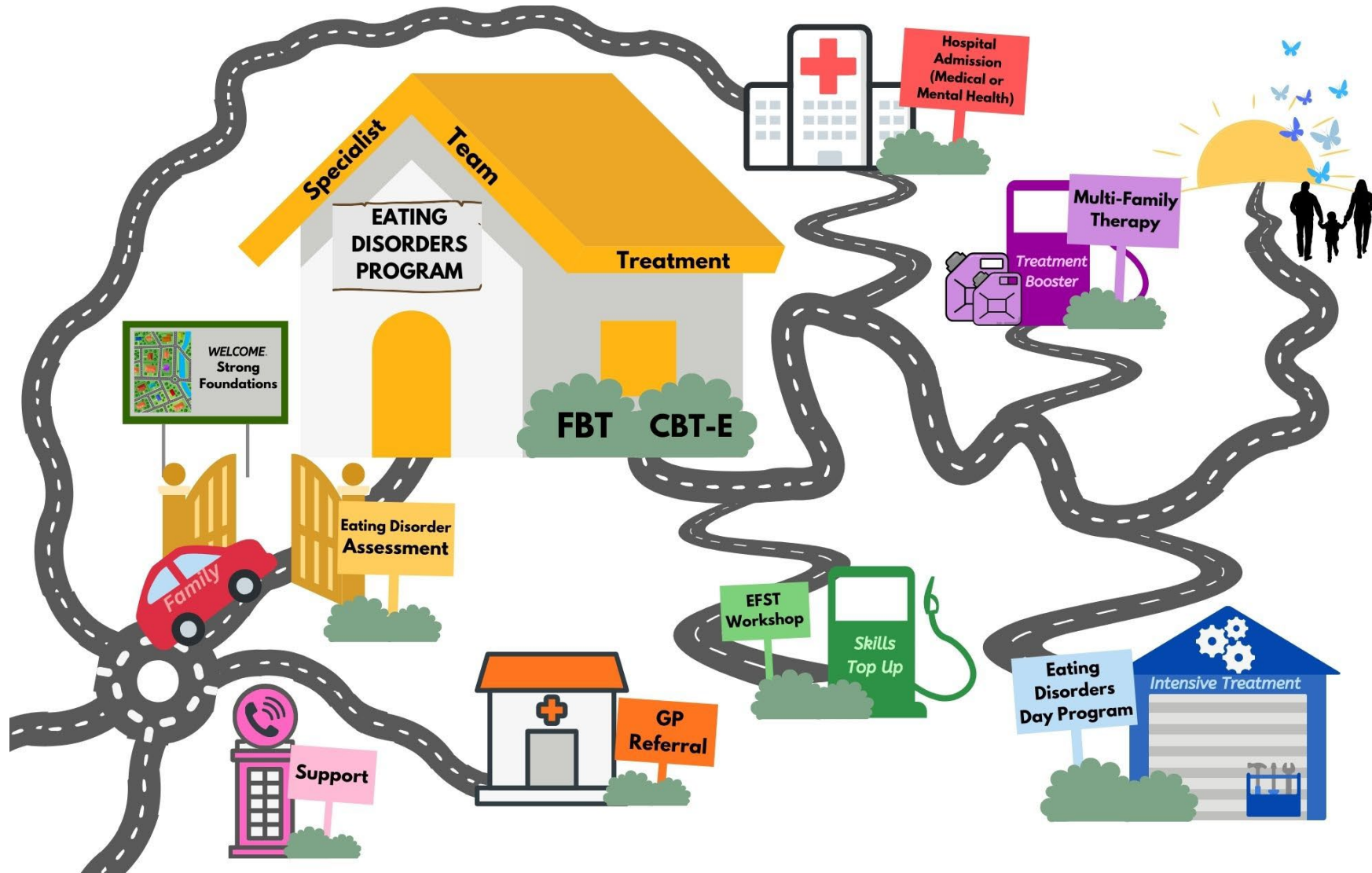


Child Youth Mental Health Service (CYMHS) Eating Disorders Program – Example Family Care Pathway



Child Youth Mental Health Service (CYMHS) Eating Disorders Program – Descriptors

Support

SUPPORT

Families are encouraged to access support & resources e.g. Eating Disorders Queensland (EDQ), Butterfly Foundation, Eating Disorders Families Australia (EDFA).

GP Referral

GP REFERRAL

A General Practitioner (GP) can refer your young person to the EDP team. Your GP has an ongoing role working with the treatment team. Referrals may also come from a community CYMHS clinic.

Eating Disorder Assessment

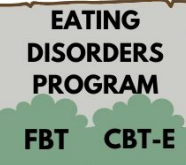
EATING DISORDER ASSESSMENT

Following a referral, your young person is assessed by the EDP team and provided with a diagnosis and treatment options.



STRONG FOUNDATIONS

First phase 6 week online education sessions every Wednesday 9-10am plus an appointment at the clinic for medical management to review current status.



EATING DISORDERS PROGRAM

Specialist Multi-Disciplinary Team delivering evidenced-based treatment for young people with eating disorders e.g. FBT, CBT-E, ABFT.

Hospital Admission (Medical or Mental Health)

HOSPITAL ADMISSION

An admission may be required to support your young person's journey to better, medical or mental health. You may also be referred to EDP team during an admission.

EFST Workshop

EFST WORKSHOP

Emotion Focused Skills training (EFST). Skills training for identifying and managing your own emotions, and identifying and supporting your loved ones with their emotions.

Multi-Family Therapy

MULTI-FAMILY THERAPY

Multi-Family Therapy group-based treatment for families, complements FBT. Consists of an introductory Friday afternoon, a 5 day workshop the next week and then one follow-up day 3 months later. The program has been carefully constructed with activities, meal support and learning for the whole family, providing lots of opportunities to connect in a supportive way.

Eating Disorders Day Program

EATING DISORDERS DAY PROGRAM

Intensive support for young people & families (5 days/week across school term) providing evidenced-based and evidence leading: meal support, young people groups (e.g. body image, distress tolerance, canine assisted therapy, chill), EFST parent group, FBT, goal setting, QCH school onsite linking with base school and assistance with transition back to school.

