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Eating Disorders Summit 2021

Improving Access, Treatment & Recovery Outcomes

Thursday 2nd December 2021 **Virtual Conference**



Chair and Speakers Include:

Dr Jon Goldin
Consultant Child and Adolescent Psychiatrist, Joint Specialty Lead PAMHS, Joint Training Programme Director, Mildred Creak Unit
Great Ormond Street Hospital for Children NHS Foundation Trust

James Downs
Patient Representative, Royal College of Psychiatrists and NHS England, Lived Experience Consultant & Peer Researcher

Dr Amit D Mistry
Sports Psychiatrist Consultant Eating Disorders & Chair
Sport and Exercise Special Interest Group, Royal College of Psychiatrists

HEALTHCARE CONFERENCES UK

Supporting Organisations:

Breathe
South London and Maudsley NHS Foundation Trust
FREE! Time to win the race against eating disorders!
Association of British Paediatric Nurses
BAMT British Association for Music Therapy
National Centre for Eating Disorders
Children England Charities working for children and families
ACP Association of Child Psychotherapists
Seed Eating Disorder Support Service
EDC

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"People don't die from eating disorders, they die from a lack of care when they need it."
James Downs, Patient Representative and speaker at the conference commenting on the death of Nikki Grahame, April 2021

"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

"Referrals to eating disorder inpatient settings and emergency admissions to acute hospitals have increased by a fifth and waiting times have doubled since the pandemic in a Provider Collaborative in the south of England, according to new research... the average number of referrals increased by 20% from March 2020 to November 2020 when compared with data from July 2018 to February 2020. Waiting times for potentially life-saving treatment more than doubled from 33 days to 67 days… The findings come as recently published NHS data on eating disorders shows a fourfold increase in the number of children and young people waiting for urgent care and a 129% increase in the number waiting for routine treatment over the past year."
The Royal College of Psychiatrist March 2021

"Eating disorder services are at risk of being overrun by the surging numbers of people needing help because of Covid-19. Support networks have been dismantled and the reduced access to community services means many people are suffering in silence, unable to get the help they desperately need…We know early intervention saves lives, so all frontline healthcare professionals need to be trained in identifying eating disorders"
Dr Agnes Ayton, chairwoman Royal College of Psychiatrists' eating disorders faculty, March 2021

"Owing to the lack of prompt access to specialist eating disorder units, approximately 19% of patients have required acute admission to general hospitals for emergency medical treatment. This represents a 20% increase during the pandemic."
Dr Agnes Ayton, chairwoman Royal College of Psychiatrists' eating disorders faculty, March 2021

"The factors behind eating disorders are often complex, but the pandemic has left many young people isolated, uncertain about the future and less in control. Many may also have lost access to their usual routines and coping mechanisms."
Tom Madders, YoungMinds, February 2021

"The number of young people with eating disorders in England ending up in hospital has risen during the pandemic, a BBC investigation has found. Data obtained from NHS Digital showed the number of under-20s admitted over the past year topped 3,200 - nearly 50% higher than in 2019-20."
BBC News July 2021

"For those who already had an eating disorder their illness has worsened, more people have developed an eating disorder for the first time and others who thought they had recovered from their eating disorder have relapsed."
Tom Quinn, eating disorders charity Beat, July 2021

The Covid-19 pandemic has led to surging numbers of people with eating disorders. This conference focuses on Eating Disorders: improving access, treatment and recovery outcomes, and meeting the national standards for children, young people and adult services during and beyond Covid-19. There is focus on early intervention and also a particular 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
- Understand the current challenges around waiting times and early intervention during and beyond Covid-19 including innovative approaches to first contact services
- 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
- 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

Dr Jon Goldin *Consultant Child and Adolescent Psychiatrist, Joint Specialty Lead PAMHS, Joint Training Programme Director, Mildred Creak Unit*
Great Ormond Street Hospital for Children NHS Foundation Trust

10.10 Lived Experience and Planting The Seeds of Recovery

Katharine Lazenby
Expert by Experience & 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 Ashish Kumar
Consultant Psychiatrist & Associate Medical Director
Mersey Care NHS Foundation Trust;
Vice Chair, Faculty of Eating Disorders, The Royal College of Psychiatrists,
President, European Chapter of Academy for Eating Disorders;
Honorary Clinical Lecturer, University of Liverpool;
National Coordinating Investigator (NCI)
UK for Vortioxetine Study in Children and Young People

- 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
- ensuring decisions are not made based on BMI alone

11.15 Small Breakout Groups: self-assessment of your own service: discussion

11.30 Comfort Break and Virtual Networking

12.00 Supporting Adults with Eating Disorder: Improving access and spreading hope

Dr Karina Allen
Principal Clinical Psychologist, Eating Disorders Outpatients Service
South London and Maudsley 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 Lunch Break and Virtual Networking

FOCUS: Eating Disorders in Boys and Men

13.30 A Lived Experience Perspective

James Downs
Patient Representative, Royal College of Psychiatrists
and NHS England, *Lived Experience Consultant & Peer Researcher*

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

14.05 Improving services for Boys & Men with Eating Disorders

Dr Heike Bartel
Associate Professor in Modern Languages & Cultures
University of Nottingham

- designing creative and patient-centred training tools for healthcare professionals
- encouraging Boys and Men to seek help for eating disorders: reducing the stigma
- the wider cultural context of male body image problems and features unique to men'

14.35 Small Breakout Groups: how do we support boys and men with eating disorders?

15.00 Exercise: Consensus on Treatment & Practice

Dr Amit D Mistry
Sports Psychiatrist Consultant Eating Disorders & Chair
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 Comfort Break and Virtual Networking

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

Veronica Kamerling
Experienced Carer
Eating Disorders & Carers

- 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
Medical Director, Schoen Clinic UK, 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 Chair's Closing Remarks

There will be time after each speaker session for Questions and Answers

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15% group booking discount**

Conference Registration

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Virtual Conference

Download

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Department

Organisation

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Postcode

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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
Thursday 2nd December 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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All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 10 days after submitting your booking. The access code for the virtual portal will be sent in the week before the conference.

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If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk

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