

THE ROYAL FREE APPROACH TO EATING DISORDERS

Our philosophy	Our service offers	Helping young people	Helping parents	Helping referrers and commissioners
<p>FLEXIBLE</p>	<ul style="list-style-type: none"> • Holistic care tailored to the individual and family to meet current needs and future goals • Seamless, 'wrap-around', care offered in a range of settings: clinic, home, school, ward as required • A 24 hour a day, seven day a week intensive eating disorder service for the most unwell patients 	<ul style="list-style-type: none"> • Learn to become less rigid and restricted around eating • Challenge maladaptive eating disorder thinking styles and behaviours • Rediscover life outside their eating disorder 	<ul style="list-style-type: none"> • Flexible appointments – a no clinic model – with early/late slots, to maximize attendance and minimise impact on school and work wherever possible • Collaborative, equitable, treatment planning based on patient and parent choices, needs, goals and values 	<ul style="list-style-type: none"> • A range of evidence-based, cost-effective, individual and group treatments • Holistic care also means effective treatment of any emotional and physical conditions co-existing with the eating disorder eg depression or anxiety
<p>RESPONSIVE</p>	<ul style="list-style-type: none"> • No waiting times for first assessments • Consultant led service – excellent access to three dedicated CAMHS consultants and consultant paediatricians. • Large, experienced, skilled and innovative multidisciplinary team • Liaison with schools and other agencies 	<ul style="list-style-type: none"> • To become better at recognising and managing their thoughts and feelings and sharing them with others: professionals, parents or peers as appropriate 	<ul style="list-style-type: none"> • To adapt existing, and learn new, skills, knowledge and strategies in order to support their child with their eating disorder and any other emotional or physical difficulties 	<ul style="list-style-type: none"> • Treatment plans continually reviewed and refined according to progress • Service development always informed by feedback from young people, parents, referrers, clinicians; audit and research
<p>EMPATHIC</p>	<ul style="list-style-type: none"> • Compassionate care. We understand how difficult it can be for young people to gain weight or change eating patterns; and how worrying and difficult it can be for parents to support a child who is ill. Our treatments are tailored accordingly. 	<ul style="list-style-type: none"> • Become more aware of the connections between eating and their daily life: how difficulties with self, peers, school, or family can affect eating and vice versa 	<ul style="list-style-type: none"> • Become more attuned to the thoughts and feelings of their child • Become more aware of how their children may see them • Support each other in parenting more effectively 	<ul style="list-style-type: none"> • Timely communication, written and/or verbal, clearly explaining care provided, difficulties young people and parents may be experiencing, and progress being made
<p>ENABLING</p>	<ul style="list-style-type: none"> • Promotion of positivity and achievement in a range of spheres wherever possible. An emphasis on what you can do, rather than what you cannot, whilst always optimising safety. • We believe recovery means more than gaining weight: it is getting back to life. 	<ul style="list-style-type: none"> • Helping young people achieve their goals towards a balanced and fulfilling life 	<ul style="list-style-type: none"> • Our treatment programme is designed with the belief that parents and family are central to helping young people recover from eating disorders: <p>Family, Relationships and reality Empowering Eating</p>	<ul style="list-style-type: none"> • Excellent outcomes and service user satisfaction • No serious untoward events • Helping almost all young people stay at home and school for the duration of their illness until recovery