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Eating Disorders

Developing a Gold Standard Service

Wednesday 6 July 2016 Manchester Conference Centre Manchester



Speakers include:

James Downs

*Young Adult with Experience
of Eating Disorders*

Anne O'Herlihy

*Child and Adolescent
Mental Health Project Manager
NHS England*

Supporting Organisations:



Eating Disorders

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The Government has announced the ambition of faster care and expanded services for teenagers with eating disorders: *"We know that eating disorders are most likely to affect those aged between 14 and 25 and, if they go untreated for more than 3 to 5 years, the chances of recovery are greatly reduced, while incidents of self-harm increase. We also know that anorexia kills more than any other mental health illness. As investment in new services expands access to care, teenagers suffering from eating disorders like anorexia will get help much more quickly, and from 2017/2018 a new waiting time measure will track the increasing number of patients being seen within a month of being referred, or within a week for urgent cases."*

Prime Minister pledges a revolution in mental health treatment 2015

"It is vital that children and young people with eating disorders and their families and carers can access effective help quickly. Offering evidence-based, high-quality care and support as soon as possible can improve recovery rates, lead to fewer relapses and reduce the need for inpatient admissions. The availability of dedicated community eating disorder services has been shown to improve outcomes and cost effectiveness. In 2015, the government announced an additional £30m funding a year (recurrent for five years) to support the development of dedicated community eating disorder services. This will also release further general capacity into CAMHS to help young people in mental health crisis or who may be self-harming. The programme will be delivered within the CYP IAPT programme framework which promotes early access to collaborative, effective, evidence-based and outcome-focused treatment. The sooner someone with an eating disorder starts an evidence-based NICE approved treatment the better the outcome." NHS England

"A waiting time standard for early intervention in psychosis will come into effect from April 2016 and one for children and young people with eating disorders the following year"

The Mental Health Taskforce Report, February 2016

"The number of children and young people with an eating disorder is on the rise and it is right that the Government has made this a priority and that we now have a clear waiting time standard. It is clinically proven that patients recover most quickly when we treat them as early and as close to home as possible. By prioritising our focus on doing this we can minimise the number of young people who end up needing more specialised in-patient care."

Dr Martin McShane, National Clinical Director for Long Term Conditions at NHS England

This conference focuses on improving services for children and young people with eating disorders, meeting the new national waiting time standard, and ensuring gold standard care. There is a particular focus on developing rapid early intervention services in line with the new waiting time standard, meeting quality standards for eating disorder services, preventing relapse, commissioning effective services for eating disorder, and looking forward to the 2017 updated NICE guidance and waiting time standard.

10.00 Chair's Introduction

10.10 The lived experience of having an Eating Disorder

James Downs

Young Adult with Lived Experience of Eating Disorders

- how can we improve the lives of people with Eating Disorder?
- the journey to diagnosis
- understanding the lived experience and regaining control

10.40 New pathways for Eating Disorder in Children and Young People

Anne O'Herlihy

*Child and Adolescent Mental Health Project Manager
NHS England*

- what does a gold standard eating disorder service look like?
- service models and pathways
- new resources for evidence based community eating disorder teams
- looking forward to the waiting time standard for Eating Disorders due in 2017
- NHS England update

11.10 Question and answers, followed by coffee and exhibition

11.50 EXTENDED SESSION

Meeting quality standards for Eating Disorder Services: Assuring and improving the quality of services treating people with eating disorders and their carers

Representative

Quality Network for Eating Disorders

This session will focus on the Quality Network for Eating Disorders, an initiative of the Royal College of Psychiatrists. The network sets standards for eating disorder services and reviews them using a process of self- and peer-review. The session will outline the framework for quality network standards and meeting the standards in practice. The session will also focus on involving users and carers.

12.50 Question and answers, followed by lunch and exhibition

14.00 EXTENDED SESSION

Developing a First Episode and Rapid Early Intervention for Eating Disorders (FREED)

Speaker to be announced

- the FREED Model
- implementing first episode and rapid early intervention for eating disorders in your service
- spreading this service as a gold standard for eating disorders

15.00 Bridging the Gap Through the Involvement of Carers

Speaker to be announced

- the value of carers in collaborative working
- the importance of listening to Carers
- "The Triangle of Care" and improved recovery outcomes

15.20 Question and answers, followed by tea

16.00 Preventing Relapse: Supporting people with eating disorders

Case Study: SHaRON (Support Hope and Recovery Online Network)

Simon Thomson

*Principal Psychotherapist
Berkshire Eating Disorders Service*

Jonathan Burton

*Head of Web Development
Berkshire Healthcare NHS Foundation Trust*

- fostering a collaborative approach that supports people with eating disorders to recognise and prevent relapse
- providing a safe, secure and comfortable social environment for service users, relatives and carers to network communicate and support each other
- allowing clinicians and suitable end of treatment service users, the ability to communicate and support service users at any time of the day or night.
- allowing service users, direct access to Clinicians and some (end of treatment) service users, at any time of the day or night.
- preventing and managing relapse: developing a risk management plan including coping strategies jointly with the person and their carers

16.30 Commissioning effective services for Eating Disorder

Mr Andrew Roberts

*National Service and Commissioning Advisor to the
NCCMH for the Access and Waiting Time Standard for
Children and Young People with an Eating Disorder
Commissioning Guide*

- commissioning gold standard Eating Disorder services
- rewarding service improvement
- moving forward and examples of good practice in commissioning

17.00 Question and answers, followed by close

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Venue

Manchester Conference Centre, Sackville Street, Manchester, M1 3BB. A map of the venue will be sent with confirmation of your booking.

Date

Wednesday 6 July 2016

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
- ☐ £300 + VAT (£360.00) for voluntary sector / charities.
- ☐ £495 + VAT (£594.00) for commercial organisations.

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