

June 2016

The 2016 Annual Eating Disorders NSW Statewide Forum

Since the release of the NSW Service Plan for People with Eating Disorders, *InsideOut* (formally the Centre for Eating and Dieting Disorders) in collaboration with Sydney Local Health District and the Boden Institute at the University of Sydney has held an annual forum for health professionals, individuals with a lived experience of an eating disorder and carers, family and friends.

This forum provides the opportunity for members of the eating disorder community, including representatives from all NSW Local Health Districts & Networks, clinicians, specialists, individuals with a lived experience of an eating disorder and carers, family and friends to get together and learn about the latest developments and achievements of the Service Plan, as well as providing learning and training opportunities and networking for those committed to improving service delivery for people with eating disorders.

The 2016 Forum was attended by more than 170 health professionals, individuals with a lived experience of an eating disorder and carers, family and friends at the Charles Perkins Centre at the University of Sydney. The Forum highlighted the progress and achievements since the launch of the NSW Service Plan for Eating Disorders in September 2013, with a particular focus on implementation of the 17 LHD and 1 specialty network service plans for eating disorders that have been developed over the last 2 years.

The Morning session featured the following presentations:

- Teresa Anderson, Chief Executive of the Sydney Local Health District and Chair of the committee overseeing the plan, opened the event and spoke about the effort made across NSW to integrate eating disorders into their core business, develop their own service plans, and build enhancements for eating disorders locally.
- Christine Morgan, Butterfly Foundation CEO, stressed the importance of improving services from the point of view of people with lived experiences with eating disorders, and summarised the key findings of the NSW Mental Health Commission sponsored research project on consumers Insights into Recovery.



- Headspace Manager for NSW, ACT & SA Toni Ottavio, spoke about the important role headspace and the PHNs will play in the delivery of services to people with eating disorders under the plan, and the ongoing commitment of headspace to be a major service provider in this illness group.

This was followed by a presentation on monitoring and recording of eating disorder data for activity based funding, as well as a shared learning session in which 3 LHDs shared their experience with their journeys with the Service Plan so far.

The forum addressed the following essentials areas during a series of Afternoon concurrent sessions:

Where do we start? Doing something locally to treat children & adolescents with eating disorders

Presented by Sloane Madden & Andrew Wallis

Setting up a treatment team for eating disorders in the community: requirements and considerations

Presented by Cathy Anderson, Megan Lorimer, Emma Kerr

Managing EDs in the ED

Presented by Ian Caterson, Matt Holten, James Edwards, Joanne Titterton, Dr Anne Morris

Early intervention: picking up cases early and responding

Presented by Deanne Harris



Negotiating compulsory treatment for eating disorders in hospital and the community

Presented by Janice Russell, Frances Wilson, Tim Wand, Christine Morgan & Kensey Brydson

How can we support you? The Evolving Peter Beumont Eating Disorders Outreach Service and The Sydney Children's Hospital Network.

Presented by Lyn Chiem, Joanne Titterton and teams

A moderated discussion was held at the end of the day which provided health professionals and people with a lived experience with eating disorders the opportunity to discuss treatment and recovery options.

If you'd like to see video footage or resources from these sessions, please search for them in our Resource Library.

