CEED's vision is that Victorian's will have access to a world class system of care for the treatment of Eating Disorders

Theme: Enhancing the System of Care for Eating Disorders

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Message from CEED Manager

Strengthening the system and improving access to care for Victorians is a key role of CEED, and in these last 3 months this has been in high focus. Child and youth services treating eating disorders and their carers were able to celebrate the achievements of the last ten years in Victoria and plan a vision for the future at the state-wide Then Now and Beyond Forum in May. Adult mental health services and networks are increasingly turning their attention to how they can assist eating disorders clients already within their service for comorbid problems as well as create access to treatment for those previously unable to enter the service. Victorian services and CEED are engaged in groundbreaking work in enabling access and mainstreaming services for eating disorders, and I invite you to join the conversations and planning for this continued improvement. I and CEED are always interested to hear from you; about your work, experiences and ideas for future planning.
We would like to thank our sponsors - The Butterfly Foundation, The Australian and New Zealand Academy of Eating Disorders (ANZAED) and Eating Disorders Families Australia (EDFA) for their invaluable contribution to the day.

The program included:

- Celebrating Success: 10 years of evolving service provision in child and youth eating disorders in Victoria. Michelle Roberton, CEED
- Creating a vision of a world class system of care: Carer view
- Service showcasing: How Victorian CAMHS/CYMHS services have grown and adapted over the last 10 years
- Service innovations: Multi-Family Therapy, in-home support, innovative ED assessment clinics, and early intervention
- Innovations in carer support and upskilling: Carer consultations, parent education and skills workshops, and integrating parents into a day program
- Dealing with Challenges – Case studies with Q&A: A discussion of complexities in treatment, such as families with low support, ARFD, and exercise
- Learning from research and evaluation: Evaluations of a CYMHS service, parent & adolescent experience of care, CCSW workshops, Feed Your Instinct online intervention resource (FYI)
- Review of the day and planning for the future, panel discussion.. And Beyond.....future vision for service delivery in Victoria

The lived experience voice was integrated throughout program, and this crucial component of the service system was highlighted by Violeta Bozonowski in her presentation about the carer vision of a system of care. The following two pages provides a summary of the key themes from the day and the vision for eating disorders treatment in Victoria for the next 10 years.

Then, Now and Beyond State-wide Youth Eating Disorders Forum

On May 25th, CEED hosted Then Now and Beyond - Responding To Youth Eating Disorders. Over 130 delegates attended the forum, including clinicians and/or managers from every Victorian CAMH/CYMH service, headspace staff, school nurses, GPs, carers, policy decision makers, teachers, and students.

The key themes and goals for the day were to celebrate the achievements in CAMHS/CYMHS service provision in eating disorders over the last 10 years, to showcase innovation throughout the sector, create connections between clinicians and services, and to establish a statewide vision for the system of the future.

We were thrilled to have Senator Deborah O’Neill (below) conduct the welcoming address, highlighting the contributions of all attendees and their respective services towards eating disorders treatment in Victoria.
Then, Now and Beyond Youth Eating Disorders Forum: Vision for Eating Disorders Treatment in Victoria for the next 10 Years

This document provides a summary and integration of the key reflections and future planning ideas obtained from clinicians, practitioners, teachers, students, carers, and consumers who attended ‘Then, Now & Beyond – Responding to Child and Youth Eating Disorders’ forum on 25 May, 2018. The term ‘we’ has been used to collectively represent the views of all those that attended the forum, with the four sections – Celebration, Innovation, Connection, and Vision – reflecting the central themes that were used throughout the forum.

Celebration

We can celebrate that child and youth mental health services are saying ‘yes’ to eating disorders, resulting in clearer treatment pathways and easier access to care for young people with eating disorders. Through greater dissemination of information and access to education and training, there is enhanced understanding and recognition of eating disorders, and greater collaboration between primary care and mental health services. This has resulted in young people experiencing disordered eating and eating disorders getting help earlier. Parents and carers are included in treatment from the outset, and the lived experience voice is emerging as a force to shape the current service system.

Innovation

To further progress service responses across metropolitan, regional, and rural Victoria, we need to continue to review, innovate and respond. We need to further enhance the current treatment response, with earlier identification and intervention, starting with GPs, which extends across the state.

We need to establish wraparound services that provide comprehensive care for families which is individualised, flexible, coordinated and family-centred, and may incorporate treatment and support at home where the eating disorder is most apparent. Clinicians and treatment providers are committed to informing and involving families and carers both within services and across the system.

With openness and curiosity, we need further exploration and research into treatments that offer options and alternatives for those families for whom current evidence-based treatments are insufficient or unsuitable.

Further ways in which the consumer lived experience can be integrated into clinical work and the service system need to be established, as well as those impacted by the eating disorder, such as siblings.
Connection

Establishing and maintaining connections are vital to support community based treatment, and to strengthen the system of care more broadly. These relationships and collaborations have been developing and need to continue to occur between:

- CAMHS/CYMHS services
- Youth and adult mental health services
- Private practitioners
- Headspace
- General practitioners
- Primary Health Networks
- Medical & psychiatric acute care services
- Emergency departments

Mental health leadership is central to the establishment of an integrated system, and the above services need to be embedded within a clear stepped-care system. Families should be able to easily navigate this system, and a collaborative stance maintained by the multidisciplinary team.

Vision

In Victoria, eating disorders are understood and recognised and those with an eating disorder and their families are not stigmatised. Early intervention is enhanced and young people with emerging body image concerns and disordered eating and their families can access prompt intervention within their local community.

Young people with an eating disorder and their families are welcomed into their local mental health service and provided with a wraparound response that takes into account their individual needs. The care team collaboratively develop an individualised care plan integrating psychological, medical, and nutritional intervention, which is implemented and continuously reviewed throughout the episode of care. Families are supported by informed and experienced clinicians as well as those with lived experience, and are provided with choice in treatment and a period of care for as long as required.

Families and carers are an integral part of the care plan and care team. Support is provided to family members, carers, and key individual supports, and communication between the family and the multidisciplinary team is facilitated as a priority. There will be ongoing collaboration and seamless treatment transitions between components of the service system, with stepped care treatment options clearly identified. This system ensures that young people and their families are able to access support and treatment at each stage of illness and recovery.

For further information on the forum presentations and discussion, please click here.
Eating Disorders Care & Recovery Framework

Developed by CEED in consultation with the service system stakeholder, this diagram aims to visually depict the whole system of care in eating disorders in order to inform service and treatment planning. The framework:

- describes a system of care that moves with the person and their family through the longitudinal stages of care and recovery from eating disorders of all types.
- guides the whole of community approach to service system development by identifying the components of the system and the linkages between them.
- outlines the components that need to be addressed within the stages of care to inform the treatment and support goals with the person and their family, which in turn determine the care planning and formation of the multi-disciplinary care team.
- highlights that the person with an eating disorder, in the case of adults, and/or the parent/carers and family need to be given every opportunity to play a central role in the care team.

The framework outlines: prevention and awareness/identification components that are intended to reduce the development of significant eating disorders; and stages of critical care, acute and ongoing treatment, and recovery, quality of life and relapse prevention. We hope that service system designers, managers, directors and others find this framework useful for evaluating their role in the system and developments needed to enhance their services.
ANZAED 2018 Conference in Melbourne

The 16th Annual Conference for the Australia & New Zealand Academy for Eating Disorders will be taking place at the Melbourne Convention Centre on August 3-4 2018. The theme for the conference this year will be **Courageous Conversations: Furthering Understanding, Embracing Change.** See the conference website: http://conference.2018.anzaed.org.au for more info and details on how to register.

Keynote speakers this year are **Lucene Wisniewski**, a clinical psychologist, researcher and trainer from Cleveland Ohio, specialising in challenging clinical situations, and **Clementine Ford**, a Melbourne based speaker, feminist and journalist with a lived experience of an eating disorder.

The conference includes over 80 short research and clinical papers; 30 posters; Plenaries on Stigma and Trauma & Eating Disorders; networking opportunities and a choice of 21 workshops:

**Pre-conference workshops**
- What do I do next? Strategies for managing slow progress, co-morbidities and suicidality in eating disorder treatment
- Adolescent and parent treatment (APT) for anorexia nervosa and atypical anorexia nervosa
- Dietitians at the intersection: hormones, athletes and gut health
- The Body in Therapy
- Partnering in Practice: exploring the role of the lived experience (consumer and carer) in eating disorder treatment
- Neuroscience of bulimia nervosa and binge eating disorder: implications for treatment strategies

**Post-conference workshop:** 2 day Dialectical Behaviour Therapy for Eating Disorders workshop by Lucene Wisniewski.

**Join CEED at the Breakfast session** on the Saturday "**Courageous Conversation: Specialist and Generalist Eating Disorders Services: Two Sides of the Same Coin of Building Blocks to Recovery?**"

Hosted by CEED team members Dr Beth Shelton and Claire Diffey, this debate will courageously explore:

- The strengths, challenges, unique contributions and complementarity of specialist and generalist eating disorders services from the perspectives of those involved in delivering and receiving service.
- Meaningful ways to further progress our understanding of how these different services can learn and support each other to provide the best outcomes for people with an eating disorder and their family members.

For more details see the conference website:
Treatment Setting Decision-Matrix for Adults

Assoc. Prof Josie Geller noted in her keynote address at the ANZAED conference in Sydney last year, titled Key Ingredients in Eating Disorders Treatment: “Right Treatment, Right Patient, Right Time” that eating disorder treatment is costly and treatment refusal, premature termination, and relapse are common. Historically there has been little consensus regarding the person, setting and timing factors that are most helpful in determining the appropriate level and setting of care.

Dr Geller presented a simple evidence-based algorithm developed to assign level of care for people with eating disorders as a response to this gap in treatment decision-making processes. The CEED team have adopted this algorithm to assist clinicians, consumers/carers and services to consider the most appropriate setting for eating disorder treatment, within a stepped-care system. We have named it the “ED Treatment Setting Decision-Matrix for Adults”.

The tool assists in deciding upon appropriate level of care by stepping through a series of decisions and judgments. The model prioritises acute responses to medical instability, and then considers symptom severity in combination with participant engagement to determine the focus and setting of care. The model is also dynamic in that changes in any of these areas would trigger a re-evaluation of the appropriateness of the person’s current level of care, within a stepped-care system.

For a link to CEED’s version of the Geller algorithm, click here.
Upcoming Training

Working with the Body Image Concerns of Young People Experiencing Eating Disorders

*Dr Beth Shelton, Dr Emma Spiel and Belinda Caldwell*

**July 12th 2018 ** **REGISTRATIONS CLOSING SOON - FRIDAY 6TH**

Body image is often fundamental to the maintenance of the eating problem, personal distress for the individual, and a significant predictor of relapse in eating disorders. Concerns about weight and shape are common within the community, and across mental health diagnoses. Despite this, interventions to assist young people with their body image problems remain relatively poorly understood and implemented in practice. This interactive workshop for clinicians aims at enhancing skills for working with the body image concerns of young people experiencing eating disorders and will cover assessment and formulation of body image problems, and both individual and family-based interventions.

Thank you to all the clinicians and carers who completed the survey to inform the workshop content.

Motivational Interviewing for Eating Disorders

*Co-produced: Andrew O’Sullivan; training consultant, MHTDU NWMH & CEED Team*

**October 12th 2018**

In eating disorder patients, readiness to change has emerged as a significant predictor of treatment adherence and treatment success. Individuals with eating disorders are often ambivalent about recovery, and treatment refusal, dropout, and relapse are common amongst this group. Motivational interviewing is a client-centred approach, aimed at enhancing intrinsic motivation to change, by exploring the client’s ambivalence. Motivational approaches allow the client to play a more active role in their recovery by acknowledging their position as an expert of their own experience and allowing them to have a sense of control over their recovery process. This workshop will explore addressing motivation and readiness to change as an essential component of treating an eating disorder.

CBT-E: Cognitive Behaviour Therapy for Eating Disorders

*Presented by CEED clinicians*

**October 24th & 25th 2018**

This 2 day workshop provides a comprehensive introduction to Enhanced CBT (CBT-E), the latest version of the leading empirically supported, outpatient psychological treatment for eating disorders. The workshop draws on the work of world experts in research and clinical practice. It will provide a comprehensive introduction & overview of CBT-E including client engagement, early behaviour change, addressing obstacles to change, the transdiagnostic approach, and a demonstration of behavioural & cognitive interventions used in CBT-E. Didactic, interactive and experiential opportunities are provided.

To register: http://www.trybooking.com/BXKG
Multi-Family Therapy for Adolescent Anorexia Nervosa

Presented by CEED clinicians

Tuesday 30th - November 2nd

CEED is excited to again be working with Andrew Wallis, clinical specialist social worker and family therapist from the Eating Disorder Service, The Children’s Hospital at Westmead, to offer an intensive training workshop in Multi-Family Therapy for AN (MFT-AN). The training utilise material from the Maudsley MFT training with attention to the Australian context.

Participants will:

- learn the key MFT-AN treatment concepts,
- experience the activities used in the 4-day workshop
- understand the facilitation skills needed for successful implementation

The workshop will run as an experiential group so participants will see the facilitation skills demonstrated and have an opportunity to practice. Many participants from the 2017 MFT training reported that the workshop was very helpful for their work as FBT clinicians.

CEED are seeking Expressions of Interest to attend the training from clinicians and services who are looking to build on their responses and resources for treatment and recovery of adolescents with AN and their families. To register your interest, please contact Sarah Trobe (03 8387 2094) or see the CEED website for further information: http://ceed.org.au/training-and-events

Career Opportunity at CEED

Eating Disorders Clinician / Senior Clinician

Would you like to work in a vibrant, committed team and contribute to the mainstreaming of eating disorders treatment across mental health services in Victoria? CEED is a collaborative, innovative and dedicated team, and are seeking a dynamic, highly motivated, compassionate, recovery focused Mental Health Nurse, Clinical Psychologist, Occupational Therapist, Dietitian or Social Worker who enjoys and thrives working in a vibrant and creative team to join the team.

This is a Part Time, Fixed Term position until June 30, 2019, 54 hours per fortnight based at the Royal Park Campus of Melbourne Health, with travel throughout Melbourne and Victoria as needed.

A career development and secondment opportunity.

For more information: Claire Diffey on 03 8387 2668 or 0422276317 Claire.diffey@mh.org.au

Application process: https://melbournehealth.mercury.com.au/ Position Number: 41419 Applications close July 16, 2018
Meet some of the team

Dr Beth Shelton  Psychologist

Dr. Beth Shelton is a psychologist, consultant and educator in the areas of eating disorders and body image. Beth has a private practice, working with people with eating disorders. Beth developed and led an innovative community early intervention program at Monash Link Community Health Service and was senior clinician/coordinator of the adult outpatient team of Monash Health’s eating disorder treatment service. Currently Beth is leading our adult system projects at CEED. Beth also has a distinguished professional history as a contemporary dancer and choreographer.

Alex Hillman  Occupational Therapist

Alex is an occupational therapist with experience in the public mental health sector, working with adults across a range of services. Alex is passionate about an integrated approach to eating disorders service delivery to improve access to treatment for people experiencing an eating disorder and their families. Alex has a particular interest in sensory approaches, and has been involved in several service development projects and multidisciplinary training in adult mental health. She has a keen interest in exploring the use of sensory approaches in eating disorders.

Dr Campbell Thorpe  Consultant Psychiatrist

Dr Campbell Thorpe is a psychiatrist working in child and youth mental health with the Alfred Hospital and in private practice, for the last 15 years. He has recently commenced as the Consultant Psychiatrist with the Victorian Centre of Excellence in Eating Disorders, and is currently the Head of Clinical Services, headspace Youth Early Psychosis Program, South Eastern Melbourne. Campbell has an enthusiasm for understanding mental health difficulties within a broader social context and a strong belief in the importance of positive social connections in recovery. He is passionate about developing mental health services that place clients in a central directing role in their care, work collaboratively with people, and closely involve their families and social networks. The open exchange of ideas and building new ways of understanding together are a particular interest and enjoyment for him with participation in service development, education, and care provision. He also loves riding bicycles and owns seven - one for each day of the week.

Full team at CEED:

Claire Diffey, Manager
Dr Beth Shelton, Senior Clinician, Psychologist
Michelle Robertson, Senior Clinician, Dietitian
Rachel Knight, Senior Clinician, Occupational Therapist
Dr Emma Spiel, Senior Clinician, Psychologist

Sarah Trobe, Senior Clinician, Psychologist
Alexandra Hillman, Senior Clinician, Occupational Therapist
Jessica Ryan, Senior Clinician, Psychologist
Belinda Caldwell, Carer Consultant
Dr Campbell Thorpe, Consultant Psychiatrist
Jessica Jordan, Administrative Assistant