



What can I do now?

We aim to look at your referral within 24 hours except for weekends, your young person will be seen within one week in urgent cases and four weeks in all others.

Whilst we deal with your referral, here are some other sources of support you could recommend to young people and their families:

Websites

- www.b-eat.co.uk - Eating Disorder Charity that offers support
- www.nhs.uk/conditions/eating-disorders - For further information
- www.youngminds.org.uk - The voice for young people's mental health
- www.anorexiabulimiare.org.uk - Charity that offers advice and support

Helplines

B-eat Youthline: 0845 634 7650 C

ChildLine: 0800 1111

Addresses:

- Dudley CAMHS, The Elms Health Centre, Halesowen, Dudley, West Midlands, B63 2UR. 01384324689
- Walsall CAMHS, Canalside, Abbots street, Bloxwich, Walsall, WS3 3BW 01922607400

How do I give feedback about the service?

If you have a suggestion, compliment or concern about the service, please speak with a member of the team. Alternatively, you can contact the Service Experience Desk (SED) which is the central point of contact for all concerns, enquiries, formal or informal, complaints, compliments or suggestions. We welcome any comments you may have on the service we provide. You can contact SED on:

Tel: 0300 555 0535

Email: SED@dwmh.nhs.uk

Address: Service Experience Desk, Second Floor, Trafalgar House, 47-49 King Street, Dudley, DY2 8PS

If you require this leaflet in another language or format such as large print, braille or easy read please contact the communications team on 01384 325022 or email communication@dwmh.nhs.uk.

Dudley and Walsall Child and Adolescent Mental Health Services (CAMHS)

Specialist Eating Disorder Clinic

Information for professionals working with young people



Leaflet Control

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What is an eating disorder?

Eating disorders describe illnesses that are characterised by irregular eating habits and severe distress or concern about body weight or shape.

The most common forms of eating disorders include Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder and affect both females and males.

What may a young person present with?

- **Anorexia Nervosa (AN):** A young person with significantly low weight and a fear of eating along with anxiety about weight, shape and hormonal disturbance (loss of menstruation in females).
- **Bulimia Nervosa (BN):** A young person may present with recurrent binge eating as well as purging the body by vomiting or other means, along with over concern about weight and shape.
- **Binge Eating Disorder (BED):** A young person with binge eating disorder may often find themselves binge eating, feeling out of control leading them to feel guilty and ashamed.
- **Atypical eating disorder:** In this condition, there are serious signs of an eating disorder but it does not fulfil all the criteria for anorexia nervosa or bulimia nervosa.

Who works in the eating disorder service?

Our team consists of:

- A clinical lead
- Specialist community psychiatric nurses

- Clinical psychologist
- Family therapist
- Consultant psychiatrists

Although the above is a our dedicated eating disorder team, we are able to work closely with our generic CAMHS service to provide the right support to patients.

What treatment will be offered?

The specialist eating disorder service aims to provide the best possible treatment for young people in accordance with national guidance. Our aim is to improve the lives of young people, by working with them to overcome their challenges. Treatment starts with a full, detailed assessment to which the whole family is invited. The assessment involves taking a detailed history of the problems and the background, as well as an assessment of their physical and emotional needs.

Treatment may include, all or a combination of some of the following:

- **Individual work**

This may initially be supportive work to assist making changes and help to motivate towards recovery. In the early stages, they can also expect psychoeducation around nutrition and the effects of an eating disorder. Once their physical state has improved, young people may be offered regular structured individual therapy such as cognitive behavioural therapy (CBT).

- **Body image work**

This work will help support them whilst they are

recovering. Body image will help confidence and also think about what may effect our body image and self esteem.

- **Weekly physical health monitoring**

This will include regular measurement of weight, blood pressure, pulse and blood tests in addition to an assessment of general health.

- **Tailored dietetic support**

An individual diet plan may be drawn up to support recovery. This is done collaboratively and takes into account family patterns of eating. The predictability of the diet plan helps to reduce anxiety before eating and can make mealtimes easier to manage.

- **Family work**

Families may be seen in a specialist family therapy clinic in order to support your recovery. The aim is to explore the impact of the eating disorder on the whole family and identify how everyone in the family can support recovery.

- **Medication**

Medication is not always used in the treatment of eating disorders however, if we are concerned about low mood or anxiety we may consider medication to help aid recovery.