



Community Children's
Health Partnership



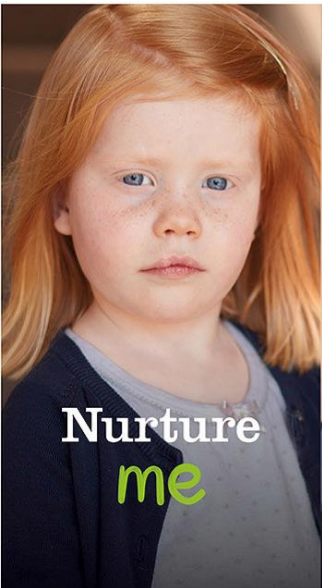
Engagement and Participation Service

Bristol and South Gloucestershire

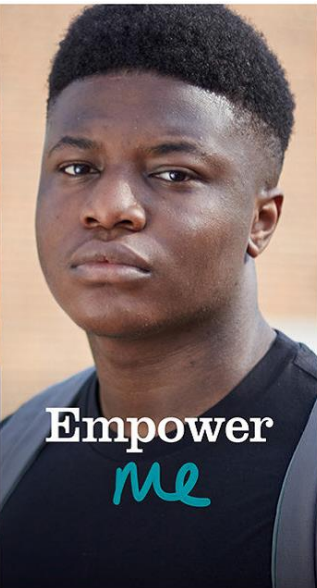
A Family's Journey Through Treatment for Eating Disorders

Emily Roberts

Service Manager



Nurture
me



Empower
me



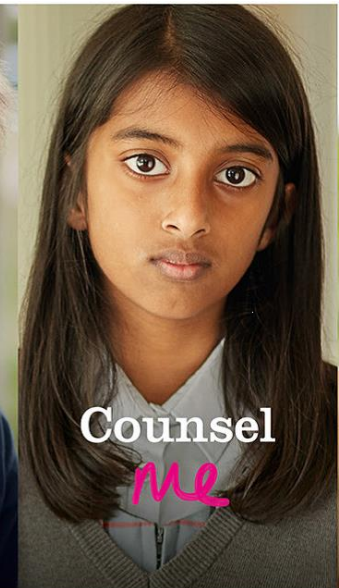
Welcome
me



Protect
me



Support
me



Counsel
me

Our Vision

Since April 2009, Barnardo's has been working in an innovative partnership with the Community Children's Health Partnership (CCHP) with an NHS staff group of 900 in Bristol and South Gloucestershire.

This partnership is about empowering young people and their family's participation to improve NHS services. These services include all mental health, child health and universal nursing services.

Participation with the most vulnerable

Young people with Eating Disorders have one of the most serious illnesses a community children's mental health team sees. The young person and family's experience of services and multi agency working makes a huge impact on recovery.

We started working with 25 families in 2011 to identify what this experience looks like.



Access to Information

- Stressed Parents
- Families at Breaking Point
- Young People in denial “what’s all the fuss about?”
- Can’t understand what’s going on
- Don’t know what I’m meant to do
- We didn’t know how to get the best out of treatment offered – who does what and why

This early onset of confusion often lasted well into treatment creating barriers that were hard to overcome.

Conclusion

Information for families by families in partnership with all the health services involved.



<http://cchp.nhs.uk/cchp/explore-cchp/eating-disorders>

Eating Disorders

- » Services Involved - Eating Disorders
- » A GP's Perspective of Eating Disorders
- » CAMHS - A Family Based Approach - Eating Disorders
- » The Riverside Unit - Eating Disorders
- » The Children's Hospital - Eating Disorders
- » STEPS - Moving to Adult Services - Eating Disorders
- » A Mother's Perspective - Eating Disorders
- » Advice - Eating Disorders
- » A Young Person's Perspective - Eating Disorders

"I think of it as a patient's journey, the care pathway. It means what happens to someone from the moment they or their family perceive that they have a problem, and

Eating Disorders

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Eating disorders include a range of conditions that can affect someone physically, emotionally, psychologically and socially. This includes:

- Anorexia Nervosa
- Binge Eating
- Bulimia Nervosa
- Disordered Eating

If you are concerned about an Eating Disorder

If you are a young person, or the carer of a young person, and are concerned about Eating Disorders please contact your GP as they will be able to work out if a referral to specialist support is required.

A family's journey through treatment for Anorexia



A family's journey through treatment for...

Featuring one family's journey through treatment for Anorexia, with input from professionals from CCHP Community CAMHS and the Riverside Adolescent Unit in Bristol, you will hear a family's experiences in their own words, but with actors playing the family whose voices are heard. Young people suffering

Related Links

- » Child & Family Consultation Services (CAMHS)
- » School Health Nursing
- » Health Visiting

NHS Choices

For more information about a condition, please visit NHS Choices.

- » NHS Choices

Related Links

- » Community Children's Health Partnership - For Clinicians

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“There was nothing like this when I spent two years with my daughter trying to make sense of what was happening. In the end we left services and did our best on our own it was so frustrating and frightening” Parent

“I have used these resources with the families I work with, even though I’m not local so much of it is relevant no matter where you are from” Psychiatrist

“When I was told I needed to go to Riverside (inpatient unit) I thought people would be foaming at the mouth just like a horror film. Watching the video made it look so calm and friendly – I was so relieved” young person



Ingredients:

LOW BUDGET HI PASSION

1. Young person and her dad wanting to tell their story and be the voice over
2. A different young person and dad acting the part in the story
3. Barnardo's worker interested film making and extra specialist film support
4. Lead Child Psychiatrists and trainee psychiatrist
5. Family Therapist
6. Consultant and Nurse from the Children's Hospital
7. In patient adolescent unit staff
8. Adult mental health specialist
9. GP
10. Service managers
11. Several additional families to give a broader experience through audio.
12. Internal and external launch with comms team
13. Ongoing evaluation



Future Success

The creation and success of these resources has led to other families we work with feeling inspired to develop their own materials.

We are in the final edit of resources for produced by families for young people with cerebral palsy.

Seeing the benefits health staff have become more motivated to adopt creative ways of communicating with families.

