



T4 CAMHS EATING DISORDER HOSPITAL AT HOME INFORMATION ABOUT OUR SERVICE

What is Hospital at Home?

The Tier 4 CAMHS Eating Disorder Hospital at Home service launched on the 4th October 2021.

The Hospital at Home team supports young people with eating disorders between the ages of 11-18 years old who meet the threshold for inpatient care, providing an alternative to inpatient admission. In some cases, admission is prevented and in others, young people will be stepped down to this model following a short inpatient admission.

This is in line with the Provider Collaborative objectives, providing care closer to home, reducing admission, length of stay and waiting times and providing earlier discharge from inpatient care.

The team operates Monday to Friday 08:00 – 20:00 and comprises of a multi-disciplinary staffing group, including a consultant psychiatrist, psychologist, family therapist, mental health nursing team, dietician and art therapist. Hospital at Home will provide an initial 12 week programme which is delivered entirely virtually and includes interventions as well as a structured timetable including:

- Psycho-education skills groups for parents/carers
- Family therapy and family work
- Family based treatment
- Individual therapy
- Skills groups/ individual work incorporating Dialectic Behavioural Therapy principles
- Parent Group
- Wellbeing activities
- Weight restoration using an individual diet plan with specialist dietetic management and support
- Support in establishing healthy eating behaviour, using support from parents/carers
- Support with exploration and challenge of unhelpful behaviours and cognitions related to eating habits



"Anorexia is like a fire: the quicker you put it out, the easier it is to deal with and the less damage it will do"

Our service has been created to complement other inpatient and day patient services for 11-18 year olds with eating disorders from Oxfordshire, Buckinghamshire, Berkshire, Swindon, Wiltshire, BaNES and Gloucestershire who require intensive support and treatment. The service is entirely remote

Young people may be referred to us by their community eating disorder team or, when appropriate, directed towards our service when they are referred for inpatient care. Alternatively, hospital wards can refer young people to us who need further intensive support and treatment outside of a hospital setting for the final part of their admission. Our programme lasts for approximately 12-16 weeks, or for step down patients, approximately 6 weeks. Each young person's needs and circumstances are taken into account with what we offer from our service.

Our service has been created to enable young people and families to access intensive eating disorder treatment irrespective of where you live and aims to provide additional benefits over the traditional hospital admission including:

- Providing a consistent small-team approach
- Avoiding disempowering parents by 'taking over' supported meals.
- Enabling young people to stay at home and maintain social connections during treatment
- Preventing other potential negative consequences of admission to hospital including the influence of and competition with other young people which can affect the ability to progress with treatment



We will liaise with a contact from your school to agree a plan for how you will access education during your treatment depending on your weight, prescribed level of activity and treatment timetable. Alternatively, we can support you in having a break from education in order to prioritise your physical and mental health needs.

We provide a combination of individual (young person and parent) and group sessions. These include regular one-to-one sessions with the young person (up to once a day) and parents (up to once a day), meal or snack support sessions when needed, young person's weekly goal setting group and a parent group which runs intermittently for 6 consecutive weeks. The one-to-one sessions will usually be with a member of the nursing team but may also be with other members of the team when this is needed.

Around every 6 weeks we will hold a CPA (Care Programme Approach) meeting with members of our team, your community team, your school and anyone else that you would like to attend. This meeting will enable us to jointly review progress with treatment and plan for the weeks ahead and for discharge.

The team will meet weekly for a 'ward round' and will ask for feedback from young people and their parents/carers in preparation for this. Ward round outcomes will be communicated in a timely manner



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