

Child and Youth Mental Health Service – Eating Disorders Day Program

Referral Guidelines for Specialist Eating Disorders Day Program

The Eating Disorder Program provides a Specialist Day Program for Eating Disorders. It is designed for young people and their families who are not progressing in community treatment and require full-time attendance for a school term.

Who is the program for?

Children and young people up to the age of 18 with a primary diagnosis of an eating disorder.

They must reside in Queensland and,

- Be medically stable in accordance with the Queensland Health State-wide Guideline - [Assessment and treatment of children and adolescents with eating disorders in Queensland \(health.qld.gov.au\)](http://health.qld.gov.au)
- Eat orally to maintain medical stability
- Be enrolled in a registered education program
- Be engaged in evidence-based community treatment
- Voluntarily consent to attend the day program (people under MHA will be considered on a case-by-case basis)
- Have evidence of at least one of the following:
 - Complexity of illness as measured by duration of eating disorder greater than 12 months
 - Complexity of illness as measured by co-morbidity inadequately responding to medication or put patient treatment
 - Duration of inpatient admission greater than 6-8 weeks in 3-month period
 - Failure to progress in outpatient treatment with limited weight restoration after 3 months

There must also be capacity for the referrer to reengage the young person and family in treatment at the conclusion of Specialist Day Program intervention.

Who is not suitable for the program?

The program is not suitable for treatment of primary feeding disorders or obesity when not associated with a diagnosed eating disorder.

The young person must also not be/have: -

- Current substance abuse
- Acute psychosis
- Acutely suicidal and/or engaging in self-harm
- Engaging in behaviours that place themselves and/or others at risk of harm

Program Content

- Supportive meal therapy
- Family and individual goal setting
- Therapeutic groups and educational groups for parents and young people
- Family Based Treatment and other forms of family therapy as determined in goal setting
- Individual treatment as determined in goal setting
- Medical monitoring and management in partnership with General Practitioner
- Access to a school on-site, in partnership with the Department of Education

More about the Program

The Eating Disorders Day Program (EDDP) is aimed at supporting young people and their families/carers to progress in their treatment of the Eating Disorder.

The EDDP is an 8-9 week closed group program based around school terms. It also includes an orientation and transition period. Young people are required to attend 5 days a week from Monday-Friday 08:30-2.30/3pm with a half day on Wednesdays and three days a week will include afternoon tea.

Young people can continue with their chosen Queensland education pathway with the support of on-site teachers.

Parent/carer involvement is an essential aspect to the program. Parents/carers are required to be available for pickups/drop offs and via telephone with the potential to support in person as needed. We require parents/carers to also be available for weekly parent group, Family Based Treatment, and goal setting session. Parents are also required to provide food for mealtimes.

Referral Process

Please email or ring CYMHS EDDP for a referral form.

ALL referrals must be emailed to:

CHQ-CYMHS-EatingDisordersDayProgram@health.qld.gov.au

Referrals may be received from:

- CYMHS Eating Disorders Program
- Private Practitioners
- Other Child and Youth Mental Health Services across Queensland

Contact us

Eating Disorders Day Program

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831 Gympie Road, Chermside, QLD 4032

t 07 3084 2100

e CHQ-CYMHS-EatingDisordersDayProgram@health.qld.gov.au

w www.childrens.health.qld.gov.au

What should you do in an emergency situation?

1. Please direct the young person to the closest emergency department or call triple zero (000) for emergency services, OR
2. Contact the Acute Response Team (ART), a 24-hour crisis support line on (07) 3068 2555. ART is based at the Queensland Children's Hospital, South Brisbane and provides support and assessment to young people who present to the Emergency Department.