

First Responder Resource – Adolescent Violence & Aggression in Eating Disorder Treatment

First Responder Card

Our family is supporting a loved one through Family Based Treatment (FBT) (*insert other treatment modality if not relevant*) for an eating disorder. This can often be quite distressing and lead to our loved one using violent and aggressive behaviours that they usually wouldn't.

FBT involves parents/supports taking the lead in supporting their young person back to health through eating and preventing eating disorder behaviours from occurring. It is common for the young person to find this challenging/overwhelming and not want to engage with the treatment.

[Insert anything that your family/young person finds helpful (i.e., demonstrating empathy, externalizing the behaviour as part of the eating disorder)].

[Insert anything that your family/young person finds unhelpful (i.e., being told to "just eat")].

We are supported by (*insert health/eating disorder service name*) and their contact number is (*insert contact number*). This family does not have a history of family violence.

Clinician note: This resource is designed to help families communicate with first responders who may attend in times of high distress or crisis situations.