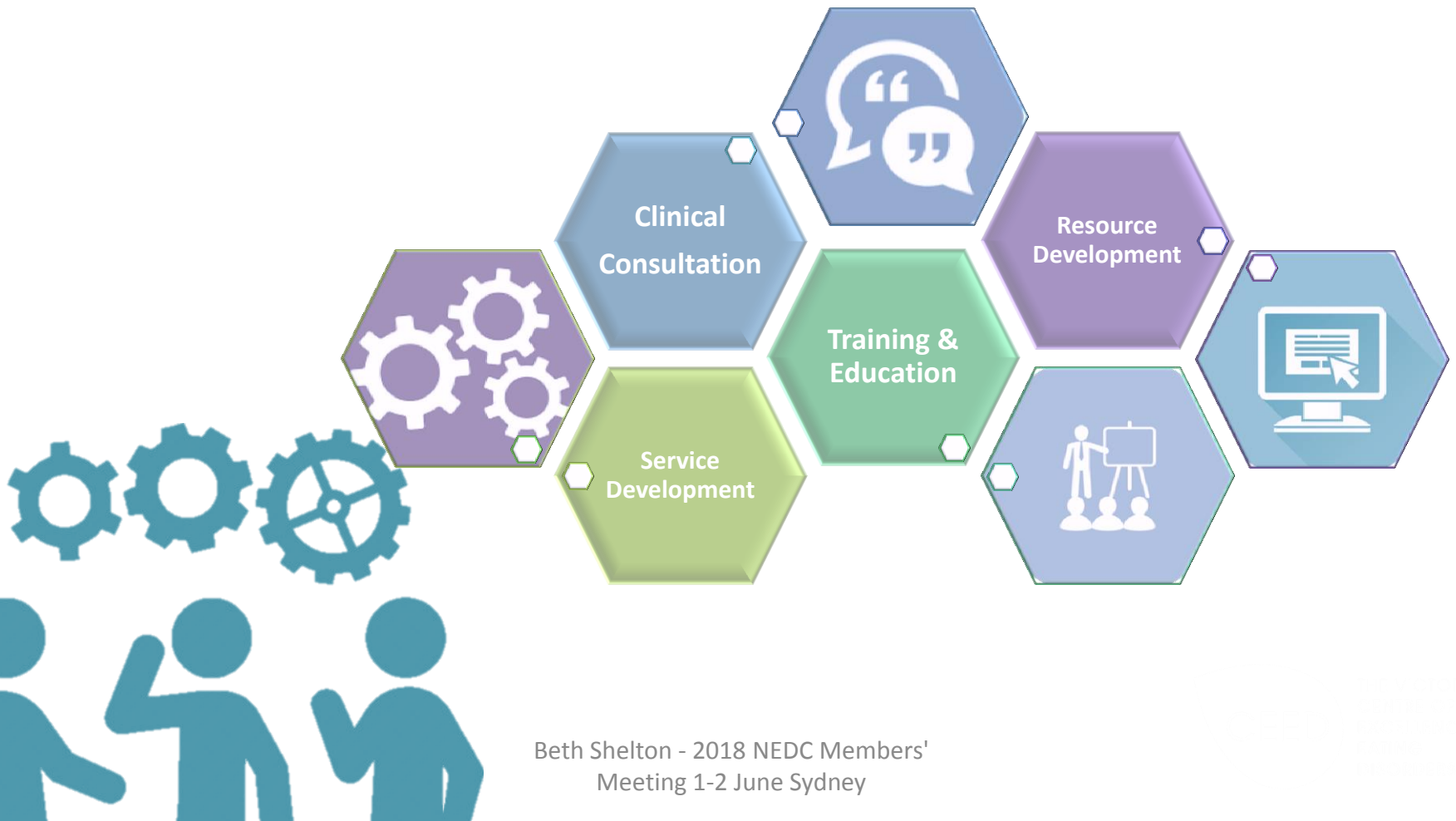
for the treatment of eating disorders



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Meeting 1-2 June Sydney

# About CEED

Strengthening the system of care through  
leadership & support





# **MAINSTREAMING EATING DISORDERS**

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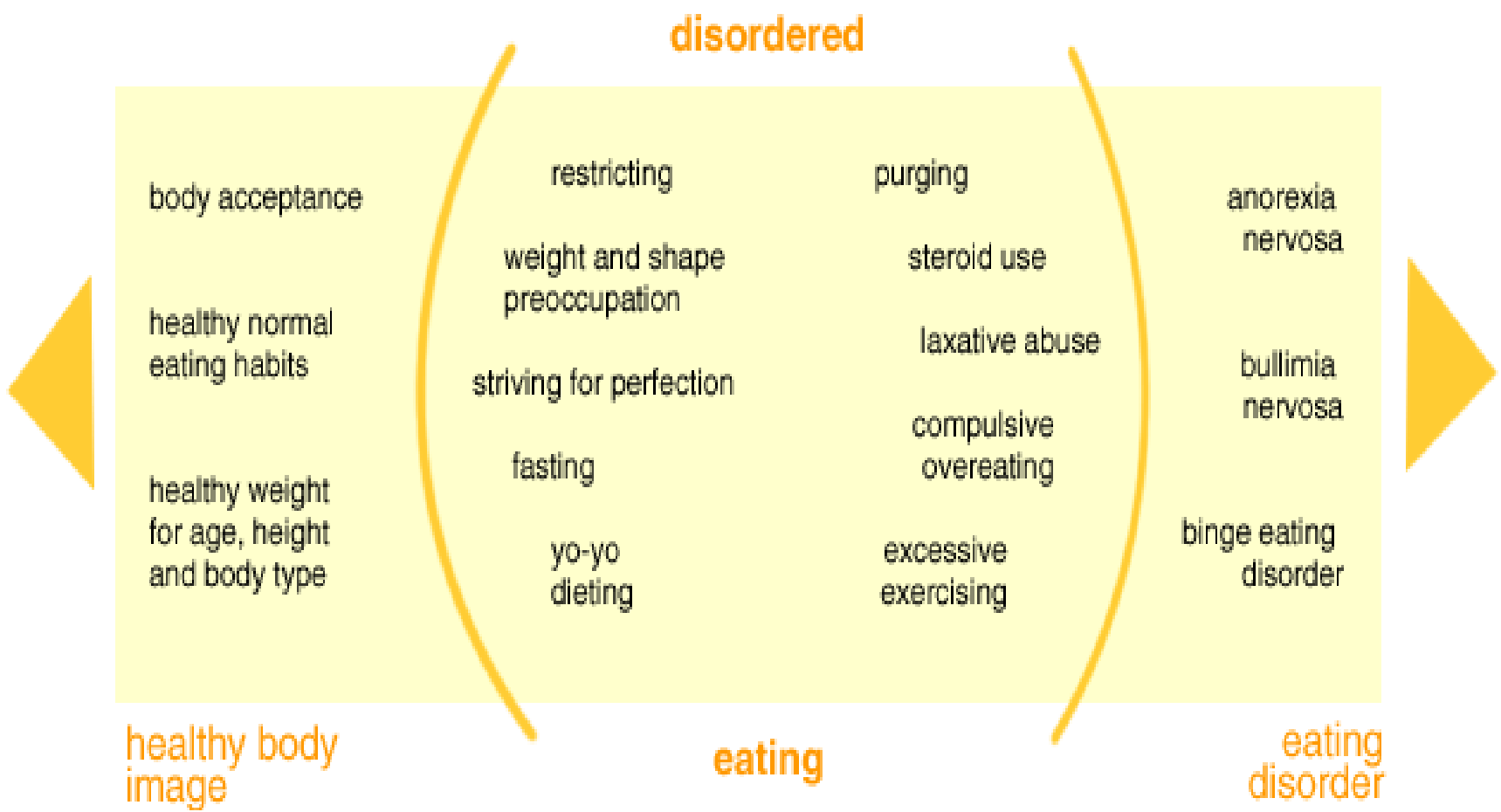
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# Eating Disorders: What we do know



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# Range of Disordered Eating



On average it takes seven years for someone with Bulimia Nervosa to seek treatment

Key to recovery from eating disorders is early detection and treatment

Effective treatments for Bulimia nervosa and Binge Eating Disorder



Typical onset: 15 to 25 years  
i.e. developmentally sensitive time



Most people who receive  
treatment early will recover.

# Stepped Care

Identify

Assess

Refer

## Hospital: Specialist Inpatient Care

To provide brief eating disorder specific inpatient care and treatment to people with severe eating disorders

Targeted, intensive, ED specific inpatient unit

## Hospital: Acute Back Up

To provide inpatient care to people who are experiencing medical or psychiatric risk

Medical/General Psychiatric wards

## Community Based Treatment: Specialist

To provide brief intensive periods of treatment for people with AN and people with severe & complex BN and BED

Eating Disorder specific mental health services (out patient and day program)

## Community Based Treatment: Generalist

To provide community support and treatment for people with AN and people with complex BN and BED (and any comorbidities)

CAMHS/AMHS  
Private Practitioners

## Primary Care Treatment

To provide early intervention and/or treatment for people with BN and BED & disordered eating, and for people stepping down from more intensive treatment for AN

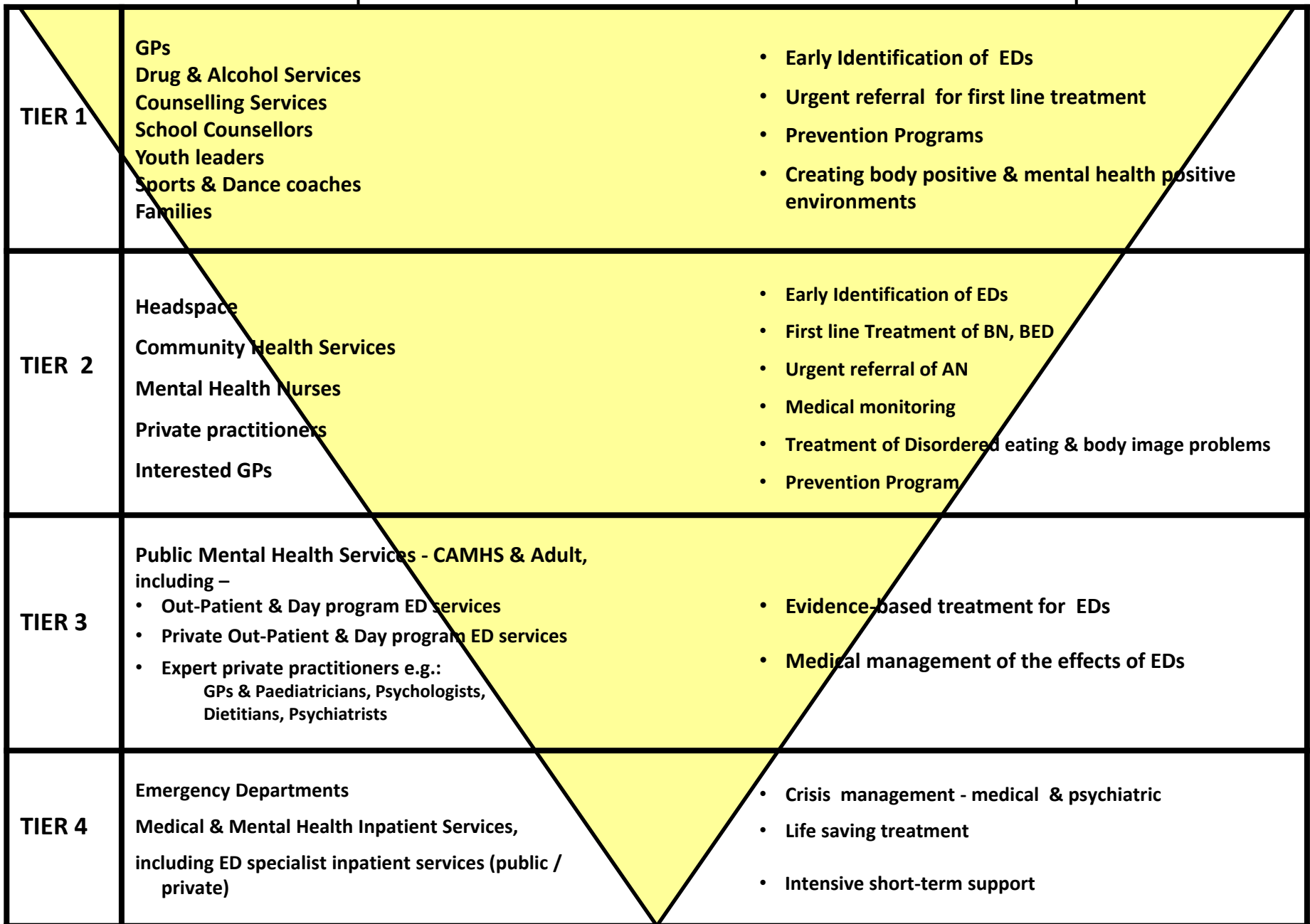
headspace  
Private Practitioners  
Community Health Teams

## Early ID & Intervention GPs

To provide screening and monitor emerging eating disorders and referral to other services as needed

GPs  
PHNs  
Schools  
Accident and Emergency  
Triage

# Model of the System of Care for Eating Disorders



# WHAT was the problem?



# Headspace and EDs....

- Constraints
- Realities
- Opportunities
- Remit



# headspace / CEED Eating Disorder Early Intervention Project

*Aim: Develop, implement and evaluate feasibility and acceptability of a model for eating disorder treatment in headspace*

1. Screening and early identification of eating disorders and disordered eating
2. Rapid referral of AN
3. Training, clinical support and supervision in CB GSH for BN, BED and subclinical EDs

# WHAT WE DID



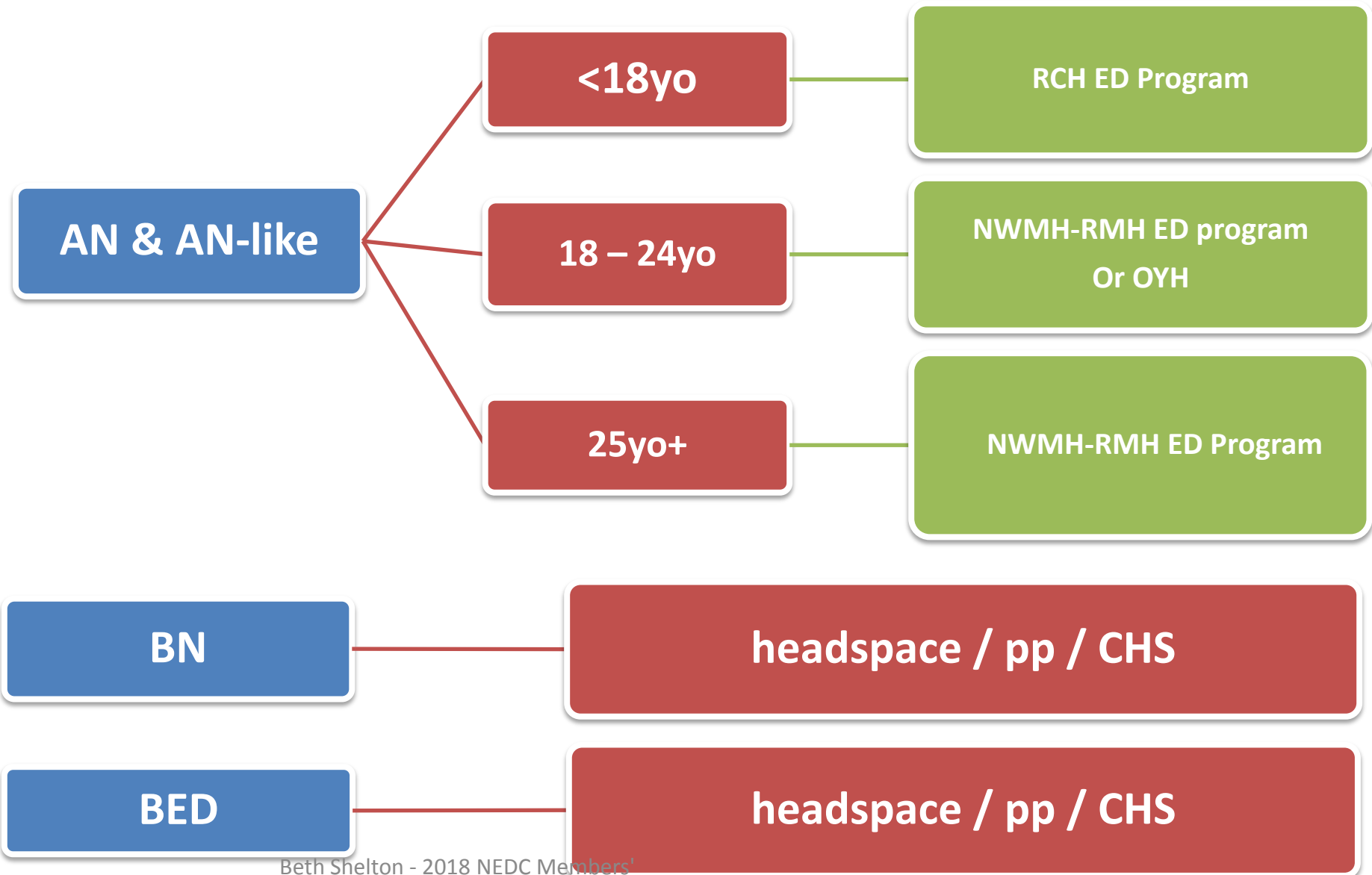
- Chose CB-GSH as the treatment model
- Trained the Trainer at Werribee, Sunshine, Glenroy and Craigieburn headspaces
- Got clinical leader's feedback about the training
- Co-trained clinicians with headspace leaders at each site, problem solved implementation and talked policy
- Evaluated - training pre and post data;  
- efficacy and feasibility



# 10 session structure

*Start with high contact intensity  
to build a secure structure for change then  
space contacts out to allow for change across  
time and review*

# Western Metro ED Services



# Outcomes?



- Data
- Clinical
- Tools and Resources
- Other headspace and PHN uptake
- Refresher training
- > headspace consults at CEED

- 48 clinicians trained across 4 sites

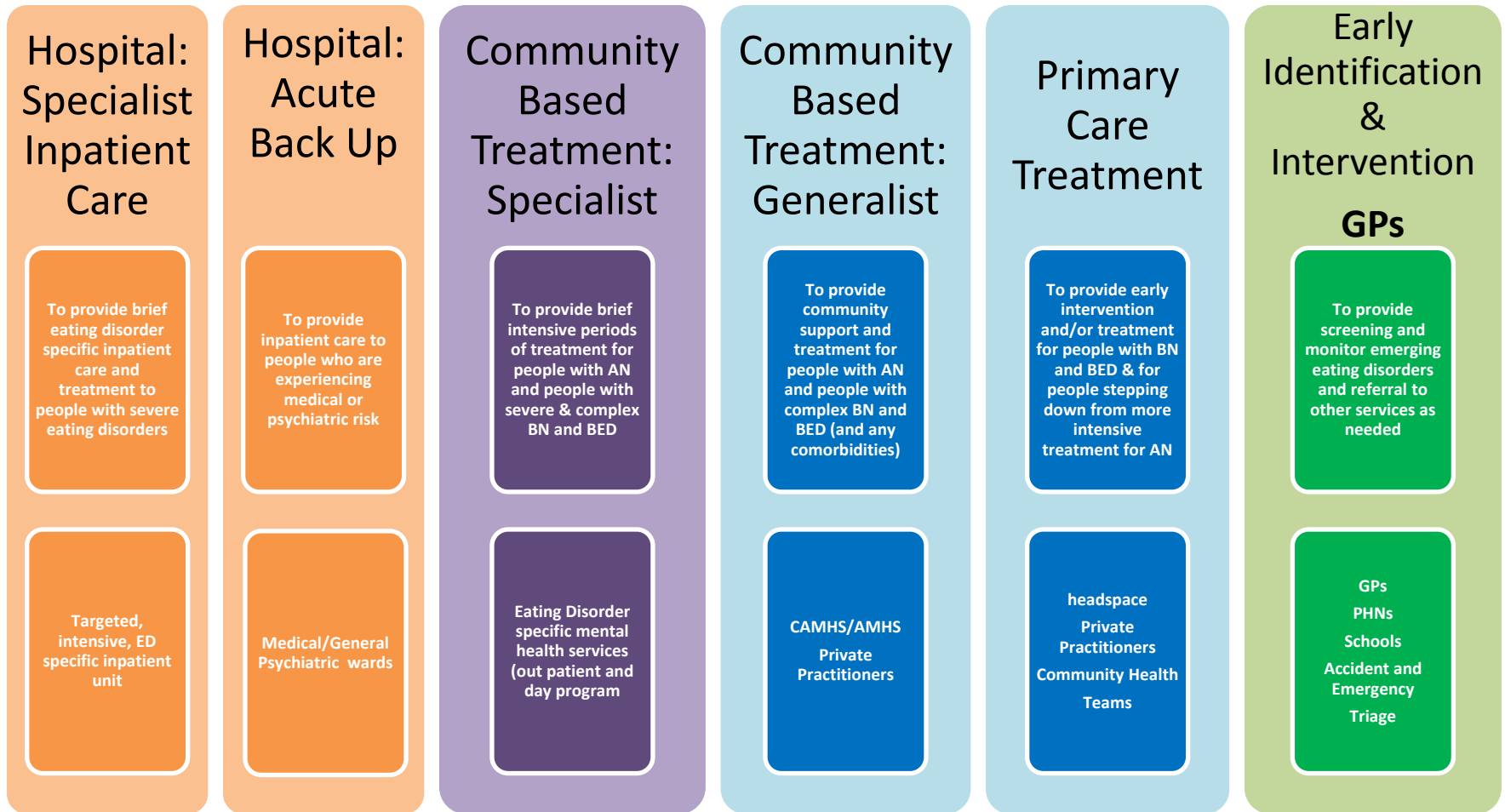
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# Challenges?



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# Implications for Whole of Community Health Care



# Feed Your Instinct (FYI)



[www.feedyourinstinct.com.au](http://www.feedyourinstinct.com.au)

- Steps families through a checklist of behaviours/signs based on warning signs families observe
  - Personalised GP and parent report
  - GP report has current best practice assessment and referral recommendations
    - Parent report has key actions families can take now

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# Reach Out And Recover (ROAR)

[www.reachoutandrecover.com.au](http://www.reachoutandrecover.com.au)

*fast-track help seeking adults*

DO I HAVE A PROBLEM? SHOULD I GET HELP? I WANT TO NEED HELP. I'VE TRIED TO GET HELP. DID YOU KNOW? NEED A REPORT?

## REACH OUT AND RECOVER

Welcome to Reach Out And Recover. The ROAR website is just what you need if you're struggling with eating and body concerns, and you've been dismissed because of these concerns. ROAR will help people to seek the most and most of their problems and will provide help with the next steps to take towards recovery.

If you are concerned about any aspects of your eating, body image or wellbeing, these will help you.

Find out more about these concerns. Explore more ...

Understand the extent of your difficulties. Read more ...

Decide whether or not to seek further help. Explore more ...

Select the best pathway to try. Read more ...

Try treatment again after previous attempts. Explore more ...

**IF YOU ARE STRUGGLING WITH YOUR EATING YOU COULD BE AT RISK OF A SERIOUS HEALTH PROBLEM**

You have taken the first step in reaching out and facing your concerns. This is an important achievement. Facing eating and body concerns is a real challenge and it is often difficult to take these first steps. By having done so, you are now on the pathway to recovery.

**IF EATING AND BODY CONCERNS ARE STARTING TO TAKE OVER YOUR LIFE, YOU NEED, AND DESERVE HELP.**

The key is taking action early. Read more below to find out how to use ROAR to take action as early as possible and reach out to recover.

READ HOW TO USE THE ROAR WEBSITE. READ MORE

**POP QUIZ TRUE OR FALSE:**

People with eating and body concerns should only seek help if they are really scared or underweight.

CHOOSE OPTIONS:

True

False

**"WHEN I FINALLY WENT TO MY GP TO SEEK HELP IT TOOK ME A VERY LONG TIME TO ACTUALLY GET THE ISSUE OUT VERBALLY"**

Person with eating and body concerns

VIDEOS SEE OTHERS' STORIES HERE

Watch George's story

Watch James's story

Watch Saad's story

Watch Tara's story

The report is a really useful tool to open up conversations to make sure that health professionals understand what you are going through and know that it is vital to take your concerns seriously.

Many people struggle with eating and body concerns, and feeling ashamed can stop them from talking about their problems. Seeking help takes courage and is the best way to move towards recovery.

**"HELP DOESN'T MEAN YOU SHOULD BE ASHAMED, BE PROUD FOR SEEKING HELP."**

Person with eating and body concerns

ARE YOU FEELING UNWELL, NEED HELP NOW? YES, I NEED HELP!

About ROAR About CEDD About FYI Resources Disclaimer

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