

NHS England's Access and Waiting Time Standard for Children and Young People with an Eating Disorder is one of the 10 key priorities of Suffolk Transformation Plan for Children's Emotional wellbeing. The guidance for these new national standards on transforming care for young people with an eating disorder recommends discrete, age appropriate services that have clear lines of leadership, clinical accountability and evidence based interventions, providing timely access to specialist assessment and treatment, taking account of the systemic context to young people's lives.

The Suffolk Eating Disorder (ED) Service is located within the Integrated Delivery Team (IDT) structure which has been in place since 2013, a model that allows for presentations to be understood systemically and responses formulated that include supporting and facilitating access to PMHW services (including their relationships with education primary care providers); with adult eating disorder services with whom the under 18 service is located as an age inclusive function; and access to social care within the partnership arrangement. This model promotes and enables access to a wide range of universal and specialist skills, therapies and interventions outside of the established ED workforce.

Recovery principles of co-production are embedded into the working activity of the IDT through Implementing Recovery through Organisational Change (IMROC) and clinicians within the integrated eating disorders support service users through the recovery college.

Suffolk CCGs invested £588,000 into this service and all posts are fully recruited to, providing for a skill mix that reflects a hospital at home model, supported meal time planning and familial support strategies, admission prevention and flexible hours of operation. A protocol that enables Consultant and nurse in reach to children's acute wards in Ipswich and Bury St Edmunds has been in place since implementation, applying Junior MARSIPAN guidance to the management of children and young people with anorexia.

The service accepts professional and self-referrals with all referrals fast tracked to the specialist team within 1 working day. The standards require referral to treatment within one week for urgent and 4 weeks for standard referrals. These standards are being met. Since Q1 the service has exceeded its commission in projected referrals currently running at 98 year to date, with an overall caseload of 165. In September 2016 NSFT hosted a regional training event for ED clinicians with an internationally respected speaker and trainer. Targets for 2017/18 are the continued roll out of professional and provider training, in particular building on the sub-commission with B-EAT, targeting identified schools and academies, and developing self-help and peer led support networks.

---

## SERVICE DETAILS

<b>Service Lead:</b>	<b>Simon Leach</b> - Wedgwood House (01284 719725)
<b>Team Leader (West Suffolk):</b>	<b>Mark Jolly</b> - Newmarket Hospital (01638 558650)
<b>Team leader (East Suffolk):</b>	<b>Sarah Cross</b> - Walker Close, Ipswich (01473 279200)
<b>Consultant Psychiatrist:</b>	<b>Dr Paul Garfield</b> - Walker Close, Ipswich (01473 279200)

### Service Skill Mix:

- Systemic Family Therapist
- Clinical Psychologists
- CAT Therapist
- Specialist Nurse Practitioners
- Specialist Assistant Practitioners
- Support Worker

### How do I refer?

Single point of access through the Access & Assessment Team - 0300 123 1334  
Mariner House, 43 Handford Road, Ipswich, Suffolk IP1 2GA