Festive greetings from all of us at CEED!

Message from CEED Manager

I am pleased to forward to you CEED's Christmas greetings and bumper newsletter. It has been an exciting and busy year with our continued core work of case consultations, training, resource and service development, whilst extending our projects of innovations in early detection and intervention. We have also worked in collaboration with a number of services across the state, e.g. CAMHS/CYMHS in delivering Multi-Family Therapy, CASA with trauma and disordered eating and eating disorders, and Mind Recovery College. We have welcomed new staff who have added further expertise to the skilled team of CEED clinicians.

Our work across the state finds regions are increasingly keen to ensure eating disorders are able to receive timely and appropriate services. I and CEED have valued your commitment to, and working with, us in many ways in our shared aim of improving service pathways, treatment and care coordination for eating disorders clients and their families. Join with us in 2018 as we continue to work together for Victoria to have access to a world class service system for eating disorders.

Wishing you a joyous and healthy festive season.

Warm wishes, Claire Difley
**Victorian MH System Redesign & Eating Disorders**

KPMG consultancy and DHHS recognize that eating disorders are complex mental health conditions that require a coordinated systems response and will be included in the Victorian service system reform. The Design, Service and Infrastructure Plan for Victoria's Clinical Mental Health System discussion paper on service reform was based on the outcomes sought by Victoria's 10 year Mental Health plan and Framework for Recovery-Oriented Practice.

The principles of the Plan and Framework align with the CEED's mission and values in co-production, equitable, responsive and timely care in the community (where possible), person and family-centred with maintaining functioning, and earlier, more connected individual care and support.

**Supporting Service System Change**

During 2017, CEED has worked with a number of services and organisations across the state to improve the system for those with an eating disorder. We do this through a number of strategies including: assisting with planning service responses, connecting stakeholders, developing workforce competencies, and supporting the development of service pathways.

A highlight was supporting the completion of the North East Metropolitan Region Taskforce Final Report and Resource. This has been developed by a fantastic group of committed stakeholders coming together and defining care pathways and workforce development needs for their region. For 2018 we have been planning for service system development in regions across the state, and welcome enquiries to consider further collaborations. We are keen to hear from services interested in accessing expertise and support from our team.

**Clinical Case Consultations**

2017 has been a consistently busy year for our case consultation work. The numbers shown below relate to the formal individual case consultation requests received, and there are many one-off phone consultations in addition to this.

- 93 total requests for 11 months (to start of Dec)
- 5 tertiary consults and 7 training requests
- Average age 20.8 years (Range 10-51 years)
- 82.28% less 25 yo, 17.72% greater than 25 yo.

To access our case consultation service go to:

http://www.ceed.org.au/health-professionals-services/clinical-consultation-services/access-these-services

**Diagnosis and Gender:**

- 60 cases-AN (AAN, AN-R, AN with other comorbid diagnosis) = 76%
- 8- OSFED (with other comorbid diagnosis)
- 5- BN (with other comorbid diagnosis)
- 5- ARFID
- 1-conversion disorder
- Males- 8 in 79 = 10.1 %
Online Tools

CEED has developed two online tools to assist with early identification and help-seeking, and to help connect people GPs and appropriate services. The first online tool Feed Your Instinct (FYI) was created for families concerned about their child or young person. Reach Out and Recover (ROAR) is aimed at adults seeking help for their own eating and body concerns.

Feed Your Instinct
(www.feedyourinstinct.com.au)

- 8,470 individual users since commencement in April 2016
- 68.7% from Australia, 11% from USA, 5% from UK and India and significant number of other countries
- 3400 checklist sessions
- 1000+ GP reports
- 1000+ Parent reports
- 200+ people have agreed to have their data collected on their assessments

Reach Out and Recover
(www.reachoutandrecover.com.au)

- 1,271 individual users since commencement
- Average session duration 5 ½ mins (long)
- 308 completed online assessment tool (24%)
- 176 health professional reports generated (14%)
- 136 personal reports generated (11%)
- 40 people so far have given permission for us to collect their data with ethics approval

Eating Disorders Families Australia
May 25

Early diagnosis & urgent action to refereed & get weight on is the best chance to reduce the duration of an Eating Disorder. Please share this much needed tool to help parents work out what is going on when they feel something is not right with their child. Print out the results of the questionnaire & take it to Doctor, along with list of recommended checks to be performed. Impose parents to demand urgent action. Please share this far & wide!
www.feedyourinstinct.com.au

Feed Your Instinct has been consistently promoted by a range of eating disorders and other organisations.
Improving Early Intervention

Over 2017, CEED worked with the Australian Ballet School on an innovative project aimed at the early identification of disordered eating and eating disorders and applying a proactive set of guidelines in response to identified cases.

Staff training and Implementation of the guidelines has resulted in:
- Raising red flags by all staff on students of concern
- Identifying earlier
- Faster response time
- Access to evidence-based assessment & treatment
- Reduced stigma & barriers

Beyond Diets

Beyond Diets is a program designed for people suffering from high levels of disordered eating and body dissatisfaction which are subthreshold for a clinical diagnosis of an eating disorder.

Following the initial roll out and training in Beyond Diets as part of the 2015-2016 Early Intervention Projects, Peninsula Health has taken up on the delivery of the program. In 2016, Peninsula Community Health Service in Frankston were trained in-house in an initial workshop for their health professionals in the Beyond Diets program.

Over 2017, Peninsula Health have delivered 4 groups across multiple sites, and plan to continue this program at their service. Further Community Health Services are also keen to deliver this program.

Gippsland Centre Against Sexual Assault (GCASA)

CEED has worked in supporting the development and implementation of GCASA’s group program concerning disordered eating & body image concerns for their clients.

CEED also provided training for GCASA staff in eating disorders, screening for eating behaviours and body image problems for clients.

Plans are in place for further collaboration in developing understandings in eating disorders and trauma.

Collaborative Carer Skills Workshops (CCSW) Facilitator training

CEED offered the second of our CCSW Facilitator training packages. Packages included 2-day training, monthly group supervision (online) and 1:1 in workshop support for trained facilitators delivering the program and people participating in the research.

Since September 2015, over 50 clinicians (25 in September 2017) have received the training and implementation package and over 20 workshops offered across Victoria (and Tasmania), across metropolitan and rural locations/services.

A mixed methods research study is attached to project (Led by Deakin) exploring practice change following training in CCSW. Data collection and analysis are in progress.

Cognitive Behavioural Guided Self Help (CBGSH)

CEED has worked with NWMPHN to deliver training and assist with mapping service referral pathways for Collingwood headspace. The aim was to complement the work already completed in the other headspace centres in the Western suburbs in 2016, and ensure that all Headspace centres in the PHN catchment area are skilled in managing Bulimia Nervosa and Binge Eating Disorder, and referring appropriately for Anorexia Nervosa.

In the latter half of the year we have commenced a collaboration with the Centre of Eating Disorders and Dieting (CEDD) in NSW to develop online training for clinicians in providing CBGSH.

Collaborative Carer Skills Workshops animal metaphors
Enhancing Services in Child and Youth Mental Health Services

Multi-Family Therapy for Anorexia Nervosa (MFT-AN)
The roll out of the innovative Multi-Family Therapy-AN program to Victorian CAMHS/CYMHS services has been a highlight of 2017. The model of working with local services to deliver the 4-day intensive program for families, young people and siblings as an adjunct to FBT has been extremely well received by clinicians and families alike. Hence we were thrilled to receive ongoing funding for 2017-2019 to continue to deliver the program and support services.
Our final MFT-AN program for the year involved working with Bendigo CAMHS and 7 families. Below are some comments from the evaluations.
We supplemented the development of MFT-AN in CAMHS/CYMHS with making a 4-day training program in MFT-AN available to and run by Australia’s leading MFT-AN therapist, Andrew Wallis from Westmead Children’s Hospital.

"Worthwhile, amazing, inspiring. we have learnt so much and feel much more confident to deal with the eating disorder" - Mother

"Being able to see, share, focus on things other than constant negativity, share time with new people- a 'safe' space to exchange experiences" - Young person with eating disorder

"It can benefit your knowledge and understanding of the disorder and how the members of your family feel" - Sister

"Excellent. Helped with our focus, structure and confidence" - Father

Developing our workforce

In line with our overall approach to enhancing the system of care for Victorians with eating disorders and their families, we delivered a wide range of workshops, seminars, webinars and bespoke in-house trainings.

Online training - Introduction to Eating Disorders.
CEED has an arrangement with CEED for 5 years for the purchasing of this online training and CEED provides this at a reduced cost for Victorians. Since 2012, 910 clinicians have registered and in this year, 121 have registered.
CEED is working with CEED to establish the utilization of the 4 further online short courses they have now developed- FBT, CBT, Community Management (Introductory courses) & Inpatient management- adult and child & youth.

Other trainings
CEED receives many requests for in-service training. Examples of service requests & projects include -
- Australian Ballet School- All school staff training on Eating Disorders & Intervention
- GCASA-Eating Disorders and Disordered Eating
- NWMH - Training & Development Unit workshop - Eating Disorders & Physical Health
- Mind Recovery College- Disordered Eating
Statewide training

Workshops
- Family Based Therapy (FBT) (2 day) x 2
- Multi-Family Therapy (MFT) (4 day) x 1
- CBT-E (1 day) x 1
- SSCM (1 day)
- Collaborative Carers Skills Workshop (CCSW)
- Facilitator Training (2 day)
- Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA) with Professor Janet Treasure from Kings College London (1 day)
- Adapting FBT with Dr Roxie Rockwell, University of California San Diego Eating Disorders Program (1 day)

Seminars
- Schema Therapy (1/2 day)
- Medical Management in the community (1/2 day)
- Webinar
  - Management of medical consequences of eating disorders in acute health care settings

CEED Out & About

CEED has presented at a number of conferences and forums including:
- Eating Disorders International conference London, the Victorian Mental Health Occupational Therapy conference; both presentations on FYI
- ANZAED Conference August 2017- 3 presentations provided on 1. FYI, 2. the ABS project & 3.Early Intervention strategies in eating disorders
- CEDD state-wide forum NSW- Engaging Carers in Treatment and in the Team
- At Home with Eating Disorders-Carer Conference Sydney- Models of Treatment for Adult AN, Peer Support options

CEED provides a number of trainings as part of other courses including:
- Mindful training programs - Developmental Psychiatry Course (DPC): 2017 & 2018
- Masters of Psychological Medicine (MPM- psychiatrist training): 2017 & 2018
- Child & Adolescent Psychiatry Course (CAPC- Child & Adolescent psychiatrist training: 2016 & 2018

Carer Consultant presentations (International, 2017)
- North Wales Eating Disorders Service “Involving families from early identification to recovery” - carers and clinicians
- Edinburgh CAMHS service and Scottish Eating Disorders Interest Group- “Finding your mojo” and “Involving families from early identification to recovery” -clinicians

Two CEDD members (Manager and Carer Consultant) were part of the National Expert Advisory Group that developed the National Agenda for Eating Disorders for submission to the Federal Government. Eating disorders, along with suicide prevention, are the top priorities in the 5th National Mental Health Plan, 2017.
Resource Development

CEED has continued to develop resources for services and clinicians according to requests or observed need. Some examples include – Binge Maintenance Model in Trauma, ED Treatment Setting Decision Making Matrix, and Commencing Family Led Refeeding & Recovery. These and others are available on the CEEP website: http://www.ceed.org.au/resources-and-links

CEED Website and Newsletter

Over 2017, CEEP has continued to work on improved communication and availability of information, particularly via the continued updating of its website and beginning a regular newsletter for its 2000 database list members. The website has had:

- 7765 individual users since February 2017
- 81% Australia, 52% Victoria
- 77% desktop, 19% mobile, 4% tablet
- 35% repeat visitors (high)

On our website you can search for events, news, resources, links and videos.

Know of families who are concerned about child's 'healthy' eating, over exercise/ mental health? Let them know about feedyourinstinct.com.au

Social Media

The CEEP twitter handle (CEED_AU) has been very active in 2017 and we encourage you to follow us to get the latest news! We have 291 followers and have done over 100 original tweets this year. To the left is an example of one of our most retweeted tweets.
Supporting services to support families in treatment

This year CEED received additional funding specifically to support and enhance our Carer Consultant (CC) role. The core role of the CC has been to participate in clinical review, participate in FBT training, provide input into other CEED training, and provide carer consultations to families working with services across the state.

In order to assist services to understand the value, purpose and process of the carer consultant, CEED developed a Carer Consultation Resource. CEED regularly provides carer consultations to services and families across the state.

CEED have been proud and excited to commence a new project in collaboration with Austin Health called Parental Empowerment in Adolescent and Child Eating Disorders (PEACEED). The CEED Carer Consultant is based at Austin Health paediatrics and CAMHS one day per week and is available for carer consultations for families with a young person admitted to hospital, new to the journey, or who have become 'stuck' along the way to recovery. In addition, weekly workshops called "Nourishing Parents" for families of newly diagnosed young people with AN are being conducted in 4 week cycles.

Symptom interruption

- Ensure eating full meal plan
- No toilet/showering after meals for 1-2 hours
- No closed doors
- May need 24 supervision, including overnight
- Replace energy burned/purgated with more food
- Sit not stand
- Limit individual travel to and from school, other places
THEN, NOW AND BEYOND...

Responding to Child & Youth Eating Disorders

Friday May 25th 2018
9am - 5pm
Kensington Town Hall

Celebrate the achievements in CAMHS/CYMHS service provision in eating disorders over the last 10 years

Explore how to further progress service responses, encouraging innovation & service improvement across the state

Create connection between services and clinicians

Create a vision for the state - where to next?

www.ceed.org.au/thennowandbeyond