

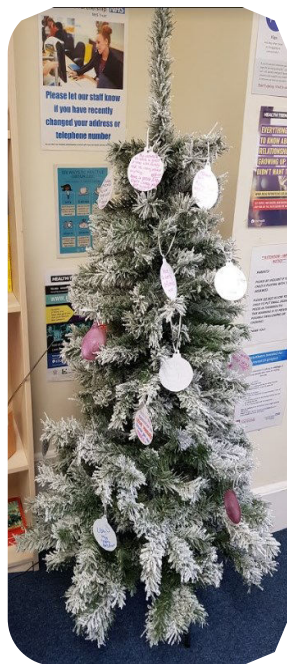
NEWSLETTER

CAMHS Eating Disorder Team







February 2019

Welcome



Welcome to the 2nd edition of our quarterly *Child and Adolescent Mental Health Service (CAMHS) Eating Disorder Team Newsletter*! This is a publication for young people and families within our service which focuses on the journey of recovery from eating disorders. We hope it will keep you up to date with current news and research. We would love your feedback about topics that you would like us to cover.

Over the festive season, we asked you to share your wishes on our Christmas tree. We were very touched by the wishes you shared. Here are a few...

-  *My wish this year is to be able to recover and chill out with my friends and family this Christmas!*
-  *To make great xmas pies and laugh a lot! P.S. lots of snow*
-  *To eat with my family and enjoy myself*
-  *My wish is to have a great xmas with family and not to worry*

Please do take the time to read and share your recovery resolutions on our blackboard in reception.

Research: Moving from child & adolescent services to adult eating disorder services

We work closely with our colleagues in the adult eating disorders team, and we are aware that if a young person needs support for their eating disorder past 18 years of age, it can be daunting to move to the adult service. As we want our patients to feel as comfortable and prepared as possible, we are currently working to understand more about the experience of the current transition process from the perspective of patients, parents and mental healthcare professionals. We have been interviewing people and listening to different experiences to identify areas to improve so that we can better support young people and families at this time. Themes that have emerged so far include: potential for better communication between the service and service user, and also between services, and that there should be some flexibility over which age young people transition.

The final stage requires input from patients and parents who have transitioned or are transitioning. If you would like to be a part of this please contact the team via email – researched@leicspart.nhs.uk

You will find a feedback form at the back of this newsletter —we welcome your comments to ensure that the content is right for you.

*Please return completed forms to the feedback box in reception
Thank you.*

Meet the Team!

Nicky Ward, Clinical Nurse Specialist

Hi, I'm Nicky, and I have worked in CAMHS since 1987, initially at the local inpatient unit, and since 2007 I have been part of the CAMHS eating disorder team.

Part of my role is to respond to the referrals we receive in the team. This gives me an opportunity to call young people and carers to find out more information to help prioritise assessments, as we know waiting to be seen can be an anxious time. I am passionate about working with young people and their families and it is incredibly rewarding to see people achieving their goals and moving on in their life.



Page for Parents: advice for helping your child manage their eating disorder. *We would like to share some tips from parents...*



Support your child *and* yourself

- Learn as much as you can about eating disorders—we have a wealth of resources in our waiting area, and can signpost you to recommended books and websites
- Try to focus on what's going to help you and your child now rather than what you could have done differently in the past
- Look after yourself. Recharge your batteries when you can

Mealtime tips

- Agree as a family that you will avoid talking about calories, portion sizes, etc.
- Agree beforehand what is expected, and have a 'plan b'
- A family activity after a meal is a great distraction technique e.g. puzzles, colouring, box sets!
- One bad meal does not mean that it has been a bad week—try not to despair, and draw a line under each meal
- Try to develop a structured routines at regular meal times. Predictability helps to reduce anxiety.

(Survive FBT— Maria Ganci)

Mealtime tips

- Eat alongside your child. Siblings can help offer distractions
- Keep a balance between compassionate responses and direct prompts
- Use direct prompts—"have another bite", "it's ok, it's safe"
- Reassure that you understand that the illness is making it difficult, but that you know what is best for him/her

Helping the young person to make sense of their eating disorder

- Some young people find it helpful to have a name to call their eating disorder as it can make it 'external' from their own identity
- Research useful websites to help your child to understand and gain a better insight into healthy behaviour (e.g. [Health for Teens](#))
- Help them focus on their wider goals in life, maybe create a visual picture of what they want in the future
- Keeping a diary can help to make sense of overwhelming thoughts and feelings

A Focus on: New Year's Resolutions

The first few months of the new year are notoriously associated with resolutions. We're aware this can be a particularly difficult time for anyone experiencing anxiety about body shape, weight and eating distress. There can feel like a constant bombardment of messages about the need for change, diets and self-improvement. Finding ways of continuing to work towards recovery and manage the difficult feelings that especially come about at this time of year is important, and we'd like to share some thoughts.

REFLECT:

We often hear how difficult it is to have hope that things can be different when suffering with an eating disorder. The start of a new year can be an important time to think back to what your bigger goals in life are. It may be helpful to take time to reflect on what challenges you are working on, how you're managing these and who can support you with them.

KEEP A JOURNAL:

We hear from many young people that keeping a journal can be a really useful way of reflecting on the challenges you are facing. It can be helpful to off-load anxieties and worries and then re-read your diary entry as if you are looking at it as a wise, kind and compassionate friend (or fairy godmother/father!)

CREATING A BIGGER PICTURE:

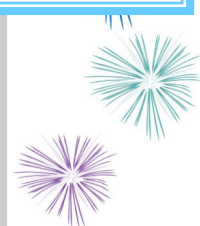
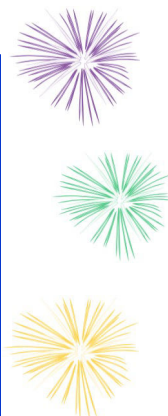
Eating Disorders can often result in us focusing on very narrow goals that we base our self-worth on, for example, 'Unless I weigh x I'm not good enough'. It's easy to lose sight of goals and dreams that would have been important if an eating disorder wasn't dominating thoughts. Some people have found it helpful to create a collage of pictures to keep in mind their bigger life goals, or a picture on the home screen of your phone to remind you of what recovery really means.

MANAGING BODY SHAMING:

Suffering with an eating disorder might feel like you have a tirade of bullying and shaming talk going on in your head. At the start of the new year it's likely you may be exposed to even more websites and discussions going on around you; adding to feelings of shame, guilt and anxiety. If there are specific triggers it's important to be aware of them. Making sure you surround yourself with positive influences to balance out the bully! We have a helpful leaflet on managing social media and eating disorders in our waiting room.

INVESTING IN YOU:

New hobbies and interests are one of the helpful aspects of new years resolutions. Sometimes eating disorders can be associated with 'stuck' and 'rigid' behaviours and routines. Doing things outside of your comfort zone might feel scary initially, but many young people have told us how developing new skills and doing things for pure enjoyment can be incredibly helpful in recovery.





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Pay it forward messages

All young people and parents are given the opportunity to leave a message when coming to the end of treatment on our blackboards. We want to share some of these inspirational messages with you...

Forget the past, it's happened.

Stop worrying about the

future, it will happen. Just live

in the now

*It is within you to
succeed, never
forget that!*

It does not matter how

slowly you go, as long as you

never stop!

*Just make the choice to get better, it might feel like your
worst nightmare, but you won't regret it*

*Messages of Encouragement
from our Pay it Forward
Boards*

*Give yourself goals, even if the end doesn't look like it will
come, stay positive and try your hardest*

*Your parents/carers love you,
everything they do is for you, I know that
it doesn't feel like it always, but they do*

Feedback from you

We really appreciate hearing about your experiences. Here are some positive comments we received, and how we responded to your concerns with improvements...

"Very professional and empathetic. Thank you!"

*"Helpful, always clear, were always nice and
kind"*

"The family based approach really worked well for us"

*"I felt my daughter was offered everything
possible to help her mental health"*

*"It is hard to get appointments with some
professionals (psychologists and psychiatrists
in particular"*

→ We understand it can be frustrating waiting for appointments. We prioritise appointments and review staff availability to ensure we can be as responsive as possible. We have also successfully recruited psychology staff (and thanks to the parents who joined us in selecting the right staff for the team!), and now we have more psychiatry time

Opportunities to Get Involved

- We are currently developing information for our new website. If you would like to help us with ideas and content, please get in touch!
- We would also like your feedback on our environment and whether you have any ideas on how this could be improved.

Useful Resources

www.b-eat.co.uk—National Eating Disorders Website

www.cci.health.wa.gov.au—Self-help Resources

Recovery Record Eating Disorder Management —App

www.childfeedingguide.co.uk

'Eva Musby' Clips— YouTube

www.youngminds.org.uk

Rise up and Recover—App

www.healthforteens.co.uk