



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin Baile Phámar Baile Átha Cliath 20.

T 01 6207304 R: jim.ryan1@hse.ie

Head of Operations, Mental Health Service
St Loman's Hospital, Palmerstown Dublin 20
Tel: 01-6207304 Email: jim.ryan1@hse.ie

10th March 2021,
Deputy Thomas Pringle,
Dail Eireann,
Dublin 2.

PQ 10092/21

To ask the Minister for Health the details of available treatments for young persons with eating disorders; the number of times a young person has been readmitted to a service in a one year period; the reviews he is taking in this regard; and if he will make a statement on the matter. -Thomas Pringle

Dear Deputy Pringle,

The Health Service Executive has been requested to reply directly to you in the context of the above Parliamentary Question, which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position.

Most people can and do get better from eating disorders. While a small number of people benefit from more intensive treatment through day programmes or inpatient care, the most effective treatment setting is in the community. Dedicated community based eating disorder services, where multidisciplinary teams have specialist training can provide evidence based care and treatment.

The HSE developed and approved a Model of Care for Eating disorders that creates specialist regional teams with skilled clinicians that can provide evidence based interventions collaborating with acute hospital physicians and GPs as required. Early intervention and evidence based treatment by multi-disciplinary specialist community eating disorder teams is recommended by the HSE Model of Care for Eating Disorders with a focus on both psychological and physical recovery. The Model of Care was launched in 2018 and continued implementation is vital to deliver access to high quality eating disorders in Ireland.

<https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/moc/hse-eating-disorder-services-model-of-care.pdf>

There are currently 2 Eating Disorder specialist community teams based in CAMHS, one in CHO4 Cork and Kerry Regional Eating Disorder Service CAREDS (operational since May 2019) and the other based in CHO 7 Linn Dara Community Eating Disorder Service LDCEDS (operational since April 2018). An additional CAMHS ED team for CHO2 has been funded in 2021. Outside of these areas a GP can refer a young person to their local CAMHS team for assessment and treatment.

Children and adolescents with an eating disorder diagnosis who require inpatient psychiatric treatment can be referred to one of the 4 CAMHS inpatient approved centres. Referrals are reviewed individually to determine the likely clinical benefits of admission as well as possible other treatment alternatives. There are currently 20



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin Baile Phámar Baile Átha Cliath 20.

T 01 6207304 R: jim.ryan1@hse.ie

Head of Operations, Mental Health Service
St Loman's Hospital, Palmerstown Dublin 20
Tel: 01-6207304 Email: jim.ryan1@hse.ie

dedicated eating disorder beds across the four 4 CAMHS units; Linn Dara, Dublin, St Vincents in Dublin, Eist Linn in Cork and Merlin Park, Galway.

As part of the new children's hospital development, there will be an additional 8 specialist eating disorder beds as part of a new 20 bedded CAMHS inpatient approved centre.

The collection of data at individual patient level and by diagnosis is currently not available within mental health service. The NCP Eating Disorders are engaged with OCIO to address this need for specialist teams. They are awaiting a decision on a business case submitted to develop a data system that will track patients over time.

If an individual is concerned about themselves or someone known to them, they should be directed to their GP in the first instance for primary care screening assessment and examination. Their GP may then make recommendations which may include, if clinically indicated, referral to the secondary care mental health services for full eating disorder assessment.

Eating Disorder Supports:

Bodywhys: The HSE provides funding annually to Bodywhys to run the helpline which is delivered by a team of trained volunteers. They also provide a range of services (support groups, online groups, email and family programmes) for adults and young people with eating disorders, and their families. The HSE also supports Bodywhys to run the **PiLaR (Peer Led Resilience) Programme**, a 4-week online modular based programme for parents, friends and carers of a person with an eating disorder to build resilience and gain support in their role as a carer.

Helpline [01 2107906](tel:012107906) Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm.

Contact alex@bodywhys.ie for support.

Visit bodywhys.ie

HSE Eating Disorder Self Care App

In March 2019 the HSE has launched the first Self Care App which provides valuable information for those with or people caring for someone with an eating disorder.

A self-care app for people:

- with an eating disorder
- caring for someone with an eating disorder
- worried about developing an eating disorder
- diagnosed or are recovering from an eating disorder

From the HSE National Clinical Programme for Eating Disorders and Bodywhys.

[Read more about the HSE Eating Disorder Self Care App.](#)

I trust this information is of assistance to you, but should you have any further queries please contact me.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Ceannasaí Náisiúnta Oibríochtaí Meabhairshláinte
Ospidéal Naomh Lómáin Baile Phámar Baile Átha Cliath 20.
T 01 6207304 R: jim.ryan1@hse.ie

Head of Operations, Mental Health Service
St Loman's Hospital, Palmerstown Dublin 20
Tel: 01-6207304 Email: jim.ryan1@hse.ie

Yours sincerely,

A handwritten signature in black ink, appearing to read 'T. O'Brien'.

Thomas O'Brien
General Manager Mental Health Services