Building a full system of care for eating disorders within CAMHS – My Action Plan

This resource is designed to support you and/or your service to identify your role within the [stepped system of care for eating disorders](https://nedc.com.au/national-strategy/system-of-care/) and plan for the implementation of actions relevant to you and/or your service.

There are five key questions included in this document that will help you with your planning.

If your role sits across multiple components of the system of care (for example, initial response and treatment), you can use the one plan.

1. **What is your current response to eating disorders across the components of the SSOC?**

Please describe the activities/responses that your service currently undertake across each component of the system of care.

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| **System of Care** | **The current response within my service** |
| **Prevention** |  |
| **Identification** |  |
| **Initial Response** |  |
| **Treatment** (including community-based treatment, community-based intensive treatment, and hospital and residential treatment) |  |
| **Psychosocial and Recovery Support** |  |
| **Workforce** |  |

1. **What is your target for change within the stepped system of care?**

Think across top down and bottom-up initiatives across the stepped system of care.

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| **System of Care** | **Target for change** |
| **Prevention** |  |
| **Identification** |  |
| **Initial Response** |  |
| **Treatment** (including community-based treatment, community-based intensive treatment, and hospital and residential treatment) |  |
| **Psychosocial and Recovery Support** |  |
| **Workforce** |  |

1. **What resources, connections, and partners might I need to support my action?**

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| Examples | |
| Resources | **Connections and partners** |
| Training and professional development activities | Supervisor/mentor |
| Clinical tools, e.g., screening and assessment | Communities of practice |
| Psychoeducation materials | Leaders within your organisation or service |
| Digital tools | Eating disorder organisations and services |
| Programs – e.g., existing prevention programs | Clinical support/case consultation​ |
| Clinical services and practitioners | Eating Disorder Coordinators |
| Referral letter templates | Referral pathways |
| Standards, principles, guidelines | Research/evaluation support |
| Service navigation/databases | Training providers |
| Evaluation measures | Education staff (school and tertiary) |

Using the examples above, or others that you come up with, populate the below table.

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| My action: | |
| Resources | **Connections and partners** |
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1. **My plan for implementation**

You may be able to get started with some of your steps or actions immediately, whilst others may take more preparation time.

You can start to map out the sequence of actions in the table below, ordering them by short-term, medium-term, and long-term. Then, start to create an implementation plan – what steps would you need to take to fully implement that plan?

| My actions | Term | My plan |
| --- | --- | --- |
| List the specific steps, activities or actions required for your target change. | Specify if the action is short, medium or long term | Create a plan for implementation. These are specific steps to  achieving your goal. For example:   * Create a template referral letter * Review referral databases * Plan evaluation for treatment outcome * Contact lived experience organisation to discuss collaboration * Identify existing trainings for the workforce |
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1. **What are the barriers and enablers for my implementation plan?**

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| My action: | |
| Enablers | **Barriers and mitigation** |
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**With each action taken, you are moving closer to building an effective, equitable and coordinated system of care that meets the needs of people experiencing or at risk of eating disorders and their families, supports and communities.**

**Thank you for your role in building this system.**

**National Eating Disorders Strategy 2023-2033**

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**Eating Disorder Stepped System of Care**

