

# Mindsight Surrey CAMHS **Eating Disorders Service** Information for children, young people, families and carers



For a better life

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## Our services for children and young people

Our specialist Eating Disorders service is part of Mindsight Surrey CAMHS, a partnership for children and young people with mental health problems and learning disabilities living in Surrey.

### About us

The Eating Disorders Team is based in Epsom and consists of Consultant Child and Adolescent Psychiatrists, an Art Psychotherapist, Clinical Psychologists, Clinical Nurse Specialists, Family Therapists, Dietitians, Assistant Psychologists, a Service Manager and administrative staff.

The cause of an eating disorder is often complex but we know that resolving it often helps other problems you may be having. We work together as a team to help restore a healthy food intake and address psychological issues. We welcome feedback to ensure that we continue to provide the best possible service.

Our staff are involved in research to try to find even more effective ways of helping people with eating disorders. We may ask you to take part in a study and if you agree you will help us to help others.

### What we do

We specialise in assessing and treating children and young people with eating disorders including Anorexia Nervosa, Bulimia Nervosa and ARFID (Avoidant/Restrictive Food Intake Disorder). We are expanding our service to manage Binge Eating Disorder and early onset eating disorders. We work closely with other health and care services and with families and carers to encourage motivation to change as families have a very important role in helping recovery.

Family Based Treatment is our guiding approach to recovery in eating disorders. We try to provide treatment in the community as far as possible although hospital treatment is sometimes needed for medical reasons or psychiatric risks.

We also provide expert consultation and advice to other CAMHS teams, schools, GPs and other health professionals such as paediatricians.

## How we can help you

If you have been having problems with food and are referred to our service, we will help you with the physical and psychological aspects of the problem. To do this we provide support in three main areas.

- ▶ Correcting any medical problems as a result of the Eating Disorder
- ▶ Helping you to reach a healthy weight and develop healthy eating behaviours

- ▶ Helping you to communicate your feelings and learn healthier ways of coping with problems



## What to expect

When you are referred to us we will carry out an assessment within four weeks – within one week if your case is urgent. Here's what you can expect.

### **Pre-assessment Questionnaires**

– you are asked to complete these before we see you so we can find out more about your problem. They focus on mood, self-esteem and eating difficulties.

### **Pre-assessment baseline physical investigations**

– we ask your GP to do blood tests and an ECG (Electrocardiogram), which checks your heart.

**Assessment meeting** – we meet you and your family face-to-face. This can sometimes take a whole morning and involves a psychiatrist and a nurse or therapist.

### **EDE (Eating Disorder Examination)**

– this involves an interview with a nurse

to find out more about the severity of your problem. We only carry this out if we need clarity about your diagnosis.

**Care Plan** – at the end of the assessment meeting we develop a care plan with you and your family. This outlines the areas your treatment will focus on.

Once you enter treatment you can expect it to work along the following lines, although what we do might differ depending on the severity and nature of your problem. In cases of mild eating disorders and for people with Binge Eating Disorders, treatment will differ significantly and intervention is predominately provided by the Psychology and Dietetic Team.

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For people with more severe eating disorders, treatment will follow the pathway below:

### Phase One: First six weeks

This involves work with your family and evidence-based treatment to help you change your eating habits. We regularly monitor your weight and help with meal planning. You will be able to attend an Activity Group and your parents/carers will be invited if you are not at school to attend a **Parent Psycho-Education Group**. This will help them understand your eating disorder and how to support you in your recovery.

**Review:** Week 7

Review meetings are held after six weeks and then at regular intervals throughout treatment. We look at progress with you and your family and decide together whether further physical and/or psychological input is needed. We will update your care plan in response to any changes in treatment.

### Phase Two: Week 8 +

This phase is based on your needs. We may continue with family-based work or carry out therapy assessments to refer you to group programmes, which include:

- **Food and Me Group** – 6 week course
- **Coping Skills Group** – 6 week course

- **Trans-diagnostic Cognitive Behavioural Therapy (CBT-E) Group** – 16 week course

After group therapy – or if groups are not appropriate – you may be to be referred for you specialist therapy, such as:

- **Systemic Family Psychotherapy**
- **Cognitive Behavioural Psychotherapy**
- **Art Psychotherapy.**

### Phase Three: Discharge Planning

In this final phase we will work on relapse prevention plans and conduct a Discharge Review. Whilst most young people recover from an eating disorder, beyond the age of 18 some still need treatment and may have to be transferred to Adult Mental Health Services or the Adult Eating Disorder Service. If this is the case we work closely with the Adult Services to help the transition.

In our experience recovery is usually completed after discharge as you gain more confidence to live and enjoy your life without the eating disorder.

At the end of your treatment, we will ask you to repeat the questionnaires you completed before you started to see us.

## Helpful resources

- ▶ Beat website (Beating Eating disorders) [www.b-eat.co.uk/YoungPeople/Home](http://www.b-eat.co.uk/YoungPeople/Home)
- ▶ Bryant-Waugh, R. and Lask, B. Eating Disorders: A parent's guide. Hove, East Sussex: Brunner-Routledge, 1999.
- ▶ Collins, L. Eating with your anorexic: How my child recovered through family based treatment and yours can too. New York, NY: Mcgraw-Hill, 2005.
- ▶ Crisp, A.H., Joughin, N., Halek, C. and Bowyer, C. Anorexia nervosa: The wish to change. Hove, East Sussex: Psychology Press, 1996.
- ▶ Lock, J, Le Grange, D. Help Your Teenager Beat an Eating Disorder. Guildford Press, 2005



- ▶ Musby, E. Anorexia and other Eating Disorders: How to help your child eat well and be well. APRICA, 2014
- ▶ Also see Eva Musby's YouTube channel for tips for parents on managing meal times.

### In case of a crisis

If you are looking after or caring for a child or young person who you believe is in crisis and requires an urgent response, between the hours of 8am and 8pm seven days a week

including Bank Holidays, contact **CAMHS One Stop** on **0300 222 5755**. Outside of these hours and if there is immediate risk please use the appropriate emergency service.

## How to access the service

We accept referrals from health, social care or education practitioners such as a GP or teacher. This ensures that every child or young person referred is in contact with the right service and receives appropriate treatment and support.

Please contact your GP, teacher or social care worker to get a child or young person a referral to our service.

If you have any questions about a child or young person's mental health, call **CAMHS One Stop** for advice.

### To make a referral contact CAMHS One Stop



0300 222 5755



Visit our website here:

[sabp.nhs.uk/mindsightsurreycamhs](http://sabp.nhs.uk/mindsightsurreycamhs)



**CAMHS One Stop, 18 Mole Business Park,  
Leatherhead, KT22 7AD**

**If you would like this information in another format such as large print, Braille, easy read or another language please contact us on:**

**Tel: 01372 216285**

**Email: [communications@sabp.nhs.uk](mailto:communications@sabp.nhs.uk)**

#### **Confidentiality and information sharing**

We may need to share information about people who access our services with relevant Surrey CAMHS partners in order to provide care and advice. This will only take place if we have received permission and it is considered necessary.

Surrey and Borders Partnership NHS Foundation Trust  
18 Mole Business Park, Leatherhead, Surrey KT22 7AD

Tel: 0300 55 55 222 Textphone: 020 8964 6326

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