

## Child and Youth Mental Health Service – Eating Disorders Program

# Referral Guidelines for External Referrers

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The Eating Disorder Program based in Brisbane offers state-wide services through the Children's Health Queensland, Child and Youth Mental Health Services. The Eating Disorder Program offers a range of services for children and young people 0-18 years with diagnosed eating disorders and their families.

The Eating Disorders Community Treatment Service provides specialist assessment and evidenced based treatment including but not exclusively Family Based Treatment for Anorexia Nervosa (FBT-AN), Cognitive Behaviour Therapy enhanced (CBT-E), Multiple Family Therapy (MFT), Emotional Focused Skill Training (ESFT) as treatment group or as psycho-educational workshop, and Attachment Based Family Therapy (ABFT).

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 requires full-time attendance for a school term. Primary treatment includes FBT-AN, EFST and Supported Meal Therapy. Day Program referrals also require duration of illness longer than 3 months, complexity of illness, lack of progress in evidenced based treatment and enrolment in a registered education program in Queensland

The Eating Disorder Program works in collaboration with General Practitioners, Community Mental Health Services, Medical and Psychiatric Inpatient Services, Private Practitioners and Non-government providers in mental health and eating disorders.

Referrals may be made to the Eating Disorder Program where the child or young person is

- Up to 17 years of age
- Is a current resident of Queensland
- Is medically stable and suitable for community treatment (not requiring hospitalisation as per state-wide guideline: Assessment and treatment of children and adolescents with eating disorder in Queensland [Assessment and treatment of children and adolescents with eating disorders in Queensland \(health.qld.gov.au\)](https://www.health.qld.gov.au/assess-and-treat-children-adolescents-eating-disorders))
- Has a primary diagnosis of an Eating Disorder as per the following ICD-10 categories: Anorexia Nervosa (AN); Bulimia Nervosa (BN); Binge Eating Disorder (BED); Avoidant/Restrictive Food Intake Disorder (ARFID) – where mental health treatment is clinically indicated; and/or, Certain Other Specified Feeding and Eating Disorders (OSFED) – where mental health treatment is clinically indicated.

Additional inclusion/exclusion criteria apply for some aspects of the available services. Please contact the Eating Disorder Program on [CHQ-CYMHS-EatingDisorders@health.qld.gov.au](mailto:CHQ-CYMHS-EatingDisorders@health.qld.gov.au) / 07 3397 9077

### 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.

### How do I make a referral to the CYMHS Eating Disorders Program?

General Practitioners and all referrers external to Queensland Health making a referral to Eating Disorder Program **must complete** the referral form requesting an assessment and management for a primary Eating Disorder and must complete all the required fields outlining physical health parameters and a summary of presenting eating disorder symptoms.

If you are uncertain refer to the state-wide guidelines: Assessment and treatment of children and adolescents with eating disorders in Queensland. [Assessment and treatment of children and adolescents with eating disorders in Queensland \(health.qld.gov.au\)](http://health.qld.gov.au)