

# Eating Disorders Fact Sheet



# Health

## The expansion of specialist eating disorder beds (state-wide) forms an important part of the NSW Government Mental Health Reform in developing a more responsive system.

The NSW Government has committed \$16 million over five years to guide the development and expansion of eating disorders care across the state. The Government has set a framework to increase access to inpatient and community-based services and improve capacity of clinicians to provide more effective and timely treatment, while supporting local service development, supervision, training and clinical consultation to expand specialist eating disorder capacity.

The NSW Service Plan for People with Eating Disorders 2013-2018 was developed to address the needs of people with eating disorders by ensuring every health service can provide pathways to care, ensuring access to a comprehensive range of services. The Service Plan places local health districts at the centre of coordination of service delivery. Districts are implementing local service plans for eating disorders, with assistance from the Centre for Eating and Dieting Disorders.

A pilot adolescent eating disorders day program is being delivered by Sydney Children's Hospital Network in partnership with the Butterfly Foundation. This intensive community based treatment model provides an alternative to hospitalisation for young people aged from 12 to 18. The program includes modified intervention packages tailored to ensure people in rural NSW have increased access to community care options and ongoing consultation support through regional services when they return home.

There has been an expansion in the number of adult specialist eating disorder beds (state-wide) at Royal Prince Alfred Hospital's new Adult Mental Health Eating Disorder Unit, with six public and three public private partnership beds to link services across the provider spectrum. This unit provides a specialist multidisciplinary Eating Disorders Outreach Service, which delivers tertiary outreach support to medical and mental health services that are treating eating disorder patients across NSW.

There is an additional Adult Eating Disorder Day Program in the Hunter New England Local Health

District. The two original Adult Day Programs located in the Central Coast Local Health District and at Royal Prince Alfred Hospital have been enhanced to strengthen the clinical care available through this well evidenced and successful community-based care model.

Eating Disorder Coordinators in fifteen local health districts are funded to ensure services are coordinated locally and provide a contact point to the Ministry of Health, the State-wide Steering Committee and the State-wide Eating Disorder Coordinator at the Centre for Eating and Dieting Disorders. These positions will assist in the implementation of Local Eating Disorder Service Plans, improving pathways to care and facilitation of access to a range of workforce development activities currently available or being developed in NSW.

An essential component of the Service Plan is building the capacity of the workforce and the commitment within each LHD and Health Network to address eating disorders as core business. The next 12 months will focus on workforce training and development, building capacity within NSW to screen, identify and diagnose, medically manage, hospitalise and treat eating disorder presentations with evidence-based therapies.

Seven priority training packages are being created and delivered by the Centre for Eating and Dieting Disorders (CEDD) at the University of Sydney, which is funded by the MHDAAO as the lead agency for workforce and service development in the area of eating disorders in NSW. Training packages are:

- Screening, identification and diagnosis
- Medical management in the community
- Hospital treatment
- Clinical management and case management
- Delivering evidence based treatments within the community
- Working with families and carers
- Priority workforce groups (e.g. hospital and community dietitians, school councellors)



### 3-5 facts/stats/highlights

- All 15 LHDs and 2 speciality networks (SVHN, SCHN) are implementing local service plans for eating disorders.
- As a result of these plans, eating disorders are now regarded as Core Business for the LHD
- 12 additional local eating disorder coordinator positions have been funded to support implementation of local eating disorder service plan within Local Health Districts.
- Over 1000 NSW clinicians have now been trained in eating disorder core competencies offered online by the Centre for Eating and Dieting Disorders.
- A clinical management support service has is operational and available to clinicians to gain case management input for complex and severe eating disorder patients.

To learn more about mental health care reform in NSW visit

[www.health.nsw.gov.au/mentalhealth/reform](http://www.health.nsw.gov.au/mentalhealth/reform)

