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# Wakefield child and adolescent mental health services (CAMHS)

Eating disorders service

With all of us in mind.

Who we are



The eating disorders team are part of Wakefield CAMHS. We're here to support young people with eating difficulties and disorders; working together with their parents, carers and families too.

We are made up of a range of healthcare professionals including; clinical lead psychiatrists, nurses, dieticians, family therapists, support workers and admin staff. This means different staff may be supporting a young person at any time.



## What we do

Most young people who use our service have been referred by their doctor, or another health professionals, such as staff at school.

Our job is to firstly meet with the young person and their family to ask some questions, get to know any history around their eating, alongside doing some physical checks such as recording weight.

This is what we call an 'assessment' and it's our way of understanding the difficulties a young person is facing, whilst working out what support we can offer. Sometimes an assessment may take more than one meeting.

Following the assessment, we review all the information we have, and working with the young person and family, we decide next steps, also known as 'treatment' or a 'care plan'. Treatment can include:

- Signposting to other support
- Guided self-help and coaching
- Meal planning and support
- Individual therapy
- Family therapy
- Invitation to group support (for parents, carers and family members too)
- Ongoing physical health monitoring
- Exercise and activity support

We also offer personalised treatment and support to make sure we are meeting the needs of the young person; using our highly skilled and supportive team to provide this.

Most of our support is provided in 'the community' which means that a young person either comes in to see us at our clinic, or that we visit them at home or in an agreed community place such as a school or café.

If a young person needs more urgent support for their physical or mental health, then they can be taken to a hospital ward to be supported on a short-term basis. This only happens if we think there is a very high medical risk that needs treating at a hospital. We always work to move the young person out of hospital and back into community support as soon as they are medically fit.

## Next steps after treatment

You can recover from an eating disorder, but it can take time and recovery is different for everyone. This means that treatment times and the number of appointments can differ between every person we work with.

During treatment, our team will work with the young person and family to set a recovery goal. The recovery goal is personal to each young person and could include; reaching a target weight, developing normal eating patterns, or even seeing the return of a menstrual cycle (which may have previously stopped due to the eating disorder).

Once recovery is in sight, a relapse prevention plan will be created with the young person and family before they are discharged from the service. This will help to identify potential triggers and support the young person to use the skills they've learnt during treatment, to continue their recovery.



Important things to know

Eating difficulties and disorders are complex and unique to every person. There are many different types of eating disorders.

As a team, our goal is to help young people develop a healthy relationship with food and their bodies. We therefore may signpost or direct young people and families to other support outside of CAMHS.

This is part of our treatment and doesn't mean that there aren't eating difficulties present that need treating. It just means we think other treatment is more appropriate at the time of assessment.

Useful contacts

We've put below some useful contact information so that support is always available:

**Wakefield CAMHS Single Point of Access (SPA)**

The SPA team take all calls centrally for all teams in Wakefield CAMHS, including the eating disorders team.

**Telephone:** 01977 735865

**Website:** [www.southwestyorkshire.nhs.uk/services/camhs-wakefield](http://www.southwestyorkshire.nhs.uk/services/camhs-wakefield)

**Beat**

Beat is UK's eating disorder charity.

**Helpline:** 0808 801 0677

**Studentline:** 0808 801 0811

**Youthline:** 0808 801 0711

**Website:** [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) (with online chat)



**If you require a copy of this leaflet in any other format or language please contact your healthcare worker at the Trust.**

W przypadku potrzeby uzyskania kopii danej ulotki w jakimkolwiek innym formacie lub języku, prosimy o kontakt z pracownikiem służby medycznej w funduszu zdrowia

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Potřebujete-li kopii tohoto letáku v jakémkoli jiném formátu nebo jazyce, kontaktujte svého pracovníka ve společnosti Trust.

如果您需要此宣传册的任何其他格式或语言的版本，请联系国民医疗服务体系的医疗保健工作人员。

Ja jums nepieciešama šī bukleta kopija jebkādā citā formātā vai valodā, lūdzu, sazinieties ar savu trasta veselības aprūpes darbinieku

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Si vous avez besoin d'une copie de cet dépliant dans un autre format ou une autre langue, veuillez contacter votre professionnel de santé à la Trust.