



CAREDS

Child + Adolescent Regional Eating
Disorder Service **Cork Kerry**

Information for Young People and Parents

Updated March 2023

CAREDS Clinic

2nd Floor, Fastnet House,
Cork Business and Technology Park
Model Farm Road
Cork
T12 DD56

Weekdays 9-5:
By appointment only

Tel: 021 4386226



What is CAREDS Cork Kerry?

CAREDS is a specialist community based eating disorder service and is part of the HSE National Clinical Programme for Eating Disorders.

We provide care for young people in Cork and Kerry who are under 18 years with moderate to severe eating disorders. This includes conditions such as Anorexia Nervosa and Bulimia Nervosa. We also accept referrals for young people with Binge Eating Disorder who have not responded to primary care treatment. We hope to expand our service to include treatment for Avoidant restrictive Food Eating Disorder (ARFID) in the future where specialist mental health care is needed.

As part of the HSE Child and Adolescent Mental Health Service (CAMHS), we work closely with CAMHS, adult mental health, inpatient, paediatric, medical teams and general practitioners to provide eating disorder care across the region. Bodywhys is a support organisation with which we also work closely alongside.

CAREDS is an outpatient based service. Young people must be physically well enough to be outside of hospital care in order to attend our service.

Who's on the CAREDS Team?



Our team includes professionals from child psychiatry, clinical psychology, specialist mental health nursing, dietetics, occupational therapy, speech and language therapy, paediatrics and administration.

Our Mission Statement

We work in partnership with young people with eating disorders and their families. We help them achieve meaningful recovery and best outcomes.

We do this through collaborative teamwork and the provision of specialised, accessible evidence based care.

We are committed to on-going learning, quality improvement and raising awareness about eating disorders.

What treatments are provided at CAREDS?

We provide evidence based treatments and support that aim to help each person and their family reach recovery from the eating disorder. Treatment is tailored to your needs and may include

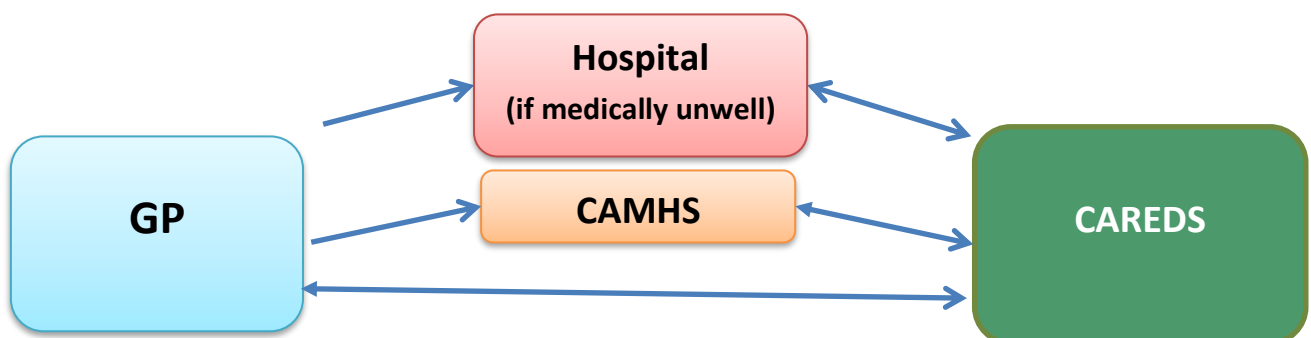
- Family therapy for eating disorders (FT-AN/ FBT)
- Cognitive Behaviour Therapy for eating disorders (CBT-E)
- Cognitive Remediation Therapy (CRT)
- Psycho-education
- Individual psychological support (eating disorder focused)
- Physical health and nutritional monitoring
- Adolescent Focused Therapy (AFT)
- Specialist Supportive Clinical Management (SSCM)
- Medication
- Group Therapy Programmes, e.g.: Parent Support, education, Nutrition, CRT, Multifamily etc.

From 2023 we plan to start our group programmes

If you become physically unwell or there is no significant improvement with treatment, we may discuss a referral to more intensive forms of therapy or setting. This could include day care or inpatient care. We will discuss these options with you.

How do I access CAREDS?

If you or your parent suspect that there may be an eating disorder going on, your first stops are your GP and Bodywhys (The Eating Disorders Association of Ireland, www.bodywhys.ie).



How we work with CAMHS

- ✓ CAMHS may also refer you to CAREDS if our team is the best fit for your needs.
- ✓ At other times we support you and your family in close partnership with your local CAMHS team. This can be more helpful for those who live further away or who have another mental health difficulty requiring CAMHS support.
- ✓ We also provide eating disorder training and support to other teams.

What happens at an assessment?

- You and your parents/carers are asked to fill out a set of questionnaires before the appointment to help us understand your needs. We can help with these if you need us to, so please ring and ask.
- You and your parents/carers meet members of our team.
- This first session usually lasts for 2 to 3 hours, but we do take a break half way through!
- We use this time to get to know you and your family.
- We will ask about your eating, health and activity levels.
- A Doctor or Nurse will complete a physical check with you.
- At the end of the appointment you will get feedback and recommendations.

We want to hear about...

- You and your family
- What issues brought you here
- What you like to do
- What your goals are



“the care and advice was just what we needed as a family”

Treatment and recovery

Following the first appointment, if it looks like CAREDS is the right service to help you, we develop a **care plan** with you and your parents/carers. This describes:

- Your main needs
- You and your parents' hopes and strengths
- Your recovery goals
- Your treatment plan

Other Helpful Information

- Bodywhys - the Eating Disorder Association of Ireland:
www.bodywhys.ie
- HSE National Clinical Programme for Eating Disorders:
<https://www.hse.ie/eng/about/who/csp/d/ncps/mental-health/eating-disorders/>

Download the HSE National Clinical Programme Eating Disorders Self Care App at:
<https://ncped.selfcareapp.mobi>

