

## Family Based Treatment

A family– based approach is often used in the treatment of Eating Disorders (unless there are particular reasons not to). The aim of Family Based Treatment is to identify how everyone can work as a unit to support the individual’s recovery and beat the Eating Disorder. This is also known as the Maudsley Approach. This is one of the most promising evidence based treatments for Eating Disorders. More information can be found on the Maudsley website: [www.maudsleyparents.org](http://www.maudsleyparents.org)



## Information for families/carers

Eating Disorders do not just impact on the person suffering with the illness. Families and carers can also experience emotional and social consequences. Watching someone you care for suffer with an Eating Disorder can cause feelings of fear, anxiety and frustration. Interactions around food can increasingly dominate family life and cause hostile confrontations.

There is a toolkit for carers written by Janet Treasure that describes some of the common reactions of families/carers. It encourages them to reflect upon their emotional responses and experiment with trying to change them to assist the recovery process. You can find the toolkit here: [www.kcal.ac.uk/ioppn/depts/pm/research/eatingdisorders/resources/TOOLKIT-FOR-CARERS-FEB3-09.pdf](http://www.kcal.ac.uk/ioppn/depts/pm/research/eatingdisorders/resources/TOOLKIT-FOR-CARERS-FEB3-09.pdf)

## How can you contact us?

- Professionals and individuals can contact the service to discuss a referral or for advice
- We accept self referrals and referrals from professionals
- All referrals should come to the Forward Thinking Birmingham Access Centre via the website: [www.forwardthinkingbirmingham.org.uk](http://www.forwardthinkingbirmingham.org.uk) or by calling **0300 300 0099**



## Useful Contacts

**Pause (FTB Drop in centre)** - 21 Digbeth, Birmingham, B5 6BJ

**BEAT Helpline**—Over 18s helpline: 0808 801 0677 or [helpmail@b-eat.co.uk](mailto:helpmail@b-eat.co.uk)

Under 18s helpline: 0808 801 0711 or [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

Website: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**The Samaritans**—116 123 (24 hour phone line)

**Sane line (Mental Health Helpline)** - 0300 304 7000 (6pm-11pm daily)

**Papyrus (Suicide Prevention Charity)** -

HOPELineUK 0800 068 4141

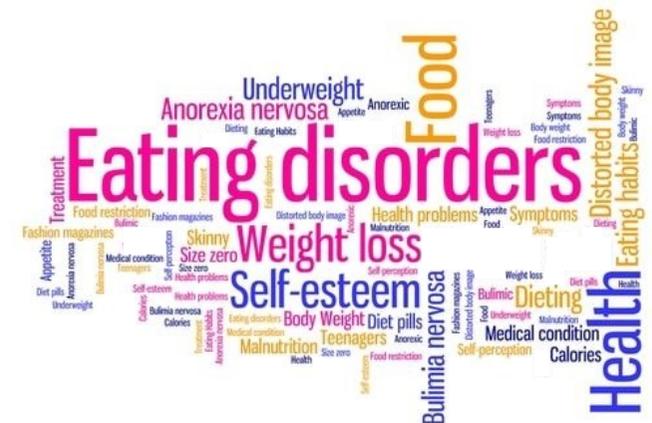
Text 07786 209697 (check website below for opening hours)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

# Forward Thinking Birmingham (FTB) Specialist Eating Disorder Service

Our team provides a city-wide service for people aged 0-25 who need assessment and treatment for an Eating Disorder. We all have different ‘eating styles’, however some are driven by an intense fear of weight gain, and can upset body functioning and daily activities. These are called Eating Disorders, and are often a way of coping with difficult experiences and emotions.

Continue reading overleaf to find out more...



## What are Eating Disorders?

### **Anorexia Nervosa**

Significant low weight, with an intense fear of gaining weight. People have a disturbed perception of their body weight and shape (they do not see their body as it actually is) and can find it difficult to see why their low weight is a problem. People with Anorexia often engage in a range of weight control behaviours e.g. restricting calorific intake and excessive exercising. They may also binge and purge in the pursuit of thinness.

### **Bulimia Nervosa**

Body weight can vary and the person may appear to be within a healthy weight range, but they will have a disturbed perception of body weight and shape. People have a pattern of binge eating (out of control eating of large amounts of food), followed by harmful methods in an attempt to counter the effects of eating such as vomiting, fasting or excessive exercising.

### **Atypical Eating Disorder (EDNOS, ARFID)**

There are serious signs of an eating disorder, but the symptoms do not fulfil all of the criteria for Anorexia or Bulimia.

### Getting help early

Getting help early when suffering from an Eating Disorder is important. If you have concerns about food and weight, and these are starting to have an impact on your everyday life we encourage you to seek help.

You can make a self referral to our service, but we also encourage you to see your GP if you think that you may have symptoms of an Eating Disorder. By involving your GP early in treatment, we can both help to look after your mental and physical health needs together with you.

## Who are we?

The team is led by dedicated Mental Health professionals, who can help to explore relationships with food and understand the best way we can help you to tackle your individual difficulties. Our Eating Disorder Service is provided by a multi-disciplinary team that is made up of a number of professionals:



## Where are we?

The Eating Disorder Service offers treatment in all four FTB Community HUBs across Birmingham:

- Blakesley Centre—Yardley
- Birmingham Road—Sutton Coldfield
- Oaklands Centre—Selly Oak
- Finch Road—Lozells

We will do our best to provide your treatment in a location that is easy for you to get to, so please let us know if there is a HUB that you would prefer to attend.

We run two assessment clinics a week:

- Mondays at Birmingham Road
- Fridays at Oaklands Centre

## How can we help?

All people under our care will be allocated to a treatment pathway according to their individual needs. There are a number of possible treatment options; these can include a single intervention or a combination of the following:

- Initial advice & care planning**
- Self help materials**
- Dietetic/ nutritional support**
- Physical health monitoring**
- Medical monitoring**
- Therapeutic group work**
- Family therapy/ support**
- Family based treatment**
- Higher intensity support in the home**
- Specialist psychological therapy**

**Individual sessions** are also offered this may initially be supportive work to help the individual in making changes and enhance motivation towards recovery. Once the individual's physical state has started to improve they maybe offered individual therapy such as CBT or another model of therapy depending on the needs identified.

To develop treatment plans we use guidelines set out by the National Institute for Health and Clinical Excellence (NICE) which focus on improving psychological, physical and social functioning. However, we aim to provide support and treatment that will best suit individual circumstances, and we will work with you and your family (as appropriate) to develop a treatment plan that is right for you.

