



CAMHS Eating Disorder Team
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[At first the appointments might not seem helpful but you need to stick at it! When you get better, the more helpful the appointments will become and the more you will take the words in]

[It's worth it – just carry on]

[Life is a lot less tiring. I get to breath and feel like I'm living my life and having a life outside ED]

[Get off the internet and stop beating yourself up!]



Pay it Forward
Supportive statements
from service users at
CAMHS EDT

[Honesty is the best policy]

[It may not get better, but it will be different and different can be better]

[“The flower that bloomed in diversity is the rarest and most beautiful of all” –
Mulan]

[There's always a light at the end of the tunnel, you may feel like there is no end to what's going on in your head but carry on and you eventually find that balance in your head. I would never have thought that I could get to a better place in my life but eventually I did. Just take every day as it comes, breathe in and start again]

Helpful Resources

www.b-eat.co.uk—National Eating Disorders Website
[‘Eva Musby’ Clips- YouTube](#)
www.cci.health.wa.gov.au—Self-help Resources
www.youngminds.org.uk
[Health for Teens](#)
[ChatHealth: ...](#)



NEWSLETTER

CAMHS Eating Disorder Team

October 2018

Welcome

Welcome to the first edition of the *CAMHS Eating Disorder Team Newsletter*. This is a publication for young people and their families within our service; keeping you up to date with current news, research and focuses on recovery.

We intend to publish the newsletter on a quarterly basis and would love to hear feedback from yourselves as to what you would like included. Within each newsletter there will be a section on recent news and updates, latest research opportunities and findings, an introduction to the team and other helpful resources.

*We welcome your comments on the first edition to improve on and ensure that the content is right.
Please email communications@leicspart.nhs.uk*



Research

Current Research Involvement

We are very keen as a team to support research to help us improve the experience of young people and their families and to develop effective treatments for young people.

We are currently involved with a number of local, national and international projects. Involvement in these projects is optional and we are happy to talk through any questions you may have about research.

Our current projects include:

- ⇒ Family Based Treatment Research
- ⇒ Siblings Study
- ⇒ Transitions
- ⇒ PEDE-Q : Eating Disorder Examination Questionnaire Parent Version

In future editions of the newsletter we will be focusing on specific projects and sharing current research with you.

Celebrating Excellence Awards

Team of the Year 2017

Back in April, the team were invited to the 'Celebrating Excellence Awards' evening after receiving a number of nominations from both new staff and service users.

We were all very delighted that our team won the award for 'Team of the Year'!

One service user's parent commented in their nomination

that: "Our family have felt supported throughout our continuing journey with our daughter."

Thank you for all of your nominations.



Meet the Team

We would like to take this opportunity to introduce the dedicated group of people who form the CAMHS Eating Disorder Team.

We are aware that at such an overwhelming and difficult time, it is important to know what support is available and the various roles that people might have in your treatment.

We are a specialist eating disorder team, where staff are selected with young people and carer's to ensure they have the skills and values necessary to work in this area.

Our team include staff from Psychiatry, Psychology, Nursing, Psychotherapy, Family therapy and Admin. We also support

students in these professions.

Within this section, each newsletter will introduce a different member of the team.

Dr Alison Eivors, Clinical Psychologist

What I love about working in this team is the supportive team spirit that allows staff to offer the best possible care to young people and their families at such a difficult time.

As clinical lead for the team, Alison's role is to ensure that we are able to respond quickly and effectively to the needs of young people and their families.

Alison has worked in Eating Disorders (inpatient, outpatient, CAMHS and Adult services) for the past 17 years. She has been involved in

research and has had a number of publications including a workbook for young people.

Alison is passionate about learning from the experience of young people and families; at any point throughout treatment she is keen to hear your views on the experience and ideas for service development.

A Focus on: Coping with the Holidays

Coping strategies that may be helpful

Most people agree that Religious and Cultural celebrations can be stressful for families, when someone in the family is struggling with an eating disorder.

It may be helpful to get together beforehand and to think about possible strategies that may enable you to cope with any pressures.

The Environment

- It is best to try and achieve a relaxed, ordinary (normal) environment, which will help the person to remember that mealtimes are a healthy part of everyday life.
- It is good if there is no 'rushing about' at mealtimes.
- It may be most helpful to avoid large family gatherings at certain points of recovery in the first few weeks; it may be unrealistic to expect someone to eat in these circumstances.

During a meal

- During the meal It can be really helpful to initiate talk about general topics, because young people with eating disorders often like to be distracted from their anxieties.
- For distraction, it can be good to have music playing, or the radio on. This can also relieve tension in the room and offer an alternative topic of conversation.
- The young person will also find obvious staring difficult to cope with, as this is usually a very distressing time for them.
- Commenting on their meals/foods (especially portion sizes) can make the young person feel very self-conscious, which will often make it harder for them to eat in front of others.
- It can help if you could quietly and sensitively say something like 'I can see you're really struggling, is there anything I can do to help you?' or 'Would it help to talk about what's troubling you?'
- It is also really important to blame the illness, not the person. The eating disorder can make friends and family 'not think straight' and behave in ways they wouldn't normally.
- With rituals, it can be helpful for some people to be reassured that they don't have to carry these out.

Before a Meal

- The contents and serving size of a meal should be decided in advance, because on-the-spot decisions can be much more stressful, and may upset the meal.
- It might be easier to serve the meals away from the table, so the young person avoids the stress of wondering if their portion size is OK.
- If everyone else is serving themselves however, it can draw attention, so it may be easier to have a supporter sitting next to the young person, so they can copy their portion.

After a Meal

- It is normal to want to praise your daughter or son after they have struggled to get through a meal. For some young people the eating disorder turns praise around, to make them feel more shame, guilt and self-disgust. Not making any comment at all may be the best option in this example.
- Other young people like their efforts to be acknowledged, and like it that others appreciate what an achievement each meal is. Generally praise is accepted if it is said in this context 'I can see that was hard for you, well done' or 'you've got through it, well done'.
- Many young people find it helpful to have an activity planned for after the meal, eg. a board game, jigsaw, film to watch, colouring or relaxing with pets.

