




Eating Disorders Team



**Child and Adolescent Mental
Health Services (CAMHS)
information for young people
and their families**

Contact the Eating Disorders Team:

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Who are we?

The Child and Adolescent Eating Disorder Service is a team of professionals who have specialist training and experience in working with children and young people with a range of eating disorders. The team consists of a range of professionals including psychiatry, psychology, family therapy, psychotherapy and mental health nursing. We liaise closely with colleagues in dietetics and paediatrics. We also offer training placements to professionals who are closely supervised by team members.



What do we mean by Eating Disorders?

The main eating disorders which are treated by our service are anorexia nervosa, bulimia nervosa and binge eating disorder. These difficulties typically arise in the teenage years and have a profound impact on the lives of both the individual and their families and friends. An eating disorder is a mental health difficulty, not a lifestyle choice. Weight is not the only indicator of an eating disorder, it is often associated with an intense preoccupation with weight, shape and food.

What are the aims of our service?

Our aim is to provide assessment and treatment at the earliest opportunity to children, young people and their families. We know from research that the quicker children and young people receive treatment, the better the outcome is likely to be for them.

Assessment and treatment aim to focus on both the physical and psychological aspects of eating difficulties. Therefore all children and young people will receive medical monitoring to help their physical recovery, whilst also receiving therapeutic input to assist their psychological recovery.

We ensure that the treatment offered is in line with current national guidelines and evidence based practice.

Who we work with

We accept referrals of children and young people up until the age of 18 years. We work with the Adult Eating Disorders Service to provide a smooth transfer for anyone requiring on-going treatment after the age of 18.

We are always keen to involve the families of the children and young people who are referred to our service. Research and our own experience tells us this is likely to lead to a more successful outcome for the child or young person. It is usual for an eating disorder to have a significant impact on everyone in the family and upon family relationships. Parents and carers can feel at a loss as to how best to help their child, and we aim to work as a team to support you all through this difficult time. We also work in collaboration with other agencies (e.g. schools, GPs, and social care) where necessary.

What kind of help do we offer?

- Family based therapies - this involves the family coming together to work towards recovery.
- Individual therapies - this is normally 1:1 work to address areas of difficulty.
- Physical monitoring - can include checking weight, blood pressure and pulse.

What to expect initially

Once we have received a referral (usually from your GP), we will offer an appointment to assess whether our service is the best place for the child or young person to be treated. This assessment takes place at our base on Valence road and will take at least 2 hours but sometimes longer.

During the assessment

A team of professionals will be involved in each assessment. The assessment involves physical checks (such as height, weight, blood pressure and pulse). We also aim to begin to get to know the child or young person, aside from their eating difficulties, by finding out more about the family circumstances and support for the family as a whole. We will ask questions that cover the life span to help us understand what that child or young person's development looks like. We often achieve this in the first assessment session but occasionally further assessment is required.

After the assessment

If, following assessment, the team and family agree to begin treatment, options will be discussed with the child or young person and their family and a plan agreed. At this point you will be allocated a lead professional who will be involved in the treatment you receive and oversee any other additional treatment needs. If, after the assessment, it is felt that this is not the most appropriate service, this will be discussed with you then. We will also write to the referrer and explain the reasons for this and consider alternatives. You will receive a copy of all correspondence.

Will sessions be confidential?

We will write to your General Practitioner (GP) approximately every three months to advise them of your progress. These letters are usually copied to the school nurse and you will also receive a copy.

If we have any reason to be concerned at any time about the welfare or safety of any member of your family we will pass these concerns to the person who referred you and possibly to other agencies. In these rare circumstances our usual practice would be to discuss our concerns with your family first.



How do we evaluate what we do?

We feel it is extremely important to ensure that the service we offer is both helpful and acceptable to children or young people and their families. We therefore use standardised questionnaires to assess progress which we will feedback to you. We also use questionnaires to ask for views on the service we offer. This is invaluable in helping us identify needs and gaps within our service and we very much appreciate your co-operation with these evaluations. We compile regular service evaluation reports which will be made available in the waiting area.

If you would like to raise any issues, at any time, we welcome you discussing these with your lead professional in the first instance, and otherwise the Team Leader or CAMHS Head of Service.

Further information and resources

Young people

<http://youth.anxietybc.com/relaxation>

www.healthforteens.co.uk

www.healthforkids.co.uk

<https://www.b-eat.co.uk/>

<http://www.feast-ed.org/>

<http://www.something-fishy.org/>

<http://www.youngminds.org.uk>

Parents/carers

<https://www.b-eat.co.uk/>

<http://www.feast-ed.org/>

<http://www.maudsleyparents.org/>

<https://www.youtube.com/playlist?list=PLVgyQbyKQSBHUbIDLLc7t3v7bN0ImLcve>

<http://www.something-fishy.org/>

<http://evamusby.co.uk/>

<http://feedyourinstinct.com.au/>

Where are we based?

The team is based at Mawson House
62-68 Valence Road
Leicester.
LE3 1AR

The service operates Monday-Friday 9am-5pm.

Please contact us on the phone number on the front of this leaflet to let us know if:

- You are unable to attend the appointment
- You will need disabled access
- You will need an interpreter
- You have any questions or concerns.

If you are concerned about yourself or your young person please visit your GP.

If you need help to understand this leaflet or would like it in a different language or format (such as large print, Braille or audio) please ask a member of staff.