

June 2017

The 2017 Annual Eating Disorders NSW Statewide Forum 'Eating Disorders Are Everybody's Business'

InsideOut (formally the Centre for Eating and Dieting Disorders) in collaboration with the Ministry of Health 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 since the release of the *NSW Service Plan for People with Eating Disorders 2013–2018* (the NSW Service Plan).



CEDD Director and NSW Statewide Eating Disorder Coordinator Dr. Sarah Maguire

This forum has provided the opportunity for members of the eating disorder community to come together to work collaboratively towards improving service delivery for people with eating disorders. Participants at the Forum included representatives from all NSW Local Health Districts & Specialty Networks, clinicians, eating disorders specialists, individuals with a lived experience of an eating disorder and carers, family and friend.

The 2017 annual Forum, themed 'Eating Disorders Are Everybody's Business' was attended by over 250 participants, which marked a substantial increase from the previous year, indicating a greater engagement with the NSW Service Plan. The theme reflected the need for a whole team approach to the treatment of eating disorders.

The consumer and carer perspective played a central role in opening the Forum, with a wonderful presentation by Liz and Jim Chapman. Liz has had an eating disorder for over 40 years and their story gave the audience much to think about in terms of service delivery to this client group. It is time to put the person at the centre of care and decision making.



The collaboration between specialist and mainstream services, as well as the inclusion of carers and consumers in the team were also central themes of the day. Going forward with the NSW Service Plan, these are critical elements to driving change and ensuring eating disorders do indeed become everybody's business.

The Forum also tackled the difficult issue of coercive treatment. Anina Johnson, Deputy President of the Mental Health Review Tribunal gave a presentation on the day regarding when and how to use the Mental Health Act and Guardianship Act in the case of people with eating disorders.

The four workshops delivered at the Forum were selected to assist participants with planning the next steps in the implementation of the NSW Service Plan. They included:

1. Embedding Treatment in Core Mental Health Community
2. Engaging Families and Carers in the Service Development and Treatment of Eating Disorders
3. Building the Whole Team: Intersection Between Mainstream & Specialist
4. Developing Models of Care

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



Director of Mental Health Sydney Local Health District Professor Victor Storm.



Liz Chapman sharing her insights from a consumer perspective.

