

Eating Disorders

Summit 2021

Improving Access, Treatment & Recovery Outcomes

10% card payments discount*
15% group booking discount**

Wednesday 24th March 2021

Virtual Conference



Chair & Speakers Include:

Amanda Risino

Chief Operating Officer

Health Innovation Manchester

Chair, Academic Health Science

Network Early Intervention in Eating

Disorder National Programme

James Downs

Voices of Mind

Dr Andrea Brown

Member, Executive Committee,

Eating Disorders Faculty

Royal College of Psychiatrists; and Consultant

Psychiatrist and Psychotherapist

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CONFERENCES UK**



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The Virtual event will include live and pre-recorded sessions, a dedicated landing page including supporting abstracts, resources and powerpoint presentations, Interactive Breakout groups, Live Q&A sessions, Virtual networking with fellow delegates and speakers, Additional educational taster sessions, a secure landing page with password protected entry exclusively for attendees, CPD accreditation.

“Eating disorders have among the highest mortality rates of any mental illness, yet people’s chances of recovery are being subjected to a lottery and lives are at risk.” Andrew Radford Chief Executive Beat Beating Eating Disorders, 18th June 2019

“One estimate of the numbers of people with eating disorders in the UK is between 600,000 and 725,000. An alternative estimate suggests the figure is 1.25 million. Regardless of precise figures, it has been suggested that eating disorders may be one of the most common mental health problems. Accordingly the provision of effective treatment and services for people who have an eating disorder is a serious matter for society.”

Ignoring the Alarms: Too many avoidable deaths from eating disorders, UK Parliament 18th June 2019

“Eating disorders are serious, life-threatening conditions with some of the highest mortality rates of any mental health disorder. Early intervention is vital and we recognise how important it is that everyone with an eating disorder can access quick, specialist help when necessary. Improving eating disorder services is a key priority for the government and a fundamental part of our commitment to improve mental health services.” UK Government August 2019

“The standard requires services to ensure that by 2020/21, 95 per cent of children and young people in need begin treatment within 1 week for urgent cases and 4 weeks for non-urgent cases.” NHS England 2019 *“Clinical consensus indicates that the optimal model of service delivery for people with an eating disorder is a dedicated, multidisciplinary eating disorder service.”* NHS England 2019

The NHS Long Term Plan and accompanying Mental Health Implementation Plan has demonstrated a commitment to improve support and treatment for people with eating disorders. This conference focuses on making that plan a reality through developing services for Eating Disorders: improving access, treatment and recovery outcomes, and meeting the national standards for children, young people and adult services. The conference will also look at increasing the use, and improving the effectiveness of day and home based treatment programmes as advocated by Beat “Intensive outpatient treatment for eating disorders, including day or home-based treatment, could significantly reduce costs to the NHS and still be as effective as inpatient treatment – but has not been made widely available. Despite NICE guidelines stating that residential programmes should be reserved for the most unwell patients, a new report by Beat, the UK’s eating disorder charity, has found that only 30 (33.3%) of NHS trusts offer day or home-based treatment meeting the recommended level of intensity. Beat September 2019. There is a new focus this year on Eating Disorders in boys and men. You will hear from James who has lived experience in eating disorders, and from a service working to reduce stigma and improve outcomes for boys and men with eating disorders.

Benefits of attending this conference will enable you to:

- Network with colleagues who are working to improve services, practice and treatment for people who are experiencing Eating Disorders
- Understand the national context and evidence base
- Reflect on the lived experience of Eating Disorders
- Develop your skills and improve competence in delivering Eating Disorders services
- Ensure early intervention and reducing waiting times in both adult and child and adolescent services
- Identify key strategies for increasing the use of day and home based treatment programmes
- Learn from current best practice in treatment of Eating Disorders
- Develop best practice in improving eating disorder services for boys and men
- Ensure you are up to date with current consensus on exercise in eating disorders: treatment and practice
- Improve access and services for adults with Eating Disorders
- Develop an effective pathway for people with Bulimia Nervosa
- Improve the way you develop recovery focused care plans and assess risk on transition of care
- Develop your skills in working with families and friends
- Self assess and reflect on your own practice

10.00 Chair's Welcome & Introduction

Amanda Risino *Chief Operating Officer, Health Innovation Manchester and Chair, Academic Health Science Network Early Intervention in Eating Disorder National Programme*

10.10 OPENING ADDRESS: The Lived Experience of having an Eating Disorder

Katharine Lazenby

Expert by Experience and People Participation Worker for disordered eating
East London NHS Foundation Trust

- My experience of living with an eating disorder and inpatient treatment
- Reflections on factors that support recovery

10.45 What does a Gold Standard Eating Disorders service look like?

Dr Andrea Brown

Member, Executive Committee,
Eating Disorders Faculty, Royal College of Psychiatrists;
and *Consultant Psychiatrist and Psychotherapist*

- what does recovery mean in your service: developing consensus
- what does a gold standard eating disorder service look like?
- service models, pathways and recovery focused goals
- the impact of Covid-19 and implications beyond the pandemic
- developing community services and increasing the use of day and home-based treatment programmes
- extending implementation of the MARSIPAN guidance
- monitoring adherence to the National Quality Standard

11.15 Small Group Breakout Rooms - Self Assessment of your own service: Discussion

11.30 *Question and answers, followed by comfort break and virtual networking*

12.00 Supporting Adults with Eating Disorder: Improving Access and Spreading Hope

Dr Monique Schelhase *Acting Consultant Psychiatrist and Clinical Lead*

and Mary Franklin-Smith *Drama Therapist and FREED/MANTRA Lead*
CONNECT: The West Yorkshire and Harrogate Adult Eating Disorders Service
Leeds and York Partnership NHS Foundation Trust

- our experience of implementing FREED and the importance of early intervention FREED
- creative ways to reach out and engage

12.35 Providing Creative Approaches to Community Care for Eating Disorders

Kevin Parkinson

Chief Executive
First Steps ED

- improving treatment and reducing hospitalisation
- creative approaches and compassion focused therapy
- delivering day and home based treatment programmes
- working in partnership to raise awareness and improve access to services

12.55 *Question and answers, followed by lunch break and virtual networking*

FOCUS: Eating Disorders in Boys and Men

13.30 A Lived Experience Perspective

James Downs *Voices of MIND*

- my experience
- how we could improve services for men with eating disorders

14.05 Improving services for Boys & Men with Eating Disorder

To be announced

- how to encourage men to seek help for eating disorders: reducing the stigma
- the wider cultural context of male body image problems and features unique to men
- improving services for men and an overview of our service

14.35 Small Group Breakout Session - How do we support boys and men with eating disorders?

15.00 Exercise: Consensus on Treatment & Practice

Dr Caz Nahman

Consultant Child and Adolescent Psychiatrist & CAMHS Eating Disorders Consultant, Sport and Exercise Special Interest Group
Royal College of Psychiatrists

- treating compulsive exercise as part of eating disorders
- how can exercise in moderation be incorporated into a treatment plan
- developing consensus on good practice
- panel discussion: approaches to exercise

15.30 *Question and answers, followed by comfort break*

15.45 Bridging the Gap through the Involvement of Carers, Family and Friends

Professor Janet Treasure

Psychiatrist and Director of the Eating Disorders unit
South London and Maudsley Mental Health Trust

- early intervention and carers
- what is 'recovery' from a carer's perspective
- the challenge of caring during Covid-19
- the importance of collaborative care

16.20 Improving Transitions Between Services

Dr Tony Winston

Consultant in Eating Disorders, Coventry and Warwickshire Partnership Trust and Medical Director, Newbridge House, Birmingham; Author, Guidance for Good Practice: Managing Transitions when the Patient has an Eating Disorder, Royal College of Psychiatrists

- why transitions matter
- types of transitions for young people with anorexia nervosa
- transitions between CAMHS and adult services
- towards best practice

16.50 *Question and answers, followed by close*

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Virtual Conference

This virtual conference is run using a live stream on Zoom, interactive breakout rooms, and resources on a secure landing page available for three months after the event.

Date

Wednesday 24th March 2021

Conference Fee

- £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.
 £250 + VAT (£300.00) for voluntary sector / charities.
 £495 + VAT (£594.00) for commercial organisations.

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