

Outpatient and Day Patient Services for Eating Disorder Recovery

(formerly known as EDOS)
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"The process of recovery seemed so easy to understand when it was explained to me, but if I was left alone to do it without guidance and the opportunity to talk about my problems, I believe recovery would not have happened". C. 26yo

Our Philosophy

The Queensland Eating Disorder Service (QuEDS) recognises recovery from an eating disorder, although challenging, is always possible. Essential treatment components include a multidisciplinary team, family involvement, client investment and providing people with a number of options to best suit their needs at any given point.



Options to suit needs

QuEDS provides a "step-up, step down" model of care. Each level differs in intensity and will suit different people at different points in their recovery. All clients wishing to access QuEDS outpatient and day patient services will need a GP referral, and to attend an appointment at the QuEDS specialist consultation clinic.

QuEDS Outpatient and Day Patient Service Components

QuEDS Specialist Consultation Clinic

QuEDS provides a weekly specialist consultation clinic. Clients have the opportunity to meet with a specialist psychiatrist/psychiatric registrar for a thorough assessment of their eating disorder including medical, nutritional and psychological aspects. Each person will have the opportunity to talk about their thoughts/concerns as well treatment options available. These may include private and public referrals, or into one of the QuEDS clinics (see below). All clients are encouraged to bring a family member or support person with them. Referring GPs are informed of the outcome and any further actions required.

Individual Outpatient Treatment

QuEDS currently provides two types of individual therapy - Cognitive Behavioural Therapy Enhanced (CBTE) and Specialist Supportive Clinical Management (SSCM). Both have shown evidence of effectiveness in the treatment of eating disorders. These are time limited therapies requiring a 5 to 10 month commitment over 20 to 40 sessions depending on each person's needs. Sessions initially commence twice a week, before going to once a week and once a fortnight and family involvement is strongly encouraged. Families can access individual single session family consultations and an evening skills group for support. Each client has access to a specialist dietitian for input when they, and their therapist, think it would be beneficial.

Day Program

The Day Program runs full days on Mondays, Tuesdays, Thursdays and Fridays and involves group and individual work including supported meals. There are dedicated intake periods each year.

A 12 week commitment is required which includes:

Week 1 and 2: Clients attend five individual appointments with a dietitian (2), therapist (2) and psychiatrist (1). These appointments are mandatory and will help orient and familiarise clients and their families with the program and enable staff to understand individual needs before group work starts.

Weeks 3 to 10: Clients attend therapeutic groups and supported meals facilitated by a specialised multidisciplinary team including psychologists, dietitians, occupational therapists, nurses and social workers. Therapeutic groups focus on practical (e.g. food preparation), psychological (e.g. challenging food rules) and nutritional (e.g. improving variety in eating) aspects of recovery. All clients have a key worker and their own individual recovery plan. Family involvement is strongly encouraged. Families can access individual single session family consultations and an evening skills group for support.

Week 11 and 12: Clients attend five individual appointments with their dietitian (2), therapist (2) and psychiatrist (1). These appointments focus on helping clients transition from the day program to other therapeutic services, further community options, and ongoing recovery goals.

Will I have to wait?

QuEDS services are time limited and programs are sometimes full and individual clients may have to wait for a place in the program. It is essential that each client continues to see their GP regularly. Participants are given information about what to do during the waiting time, as well as expected start dates.

Am I eligible for this service and is there a cost?

There are eligibility criteria for the outpatient programs. At the assessment appointment the doctor will talk about these and help each client decide what they may want/need. While QuEDS services are publically funded there may be minimal out of pocket expenses, for example: social activities within the day program, some meals, companion therapy books etc.

Do I need a referral?

Yes. If the client or family are concerned they should see their GP for a thorough medical assessment and referral. If under 18, clients need to request a referral to their local Child and Youth Mental Health Service (CYMHS) who provide evidence based treatment for children and adolescents with eating disorders. If 16 or over, QuEDS can liaise with CYMHS to discuss entry into the Day Program. QuEDS accepts referrals from GPs and can provide doctors with the form and with support to complete the referral.

How can I find out more?

For more information please call or email the QuEDS service directly and speak to the intake officer. Office hours are Monday to Friday 9am to 4pm (excluding public holidays).