



Implementing the National Eating Disorders Strategy – My Action Plan

This resource is designed to support you and/or your organisation or service to identify your role within the [stepped system of care for eating disorders](#) and plan for the implementation of the actions relevant to you and/or your organisation or 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. Where does my role sit within the system of care?

Please describe your current role. You may like to refer to the [stepped system of care diagram](#) to help you describe the elements of your role and where in the system of care it sits. Your role may be as an individual, and/or as an organisation or service.

My role is:

My role sits within (select all that apply):

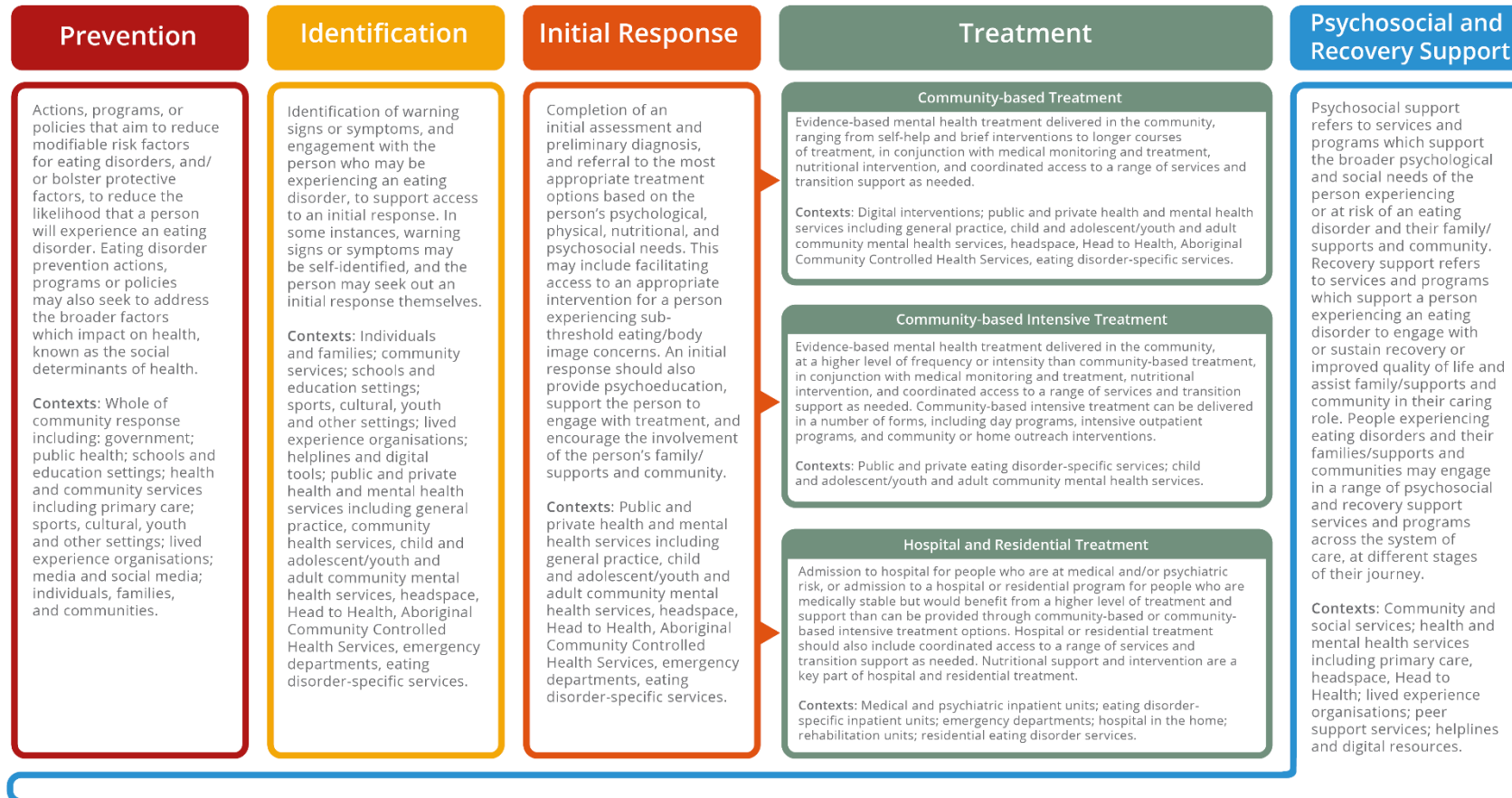
- Prevention**
- Identification**
- Initial Response**
- Treatment**
- Treatment (community-based)**
- Treatment (community-based intensive)**
- Treatment (hospital and residential)**
- Psychosocial and Recovery Support**
- Workforce**

*Note: While not a specific component of the stepped system of care, workforce has an integral role in underpinning the system of care. Workforce Standards and Actions are therefore included in the National Strategy, in addition to Standards and Actions for each component of the system of care.

Stepped System of Care for Eating Disorders

Principles; Guidelines; Lived experience; Research and evaluation

Involvement of person, family/supports and community

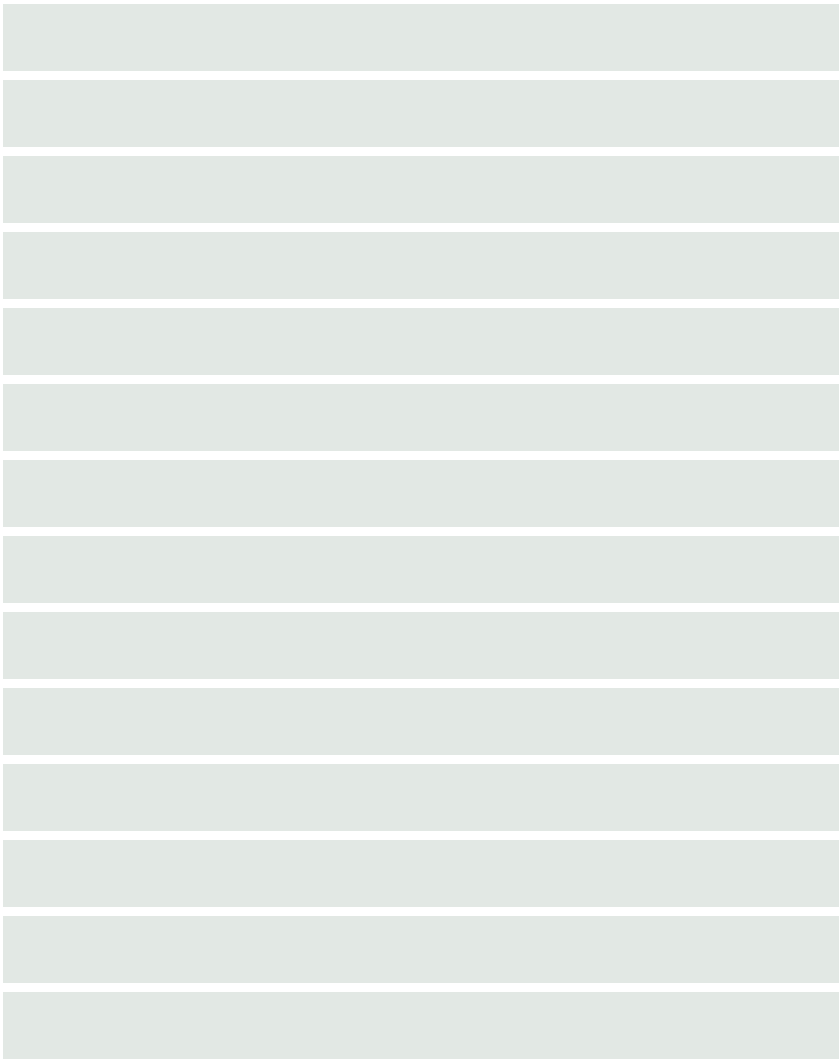


2. Which Standards are relevant to my role?

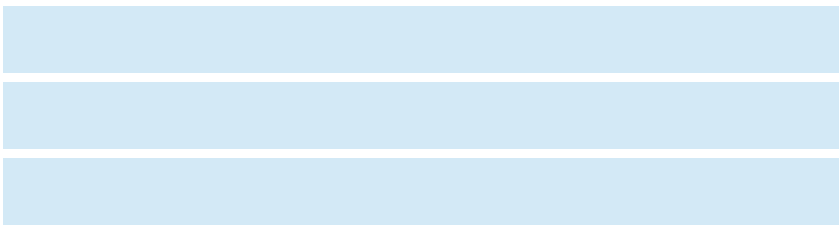
Standards articulate the minimum standard required for each component of the stepped system of care. To find the Standards relevant to your role, please see [pages 21-25 of the National Strategy](#).

In the boxes, below, please select the Standards that are relevant to your/your organisation's role in the stepped system of care.

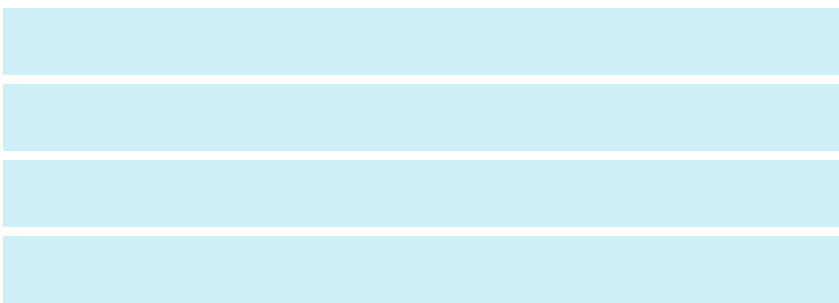
Component of the System of Care	Standard/s relevant to my role
Prevention	
Identification	
Initial Response	
Treatment (including community-based treatment, community-based intensive treatment, and hospital and residential treatment)	



Psychosocial and Recovery Support



Workforce



3. Which Actions are relevant to my role?

Actions describe what is needed to achieve the Standards. Each Action has been allocated to a particular stakeholder/s. The Actions relevant to your role will sit under the Standards you identified above. The Standards and Actions are organised by a number system. For example, Prevention Standard 3 will have Actions 3.1, 3.2, 3.3, etc.

To find the Actions relevant to your role, please see the following sections:

Prevention	pages 36-40 of the National Strategy
Identification	pages 41-44 of the National Strategy
Initial Response	pages 45-48 of the National Strategy
Treatment	pages 49-64 of the National Strategy Note that the Treatment section is separated into four sub-sections – Treatment (overarching), community-based, community-based intensive, and hospital and residential
Psychosocial and Recovery Support	pages 65-68 of the National Strategy
Workforce	pages 69-72 of the National Strategy

In the boxes below, please select the Actions that are relevant to your/your organisation’s role in the stepped system of care.

Component	Action/s

4. What resources, connections, and partners might I need to support my Actions?

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, including NEDC
Programs – e.g., existing prevention programs	Clinical support/case consultation
Clinical services and practitioners	Eating Disorder Coordinators
Psychosocial and recovery support services	Referral pathways
Referral letter templates	Research/evaluation support
Service navigation/databases	Training providers
Standards, principles, guidelines	Education staff (school and tertiary)
Evaluation measures	Media

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

Start by selecting the Action in the first column, and then outlining the related resources (middle column) and connections and partners (right column).

My Actions	My Resources	My Connections and Partners

My Actions	My Resources	My Connections and Partners

My Actions	Term	My Plans

With each Action taken, we 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.



We would like your feedback on this resource. Scan the QR code to let us know your thoughts.