

#### CONTACT DETAILS:

Eating Disorder Practitioners are available from 9am to 5pm Monday to Friday

**TELE: 028 3836 0680**

#### USEFUL WEBSITES:

BEAT: [www.b-eat.co.uk](http://www.b-eat.co.uk)

BODYWHYS: [www.bodywhys.ie](http://www.bodywhys.ie)

EDA: [www.eatingdisordersni.com](http://www.eatingdisordersni.com)

Maudsley parents: [contact@maudsleyparents.org](mailto:contact@maudsleyparents.org)

[WWW.younghealthymindsni.co.uk](http://WWW.younghealthymindsni.co.uk)

#### WE VALUE YOUR VIEWS

The CAMHS Eating Disorder Team aims to achieve a high standard in our clinical care. If you are unhappy with any aspect of our service we would like you to tell us immediately. Similarly, if you feel the service has been helpful we would like to hear that too. You should express your concerns/or your positive comments to the person who is providing the care or service. If you do this and are still not satisfied you may express your concerns in writing, by telephone or by arranging an appointment with the Patient/Client Liaison Manager on

**TELE: 028 3839 8345**

All comments, suggestions, compliments or complaints should be made initially to:

Corporate Complaints Department, Trust Headquarters, Craigavon Area Hospital, 68 Lurgan Road, Portadown, BT63 5QQ

**TELE: 028 3861 4150 EMAIL: [complaints@southerntrust.hscni.net](mailto:complaints@southerntrust.hscni.net)**

# *CHILD & ADOLESCENT EATING DISORDER SERVICE*

***TRUST EXCELLENCE AWARD WINNERS OF 2013-14***

**Cedarwood Building, The Sperrins, Longstone  
Hospital Site, Armagh**

**TELE: 028 3836 0680**

If you are a smart phone user you can scan the **QR Code** for more information on the  
CAMHS Service



We are a Multi-disciplinary Team made up of Eating Disorder Specialists/Nurses, a Family Therapist and a Dietitian who have specialist training and experience in the treatment of Eating Disorders. The team is managed by a Team leader. The Team provides services from Monday to Friday from 9am to 5pm for 10-18 year olds living in the Southern Trust Area.

The Team specialises in the assessment and treatment of young people who present on referral with:

- ◆ Anorexia Nervosa
- ◆ Bulimia nervosa
- ◆ Eating Disorders not otherwise specified

#### **WHO CAN REFER?**

- ◆ General Practitioner/Family Doctor
- ◆ Paediatricians (hospital and community)
- ◆ Medical Physicians
- ◆ A&E Consultants
- ◆ Generic Child and Adolescent Mental Health Service Professionals

Referrals should be made by completing the Child and Adolescent Eating Disorder referral proforma (this can be accessed by emailing [linda.breen@southerntrust.hscni.net](mailto:linda.breen@southerntrust.hscni.net)) and then forwarded to Referral Co-ordinators at [camhs.teams@southerntrust.hscni.net](mailto:camhs.teams@southerntrust.hscni.net).

Self referrals are not accepted.

#### **SERVICE PROVISION:**

We have centralised our service to The Sperrins in Armagh on the Longstone Site continuing to provide a service for the Southern Trust. This newly refurbished dedicated Centre offers an open, bright comfortable space with excellent facilities which allows the Team to utilise its full range of treatment options available.

#### **CARERS ASSESSMENT:**

All adults looking after young people who come into CAMHS have the right to a Carer's Assessment. If you are a carer and feel you would benefit in an opportunity to focus on how caring impacts on you, your lifestyle and family life, talk to your Eating Disorder Practitioner who can arrange for you to receive an assessment.

#### **WHAT THE TEAM OFFER:**

When a young person is referred to the Child and Adolescent Eating Disorder Service we offer a family and individual assessment. If after assessment, we believe that the Eating Disorder Service is appropriate to meet your needs, we will offer you a follow up appointment. We will liaise with your GP/Referrer throughout your treatment.

Following assessment we offer a range of interventions which include:

- ◆ Reviews
- ◆ Motivational work
- ◆ Individual Therapy
- ◆ Family Therapy
- ◆ Individual Nutritional Assessment Education and Reviews
- ◆ Nutritional Educational groups (6 weeks)
- ◆ Carers Support Education Group (8 weeks)
- ◆ Art Therapy—provided by Arts Care

The Team also provide

- ◆ Consultation Service to Trust Professionals
- ◆ Training

#### **CONFIDENTIALITY:**

The information young people give us is confidential to them and the Team. If we think that it would be helpful for the young person to share confidential information with their parents/carer, we try to help them to find a way to do this. Sharing information about you ensures that we are able to provide the best possible care as a Team. If we are concerned that a child or young person is suffering, or are at risk of harm, we have a duty to inform their parent/carer and/or professionals who can help.