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Eating Disorders

Developing a Gold Standard Service

Wednesday 10 February 2016 Hallam Conference Centre London



Chair & Speakers include:

Prof Ulrike Schmidt

Professor of Eating Disorders
Kings College London

Anne O'Herlihy

Child and Adolescent Mental Health Project Manager
NHS England

Supporting Organisations:



South London and Maudsley
NHS Foundation Trust



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"Eating disorder services will be receiving a separate £30 million worth of extra funding as the result of a very strong evidence base. This will help to improve community services and meet the aspiration of 95% of children and young people with eating disorders being seen within four weeks, or one week for urgent cases by 2020. We're throwing good money after good results!"

Alistair Burt, Minister for Community and Social Care August 2015

"Service provision for children and young people with eating disorders is variable across England. Services that are deemed to have good practices offer a 'stepped care' model of treatment, based on need, with more intensive support offered to those who are more severely unwell. While most people receive treatment in community services, some (mainly those with anorexia nervosa) receive treatment as day patients or inpatients. The range of service provision means that access to appropriate treatment is inconsistent. Considerable variability exists in referral to treatment pathways for children and young people with an eating disorder. To improve access, commissioners first need to understand the experiences of children and young people and their families or carers." Access and Waiting Time Standard for Children and Young People with an Eating Disorder, June 2015

"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, August 2015

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.

10.00 Chair's Introduction

Prof Ulrike Schmidt *Professor of Eating Disorders Kings College London*

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

- what does a gold standard eating disorder service look like?
- service models and pathways
- new resources for evidence based community eating disorder teams
- NHS England update

11.10 Question and answers, followed by coffee and exhibition

11.50 EXTENDED SESSION

Prof Ulrike Schmidt

*Professor of Eating Disorders
Kings College London with*

Danielle Glennon

Specialist Clinical Service Lead, Eating Disorders

- 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 and exhibition

14.00 EXTENDED SESSION

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

Dr Frances Connan

*Chair
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.

15.00 Session title to be confirmed

Veronica Kamerling

*Founder
Eating Disorders & Carers*

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

Hallam Conference Centre, 44 Hallam Street, London W1W 6JJ. A map of the venue will be sent with confirmation of your booking.

Date

Wednesday 10 February 2016

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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