

GIPPSLAND EATING DISORDER NETWORK



NEWSLETTER- SPRING, 2005

Welcome to the first edition of the GEDN Newsletter. It is planned that we publish a quarterly newsletter, and welcome any articles, personal anecdotes, up-coming training or events of interest that will help promote the importance of addressing eating disorders.

Background of GEDN

The Gippsland Eating Disorder Network was formed last year after the very successful "Outside Looking In" conference held in Lakes Entrance. It was supported and arranged by the Butterfly Foundation and Gippsland Lakes Community Health and drew a large number of people including mental health practitioners, school communities, carers and sufferers. Eating Disorder foundations including Centre for Excellence for Eating Disorders (CEED) Eating Disorder Foundation of Victoria (EDFV) also provided considerable support and input

Membership of the GEDN

Membership is open to anyone who is interested in eating disorders, primarily with adolescents. GEDN primarily focuses on developing networks around prevention through education and training, treatment models and the support of sufferers of eating disorders, along with their carers

Meetings are usually held in Bairnsdale, monthly or bi-monthly where members report to the meeting, promote training and events and work on a range of goals and projects of interest and importance.

Projects and Goals

Projects include a feasibility study for the establishment of a pilot day –care outpatient centre for adolescents who suffer eating disorders, which will work in conjunction with a pilot Day Centre model proposed for Monash Medical Centre in

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Clayton. It is widely recognized that access to treatment is often very difficult for sufferers in regional Victoria, so this project is currently a primary focus.

Also of importance is the promotion of training for school staff, particularly physical education teachers and sports coaches who can play a vital role in early detection and prevention. Training for GPs and other mental health professionals are also promoted by the network. Training is usually delivered through CEED and EDFV.

LATEST EVENTS:

Australia and New Zealand Eating Disorders Conference, Sydney- 25th, 26th, 27th

Aug. 2005. The first day was a clinical training day, presenting the Karolinska Model, Maudsley Model of family Therapy , Interpersonal Therapy and Motivational Therapy. The following two days focused on current research papers and models, covering the spectrum of eating disorders.

Keys to Recovery Conference was hosted by Butterfly Foundation at Federation Square on the 6th September. This event launched Body Image and Eating Awareness Week, by Hon. Jacinta Allan . Featured was the launch of the Manual for Coaches, developed by CEED and EDFV., which addresses the fact that both men and women involved in sport may be vulnerable to eating disorders.

The event also included sufferers and carers personal journeys of recovery, and workshopping with health professionals.

EDFV Training Day for school staff and mental health professionals held at BACE (Bairnsdale) on 14th Sept by community outreach worker, the lovely Jo



(Photo of Jennifer and Rouve at Keys to Recovery)

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FUTURE EVENTS AND TRAINING AROUND EATING DISORDERS

EDFV Education Nights

Wed. 19th October: "Why we eat when we are not hungry: overeating, compulsive and non-hungry eating"-Dr Rick Kausman

Wed. 16th November: "Understanding Relapse and Inspiring Hope for Recovery"

CEED workshop Series

20th/21st October: Maudsley Model family Therapy

21st October :CBT and Eating Behaviour-A training Seminar and day Practice for Dieticians

Contact Sarah Harry for details: sarah.harry@mh.org.au

USEFUL RESOURCES FOR EATING DISORDERS

Eating Disorders Resource for Health Professionals:A manual to promote early identification, assessment and treatment of eating disorders

This manual was developed by the Victorian Centre for Excellence in Eating Disorders (CEED) which provides the foundation information on eating disorders and accompanies the Introduction to Management of Eating Disorders program. The aim is to improve the rate of early detection and effective intervention strategies for persons with eating disorders, particularly for GP's, clinical nurses and other mental health professionals.

An Eating Disorders Resource For Community and Welfare Workers: Identification, Intervention support and prevention in eating disorders

This manual is designed for people working in community and welfare work, perhaps working in residential, respite, mental health social work and youth services. It is preferably utilized in conjunction with Eating Disorders Foundation of Victoria (EDFV) DELIVER training program. Its purpose is to help in the prevention and early

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identification of eating disorders and timely referral to professionals who specialize in treatment. Both EDFV and CEED recognize that workers in non-clinical settings are often well-placed to detect and prevent eating disorders at the early end of the spectrum.

An Eating Disorders Resource for Schools: A manual to promote early intervention and prevention for eating disorders in schools.

This project developed out of increasing requests from teaching and other school staff for accurate information around prevention, treatment and intervention. It is primarily aimed at developing a whole school approach by building resilience in students to reduce risk factors in the school community.

For further info: www.eatingdisorders.org.au

www.ceed.org.au

My Body, My Life: An on-line Body image program for girls between 12 and 18 years (5-8 girls) This is a free 6 week program with six 90 minute weekly group sessions that are based on activities from a manual and run in conjunction with the on-line sessions. conducted from a real-time secure chat-room at LaTrobe University.

For further info: www.latrobe.edu.au/psy/projects/bodylife

Or s.mclean@latrobe.edu.au.

PROJECT WORKER REPORT

I was employed as the GEDN project worker at the end of June, 2005 through Gippsland Lakes Community Health. I currently work as a Cognitive-Behavioural Therapist and a social worker at Omeo District Health for 3.5 days and with the Better Outcomes initiative in Bairnsdale. I am also completing my Masters in Mental Health Science in CBT at Flinders University, South Australia and am doing

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current research around flexible delivery treatments for adolescents who suffer eating disorders.

Being involved with GEDN led me to become increasingly involved and supportive of the Feasibility Study to establish a Rural Satellite Day Care Centre Service for adolescents with eating disorders, funded through the Butterfly Foundation, Southern Health and Gippsland Lakes.

In April this year, CEED presented a training workshop with Professor Chris Fairburn in master classes in Trans-diagnostic treatment of eating disorders, and with a background in CBT, I explained to him that I was very interested in looking at a range of treatment models and delivery. He suggested that I visit the successful public health based working models in the UK, so I combined my quest with a holiday.

Visiting the U.K.

I was able to participate in the Multi-family group program in Maudsley Hospital with Dr Ivan Eisler, and Prof. Janet Treasure. The Maudsley Models are based on the premise that the whole of the sufferer's families should be involved for recovery to be maintained and sustainable, because they provide the young person's natural environment. Gill Dodd, Head of Clinical services at Bethlem Hospital kindly arranged for me to attend family and carers meetings and accompanied my visits to both Inpatient and Outpatient day care Centres connected with Bethlem Hospital. For example, Denbridge House, offers residential rehab. placements for men and women with eating disorders to help them maintain a healthy weight and learn healthy eating patterns.

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Programs are centred on group and individual therapy sessions based on Motivational enhancement therapy, Cognitive- behavioural and Interpersonal therapy and family work.

All the working team members were so friendly and generous with their time with me, and the compassion and commitment they have towards helping sufferers and their families and carers was so apparent.

I also spent time at the Great Ormond St Street Hospital for Sick Children with Dr Dasha Nicholls, who is the Head of the Childrens Eating and Feeding Unit. Again this was a wonderful experience as I was able to take part in the clinics and staff meetings around case-planning. All of the above programs are very interested in our network and the pilot day care satellite centre and are willing to exchange any support and expertise to us in the developments of models and treatments.



CATHY SMITH-PROJECT WORKER

Put in your diary **** EATING DISORDERS FORUM- NOV 30TH*****
BELLEVUE HOTEL LAKES ENTRANCE
MORE INFORMATION TO FOLLOW.

For further info, contact our committee group:

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