

Eating Disorders Summit

Rapid Early Intervention & Developing a Gold Standard Service

Monday 16 January 2017 De Vere West One, London

10% card payments discount*
15% group booking discount**



Chair and Speakers Include:

Andy Roberts

National Service and
Commissioning Advisor
NICE

James Downs

Young Adult with Lived
Experience of Eating
Disorders

Anne O'Herlihy

Child and Adolescent
Mental Health Project
Manager
NHS England

Prof Ulrike Schmidt

Professor of Eating
Disorders
Kings College London

Supporting Organisation



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“Eating disorders are serious mental health problems. They can have severe psychological, physical and social consequences. Children and young people with eating disorders often have other mental health problems (e.g. anxiety or depression) which also need to be treated in order to get the best outcomes. 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.” NHS England

The National Eating Disorders Summit will focus on ensuring rapid early intervention for people with eating disorders, in line with the national waiting time standard, and developing a gold standard service including dedicated community eating disorder services. Through national updates, lived experience and practical case studies the conference will also look at how you can implement the new National Standards for eating disorders as outlined in the five year forward view implementation plan published in July 2016

“By 2020/21, evidence-based community eating disorder services for children and young people will be in place in all areas, ensuring that 95% of children in need receive treatment within one week for urgent cases, and four weeks for routine cases.... Recent data suggest that acute admissions for eating disorders are rising and this objective will ensure evidence-based treatment at the earliest possible stage of the illness” NHS England July 2016

The conference will also address preventing relapse, commissioning effective eating disorder services and looking forward to the NICE Guidance on Eating Disorders: Recognition and Treatment which is due to be published in April 2017.

Follow the conference on Twitter #EatingDisorders

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10.00 Chairman's Introduction

Andy Roberts *National Service and Commissioning Advisor* The National Collaborating Centre for Mental Health (NCCMH) for the Access and Waiting Time Standard for Children and Young People with an Eating Disorder Commissioning Guide Guideline Committee, NICE

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 Disorders 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: elements of an effective community service
- looking forward to the waiting time standard for Eating Disorders due in 2017
- NHS England update

11.10 Question and answers, followed by tea & coffee at 11.20

11.50 EXTENDED SESSION: Developing a First Episode and Rapid Early Intervention for Eating Disorders (FREED)

Prof Ulrike Schmidt

Professor of Eating Disorders Kings College London

Dr Antonia Koskina

Clinical Psychologist South London and Maudsley NHS Foundation Trust

- 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

12.50 Question and answers, followed by lunch at 13.00

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

Harriet Clarke

Programme Manager
Royal College of Psychiatrists

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. This session will also look at alternative approaches to services for young adults and transition to adult services.

14.25 Developing resilience and coping skills in young people

Dr Elizabeth Anscombe

Child and Adolescent Psychotherapist
Royal Free London NHS Foundation Trust

- responding to eating disorders in children and young people
- improving support in schools
- developing resilience and coping skills

14.50 Bridging the Gap through the Involvement of Carers

Veronica Kamerling

Group Facilitator
Eating Disorders & Carers

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

15.15 Question and answers, followed by tea & coffee at 15.25

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

with **Jonathon Burton**

Head of Web Development
Berkshire Healthcare NHS Foundation

- 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

Andy Roberts

National Service and Commissioning Advisor
The National Collaborating Centre for Mental Health (NCCMH) for the Access and Waiting Time Standard for Children and Young People with an Eating Disorder Commissioning Guide Guideline Committee NICE

- commissioning gold standard Eating Disorder services
- rewarding service improvement
- the commissioning role in ensuring the national standards are met in practice
- moving forward and examples of good practice in commissioning

17.00 Question and answers, followed by close at 17.10

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Venue

De Vere West One, 9-10 Portland Place, London, W1B 1PR.
A map of the venue will be sent with confirmation of your booking.

Date Monday 16 January 2017

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
☐ £300 + VAT (£360.00) for voluntary sector / charities.
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The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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