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# **Northern Sydney Health District and PHN**

NEDC Members' Meeting  
1-2 June 2018



An Australian Government Initiative



**SYDNEY NORTH**  
Primary Health Network

**Achieving together** - *better health, better care*

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## RESPONDING TO EATING DISORDERS: A PHN PERSPECTIVE

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Commissioning Coordinator  
Sydney North Primary Health Network

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# ABOUT PHN'S BACKGROUND



## PHNS ESTABLISHED 2015 TO:

- ◆ 'Increase efficiency and effectiveness of medical services for patients, particularly those at risk of poor health outcomes'
- ◆ 'Improve coordination of care to ensure patients receive the right care in the right place at the right time'

## SNPHN STRATEGIC OBJECTIVES:

**Build primary health care capacity**

**Commissioning**

**Service transformation**

**Organisational excellence**

# FUNDING & PRIORITISATION

The Department of Health has provided funding for **six key areas** of focus for PHNs in their approach to mental health reform:

- 1.** Stepped Care
- 2.** Services for people with severe mental illness & complex needs
- 3.** Aboriginal & Torres Strait Islander mental health
- 4.** Youth Mental Health Services
- 5.** Suicide Prevention
- 6.** Hard to reach and at risk populations

# SNPHN REGION

## WHY EATING DISORDERS



### **SNPHN Needs Assessment**

- ◆ Young people in the region have a high rate of body image issues inc. body dysmorphia & disordered eating
- ◆ Eating disorders & obsessive compulsive disorders account for the largest proportion of bed days in 0-17 year olds<sup>1</sup>



### **No public primary care services**



### **Early Intervention lacking**

<sup>1</sup> NSLHD Health Services Planning Unit 2016, Hospital Admissions Data 2013-14

**SNPHN**

COMMISSIONED SERVICES



Funding for young people with severe mental illness

[www.snhn.org.au](http://www.snhn.org.au)

# COMMISSIONED SERVICE

## INTENSIVE OUTPATIENT PROGRAM



- ◆ Access to the Intensive Outpatient Program to 12 clients for 18 weeks who reside in the SNPHN region and are in need of financial assistance to access the program
- ◆ Clinical Support Officer to provide clinic coordination support, develop promotional materials and assist with service promotion



**Butterfly**  
Foundation for Eating Disorders

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[www.snhn.org.au](http://www.snhn.org.au)

# EDUCATION

## NEDC & SNPHN EVENT



◆ asdfsd

### INTRODUCTION TO EATING DISORDERS' NOVEMBER 2017

#### **Aimed to:**

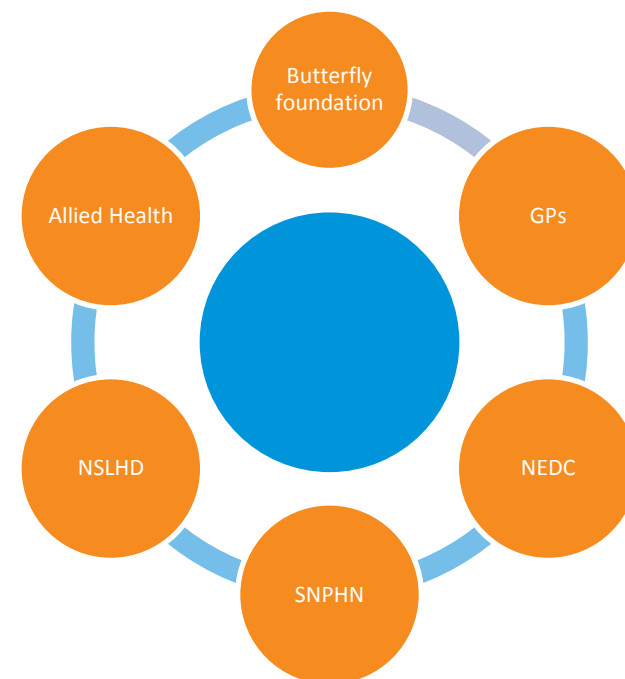
- ◆ Recognise myths, prevalence, risk factors, co-morbidities & warning signs
- ◆ Apply practical evidence-based strategies in prevention, early identification & management
- ◆ Understand elements of care & recovery
- ◆ Implement multidisciplinary strategies to improve mental health outcomes
- ◆ Improve knowledge of eating disorder resources, referral pathways and specialised support services



# EDUCATION

NEDC & SNPHN



- ✓ Well attended
- ✓ Positive feedback
- ✓ Requests for further sessions



### CLINICAL PATHWAY

- ◆ Eating Disorders 

### SERVICE PAGES

- ◆ Eating Disorders  
Specialised Review 
- ◆ Non-urgent Mental  
Health Review 
- ◆ Emergency  
Department Review 



# SNPHN

THE FUTURE



Ongoing  
relationship with  
commissioned  
service providers



Further  
integration



Further education  
of clinicians in  
the region



Monitoring and  
evaluation  
of services



**THANK YOU**



# SYDNEY NORTH

## Primary Health Network

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