

OUTPATIENT EATING DISORDERS CLINIC

PRE-CARE INFORMATION PACKAGE



WE WELCOME YOU & YOUR FAMILY TO OUR PROGRAM

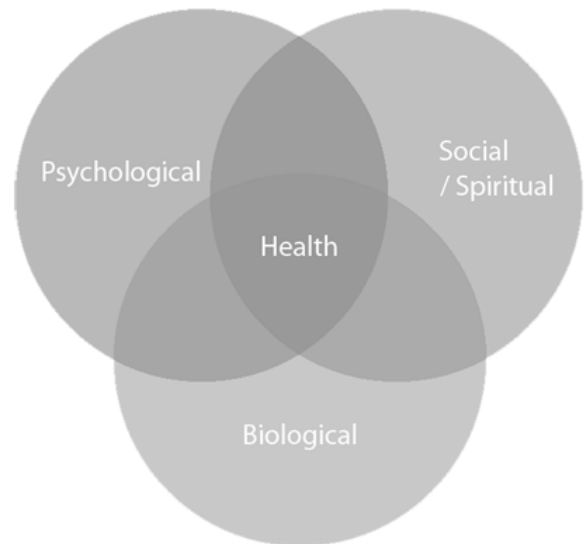
Welcome to the Outpatient Eating Disorders Program at BC Children's Hospital. We are a provincial specialized program offering supportive services and resources for youth and families coping with eating disorders. Our aim is to provide a comprehensive team based approach to the treatment of children and adolescents living with an eating disorder. This program is designed to help youth develop healthy eating skills while at home and in the community, as well as to equip families with strategies to support their child effectively at home. Families are supported with individualized treatment plans designed to optimize emotional and physical health.

At the beginning of treatment, please anticipate weekly or biweekly appointments. As treatment progresses, appointment frequency will be adjusted accordingly by your therapist and/or pediatrician. **To ensure the best care for our patients and families, those requiring more support will be scheduled earlier in the day.** This will be discussed with you during your clinic appointments.

PROGRAM PHILOSOPHY

As a tertiary level care facility, our primary focus is rehabilitation, recovery and transition. We believe in providing children, adolescents and their families with the least restrictive treatment plan possible, as close to home as possible. We strive for the continuous evaluation and adaptation of our care plans in order ensure optimal treatment is delivered.

Our program incorporates multiple therapeutic elements. This includes medical monitoring, nutritional counselling, individual and/or family therapy, education and collaboration with community resources. We aim to empower youth, emphasize resilience and foster open communication through these various forms of therapeutic engagement.





COLLABORATIVE TREATMENT

Our multidisciplinary team includes pediatricians, nurses, dietitians, social workers, psychologists, psychiatrists and occupational therapists. Together we work to create treatment plans that are individualized for your family's needs. Depending on your care needs, you may work closely with one or more of our team members. Collaborative care is a mutual process where decisions for care are made as a team. Youth and their families are considered key players in this team dynamic.

FAMILY BASED THERAPY (FBT)

Family Based Therapy (FBT) may be offered to you as part of your treatment plan. FBT is an intensive form of therapy that is highly inclusive of parents and caregivers, which requires that they play a principal role in their child's weight gain and rehabilitation. FBT is an evidence-based treatment approach that focuses on weight restoration, youth empowerment and control over food and the establishment of healthy youth identity. Your treatment manager will discuss this option with you if it is deemed to be the most appropriate treatment plan.

CLINIC APPOINTMENTS

- ⇒ **Medical appointments are 30 minutes in length and are held with the nurse clinician and/or pediatrician.** These appointments include weight, arm measurement, vital signs and general assessment.
- ⇒ Dietetic appointments are 30 to 60 minutes in length and are held with the dietitian. These appointments offer meal planning and nutritional counselling for individuals and families.
- ⇒ Medical appointments are held in the afternoons Monday to Thursday. Dietetic appointments are held in the afternoons on Monday, Tuesday and Thursday.
- ⇒ Medical and nutritional appointments are scheduled with the Administrative Clerk at clinic reception. Appointments with psychologists, psychiatrists, and social workers are arranged directly with them as needed. Sessions may be virtual or in person.
- ⇒ Information is discussed among team members in order to ensure continuity of care. Personal information is considered confidential however; legal obligation exists if there is a risk of harm or to safety.

RESEARCH & TRAINING

BC Children's Hospital is a leading institution for research and education. Students from medical, nursing and allied health professions may periodically contribute to your care under the guidance of our team. You may also be asked to participate in one of many ongoing research studies. Participation in research is completely voluntary and you reserve the right to decline involvement.

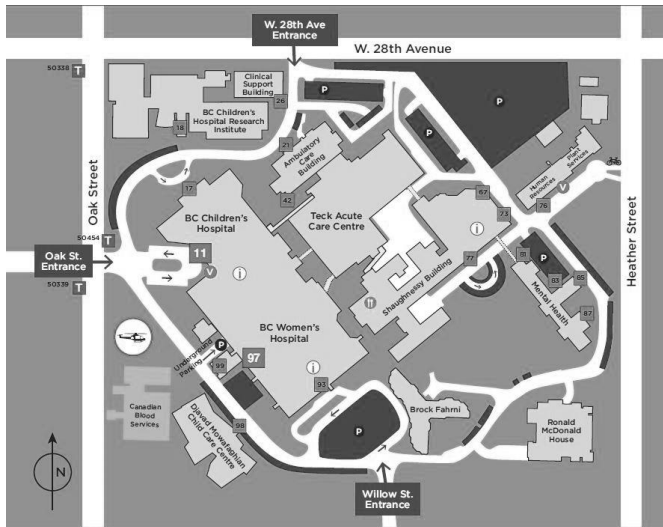
LOCATION & PARKING

BCCH Healthy Minds Centre
4555 Heather Street
Vancouver, BC, V6H 3N1

The Outpatient Eating Disorders Clinic is located on the 3rd floor of the Healthy Minds Centre. The entrance is marked #85.

Hours of Operation:

Monday to Friday 9:00am to 5:00pm
 Please phone (604) 875-2200 for clinic reception.



An agency of the
 Provincial Health Services Authority



RESOURCES FOR FAMILIES

The **Kelty Mental Health Resource Centre** provides information, resources and peer support for youth and families in all areas of mental health, including eating disorders. For videos, articles and advice please go online at keltyeatingdisorders.ca or keltymentalhealth.ca. They can also be reached via email at keltycentre@bcmhs.bc.ca

Mindcheck.ca is a youth-focused, interactive website designed to help youth and young adults in BC assess their wellbeing and connect to mental health resources and support. Support includes education, self-care tools, website links, and assistance in connecting to local professional resources.

Parent Support Groups are held every Wednesday from 3-4pm virtually over Zoom, subject to attendance by two or more families. The focus of this group is connection and support for caregivers of youth with eating disorders. Groups are facilitated by family therapists of the BCCH Eating Disorders Team. Contact any member of the team for more information to join the group.

Emotion Coaching Seminar for Caregivers is a 6 part workshop and is held 2-3 times a year virtually over Zoom. Youth who are suffering from an eating disorder may experience extremely powerful emotions and at the same time lack the ability to manage them, especially when significant malnutrition is involved. Caregivers *also* experience their own powerful emotions when trying to support their child through this illness. When caregivers recognize and manage their own reactions during the stress of supporting their child, they are more able to coach them through challenging emotions and manage them safely. This workshop focuses on increasing caregiver knowledge and skill building in these areas. For more information, please connect with a member of the team.

