

# Building the System of Care

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**Evidence** 

**Experience** 

**Expertise** 



**Evidence** 

- 1. What is the System of Care?
- 2. How do we build the System of Care?
- 3. What we will do today to build the system of care

Experience

**Expertise** 

#### What is the System of Care concept?

Intention: a guide for service systems and service delivery to improve the lives of people experiencing eating disorders and their families and supports

What it is: an organizational framework for system building and reform – a guide to local and national solutions

What it is not: A model for replication; static across time or context; a definition of which agencies should provide which types of service



#### **Definition: The System of Care**

A response to a person at risk of, or experiencing an eating disorder and their family and supports

A coordinated network of services and supports that is able to deliver the right treatment at the right time, and respond flexibly to changes in the person's needs - regardless of the person's geographic location, age, economic circumstances, or cultural group



### **Ornithorhyncus Paradoxus**





### **Dulai-wurrung**



Wilam A Birrarung Story by **Aunty Joy** Murphy & Andrew Kelly Illustrations By Lisa Kennedy







#### **Useful System of Care Concepts:**

Function – WHAT?

• Infrastructure – WHERE and WHO?

Principles and standards- HOW? Systems level

Progam Level

Practice Level



#### **System of Care: Tiers and Infrastructure**

**TIER 4:** 

**Hospital Services** 

Paediatric/Adult

- ED unit/beds
- Medical and MH IP units

**Private Clinics** 

ED units

**Emergency Departments** 

**TIER 3:** 

**Public Mental Health** 

- CAMHS/ CYMHS
- Adult AMHS
- Paediatrics OP
- Community ED clinic
- Day Programs

**Private Clinics** 

**ED Day Programs** 

**ED Private Clinicians** 

Mental Health Clinicians, Dietitians, Psychiatrists, Physicians, Paediatricians

**TIER 2:** 

**Headspace Centres** 

**Private Practitioners** 

- Paediatricians, Dietetics, Mental Health
- **Lived Experience organisations**
- Peer support, mentoring, information

**Mental Health Nurses** 

Mental Health Nurse Initiative Program

Education staff; welfare; wellbeing; SSSOs

**TIER 1:** 

**Community Health Services** 

Dietetics, GP, counselling

**GPs** 

**Primary Health Networks** 

Health Pathways teams

**RACGP** 

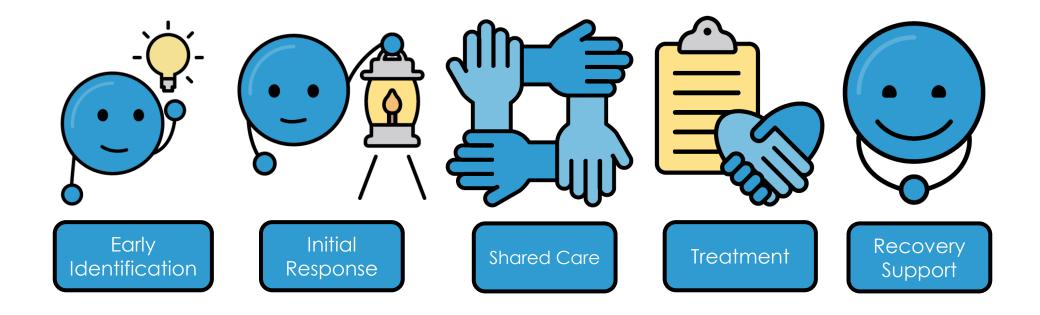
**Youth Services** 

**Schools** 

**Sports Coaches** 

**University Counselling Clinics** 

#### **System of Care: Functions**





#### **Stepped System of Care**

Early Identification, First Response & Tier 1 shared care treatment provision

> Screen for & emerging eating disorders; & referral to other services as needed

GPs. PHNs Health profs **Schools** A & E Triage

First Response & **Tier 2 Shared Care Treatment** Response

> Provide treatment for people with BN & BED; & support for people stepping down treatment for AN

headspace **Private Practitioners** Community Health **Teams** 

Community-based **Eatina Disorder** Treatment provision

> Provide treatment & support for people with AN & people with complex BN & BED

CAMHS/AMHS **Private Practitioners** 

Community-based **ED** specific **Intensive Treatment** provision

> Provide brief intensive periods of treatment for people with AN & people with severe & complex BN & BED

**Eatina** Disorder specific mental health services - Out patient & Day program

Hospital -**Acute Back Up** 

Provide inpatient care for people who are experiencing acute medica or psychiatric risk

> Medical / General **Psychiatric** wards

Hospital -**ED** specific **Inpatient Care** 

Provide brief. targeted, intensive eating disorder specific inpatient care & treatment, for people with severe eating disorders

**ED** specific inpatient unit



Community -Treatment intensity – Low



#### **Principles and Standards**

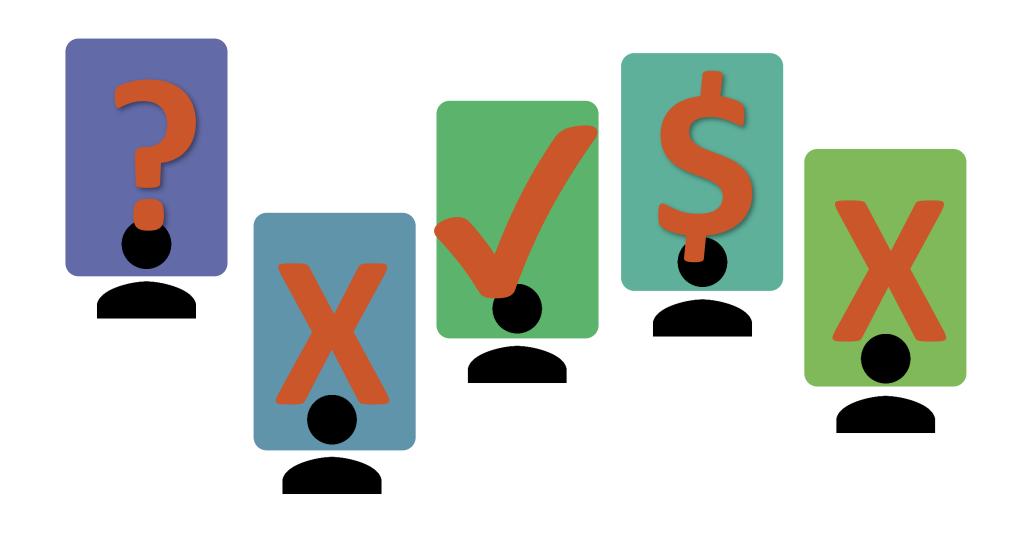
of samily centred care

#### **Implementation Principles**

- Evidence informed and evidence-generating approaches
- A skilled workforce
- Communication to ensure an informed and responsive community
- Systems support integration, collaboration and on-going development

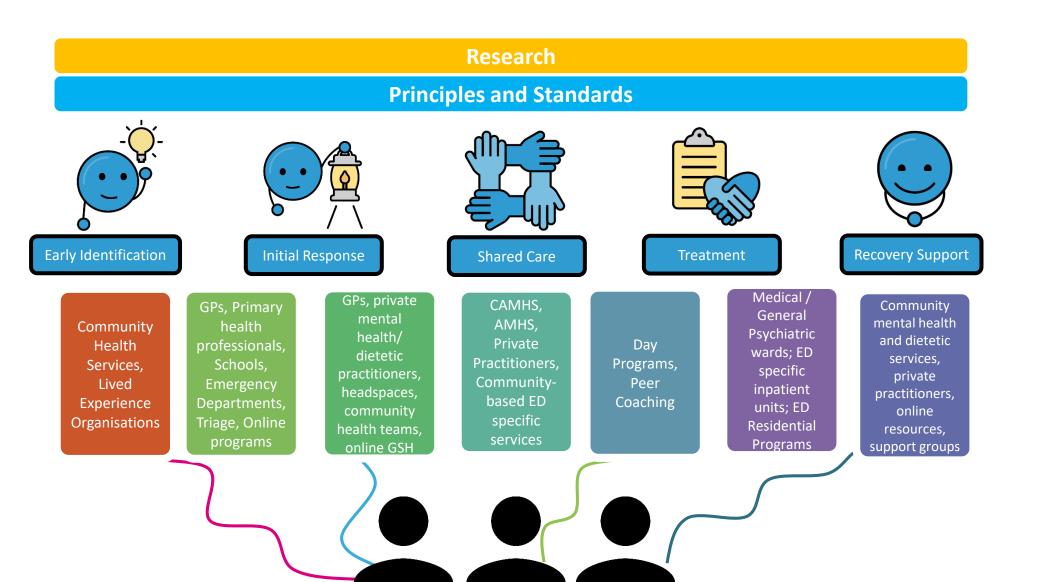


### System of Care from the inside?





### **Stepped System of Care for Eating Disorders**



How do we build the system of care?





## What will we do today to build the system of care?

#### Consider the next 5 - 10 years. Two questions:

- 1. What is most important to you to build or change?
- 2. What is most important for the system of care?

Your views will be elicited, thematically organised and reported back

- Listen to accounts of lived experience of pathways through care
- Hear about a new element in the System of Care peer work
- Hear from Expert Systems Builders

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# Building the System of Care for Eating Disorders

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