

**COUNTY DURHAM & DARLINGTON CHILDRENS COMMUNITY EATING DISORDERS TEAM**

<b>PREVIOUS</b>	<b>NOW</b>	<b>FUTURE Gold standard Umbrella.....</b>
50 referrals per year	174 in the last 12 months April – April.	? COVID prediction
1 assessment per week	3 or 4 assessments per week	5/6 assessments per week
40 YP on the caseload	70 - YP on the caseload receiving treatment	? COVID impact
12 members of staff	22 members of staff – medics, dietitians and nurses	? 36 members of staff Investment bid – CCG + NHSE
	<b>Dietetic update</b>	
Offered service 5 days a week	Enhanced 5 days + planned weekends	January 2021 – 7 day service
GP did bloods/enhanced obs	Blood clinics	Increased geography offer
Treatment Guided Self Help Motivational Work (MET) Multi-Family Therapy Family therapy Social eating groups	Treatment Guided Self Help Motivational Work (MET) Multi-Family Therapy Family Therapy Post 16 MANTRA CBT - Freed project	Treatment Guided Self Help Motivational Work (MET) Multi-Family Therapy Family Therapy Post 16 MANTRA CBT - Freed project Peace project Better beat links Social Eating groups.
		<b>Greater Voice</b> YP + parent support group. Better resources signposting. Feedback forms ... You said we did/comments/suggestions

# Gold standard service

National and local links with other teams- sharing good practice and working together.

Research projects

Audit

## Physical Health

Physical monitoring including bloods available 7 days- equitable access across patch.

Paediatric pathway which supports admission 7 days a week

Daily support on the ward for young people on paediatrics

Availability of outpatient refeeding programme

Regular review by paediatrician

## Intensive interventions

Meal support/ parental coaching programme

Day Unit programme

Multi Family therapy

Liaison and joint working with SEDU and paediatrics

Would include group programme-

Social Eating

DBT skills

Compassionate mind

Training and progression/ succession planning

Opportunities for development

## Psychological Interventions

Systemic Family Therapy (Maudsley model) with reflecting team available

Systemic work for family trauma and/ or burnout

CBT-E

Guided self help

Motivational Interviewing

MANTRA

Trauma – EMDR/ Flash technique

CBT- mood/ anxiety/ OCD/ Body dysmorphia

CAT

DBT

Integrated Psychological Therapy

## Dietetic Interventions

Re-feeding plans/ management

Meal planning

Psychoeducation

Groups i.e. nutrition education, meal preparation and portion sizing, weekend planning, challenge meals.

## OT and Physio interventions

Assessment

Leisure activities

Graded exercise programmes

## Psychiatry Interventions

Mood and mental state review

Assessment

Medication review

## Assessment

Multi-disciplinary

Timely

Include mini meal

Strong formulation

## Early intervention/ Training

Schools/ GP/ Paediatrics/ Sports coaches

Work with MHST

## Supervision

Clinical ED supervision

Specific therapy supervision

Team supervision

Joint supervision with paed

Caseload/ Management supervision

Well led with clear escalation

## Involvement and co-production

Young people's service improvement group

Parental service improvement group

Links with BEAT/ local charities

## Access

Same day contact for all referrals

Assessment complete within AWT timescales with clear plan

Passion,  
Enthusiasm  
Teamwork  
Compassion