

Useful contacts

Our **duty staff** are available via the access centre to offer advice, support and guidance over the phone during working hours on **0300 300 0099**.

Should you be continuing treatment with us following your assessment you will be allocated a named core worker.

You will be able to contact them between appointments at your local base on the following numbers:

Birmingham Road 0121 333 8085

(Sutton Coldfield)

Blakesley Centre 0121 333 8396

(Yardley)

Finch Road 0121 255 0110

(Lozells)

Oaklands Centre 0121 333 8342

(Selly Oak)

ForwardThinking
Birmingham 

On our website you will find a list of resources and links to other support that may also be useful:

[https://
www.forwardthinkingbirmingham.org.uk/
conditions/eating-disorders](https://www.forwardthinkingbirmingham.org.uk/conditions/eating-disorders)

[https://
www.forwardthinkingbirmingham.org.uk/
services/11-eating-disorder-service](https://www.forwardthinkingbirmingham.org.uk/services/11-eating-disorder-service)

Where minds matter

Working together for you:



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GROUP OF COMPANIES

@beaconuk

The Children's Society

ForwardThinking
Birmingham 

Specialist Eating Disorder Service

The Assessment Appointment

What you can expect in your appointment

Thank you for agreeing to attend an appointment with us. Your appointment will be divided into three sections.

- The Questionnaires (non-verbal assessment of thoughts and feelings)
- Physical Health Assessment
- Assessment of Goals/Aims of Treatment Discussion

a) The Questionnaires (ROMs) Before your appointment, we need some important information from you so we will ask you to complete some questionnaires. These are called Routine Outcome Measures or ROMs for short and will be used throughout treatment with us. These are designed to make sure that we are helping you the best way we can.

What's in it for me? They:

- help you express how you're feeling if you can't put it in to words.
- let you see the progress you are making in your sessions;
- allow you to have more control over your sessions by deciding what you want to work on;
- allow you to say if there's something you're not happy with.

What will you ask me? The questionnaires will ask you about how you are feeling, what difficulties you are having, what help you need, and how you feel about your treatment

Do I have to complete these questionnaires?

It is completely your choice whether or not you are happy to answer these questionnaires. Your worker will not mind if you do not want to fill them in, and it will not change the work you do together. You can talk to your worker about this first if you want to.

What will you do with my answers?

All of the answers you give us will be kept very safe and private. We will ask you if you are willing for any information to be shared to help your worker keep on learning about how we can best help you and other young people and families like you.

Should you have any difficulties completing these, please let your worker know and support will be given.

b) Physical Health Assessment

Physical Health Monitoring

We conduct physical assessments for all our young people in assessment and treatment with our service. This includes:

- Weight
- Height
- BP & pulse (sitting and standing),
- Physical health symptoms related to your presentation

This is to help us to, accurately calculate/determine how physically well or unwell you might be and will help us to further tailor your continued treatment package with us.

Additional assessments we may request following/prior to this appointment

- Blood Tests**
- ECG**

We may ask you and your GP for the additional tests above. Again, the purpose of this is to help us determine how much any eating disordered behaviour may be affecting your physical health. If you have any questions about these please do not hesitate to ask

c) Assessment of Goals /Aims of Treatment Discussion

This part of the appointment is where we are able to talk to you (and if applicable, your family members) about what has brought you to our service. We will talk to you about your thoughts, feelings and goals/aims for treatment i.e. what you would like to work on to feel better.

This helps us to understand your needs overall as well as what we may be able to do to support you to work towards the goals identified. It also gives you a chance to collaboratively start to plan your care around those needs, whether it continues with us or whether another service might better meet your needs at this time

Continuing Treatment with us If at the end of your appointment, if it is agreed that further support from our service would be helpful and appropriate, a care plan will be developed with you.



Our care planning is based on your individual needs and requirements around your Eating Disorder. We have a dedicated community team, which provides a range of specialist evidence-based treatment and a range of support options for you and family members.

We'll support you to access treatment in a safe, appropriate way and aim to flexibly work with you every step of the way towards recovery

If continuing treatment with us is not the right fit for you

It may be that as a result of today's appointment we jointly decide that continuing treatment with a specialist eating disorder service is just not the right fit for you. If this is the case we aim to ensure that we signpost you or in some cases directly refer you to the right service to meet your needs.

At the end of the assessment Your Assessment clinician will share their contact details with you. Should you have any questions about the assessment process or treatment with us, please do not hesitate to ask.