

## Recovery based Care Plan

A young person's care plan helps to set goals for recovery. A care plan guides us on:

- What is the mental health difficulty
- What are a young person's hopes and strengths
- What does recovery mean to the young person
- And what treatments are needed, and who will help

## Treatment

Our treatments are informed by evidenced based research. They aim to help both the physical and the psychological aspects of an eating disorders. These approaches may include:

- Family work – includes Family based Treatment (FBT)
- Individual work
- Regular physical monitoring
- Dietetic consultation
- Group work
- Or a combination of these

## Support & Information

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

[www.hse.ie/ncps/eatingdisorders](http://www.hse.ie/ncps/eatingdisorders)

[www.bodywhys.ie](http://www.bodywhys.ie)



## Our Philosophy and Values

It is our belief that every young person **can achieve recovery** from an eating disorder. We strongly believe that families are an essential part of the treatment and recovery process.

Early recognition, thorough assessment and prompt treatment of an eating disorder are priorities for our team.

### Collaboration

### Accessibility

### Recovery

### Empowerment

## CONTACT INFORMATION

**PHONE: 01 7956422**

**EMAIL: [ceds.linndaracamhs@hse.ie](mailto:ceds.linndaracamhs@hse.ie)**

**ADDRESS:** Buttercup Suite, Linn Dara CAMHS Community Building, Cherry Orchard Hospital Campus, Dublin 10.

## OPENING TIMES

Monday to Friday, 09:00 – 17:00  
(excl. bank holidays)

## Your Health Service

You can contact us with any feedback or complaints by:



- talking to a member of HSE staff
- e-mail to [yoursay@hse.ie](mailto:yoursay@hse.ie)
- call 1890 424555



## LINN DARA CAMHS

Specialist Eating Disorder Service

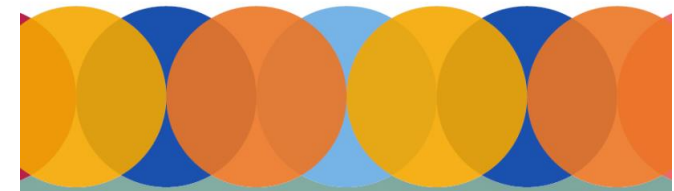


Child and Adolescent  
Mental Health Services

## SERVICE INFORMATION FOR YOUNG PEOPLE & FAMILIES

Helping young people and their families  
recover from an Eating Disorder

[WWW.HSE.IE/CAMHS](http://WWW.HSE.IE/CAMHS)



## What is an Eating Disorder?

Some young people worry about their weight, shape and/or eating. If this worry becomes too big and affects how you live, then you may have an eating disorder.

Eating disorders are not always about food. They may be about feelings a young person has about themselves.



## What are the signs of an Eating Disorder?

Signs may include:

- Eating less to lose weight
- Skipping meals
- Avoiding eating with others
- Increased upset at meal times
- Eating very large quantities of food at once and the getting rid of food eaten through unhealthy means
- Having feelings of being out of control around food
- Or a combination of these

## Other signs may include:

- Changes in mood
- Excessive exercising
- Withdrawal from family, friends and hobbies

## What are the types of eating disorders?

The most common eating disorders include:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder
- Other eating disorders include OSFED (other specified feeding or eating disorder)
- ARFID (Avoidant/ Restrictive Food Intake Disorder)



## Linn Dara Community Eating Disorder Service

A team of skilled professionals work together to help young people up to the age of 18 who are experiencing significant signs and symptoms of eating disorders.



Our team is part of a National plan to develop specialist eating disorder services across Ireland.

Our Eating Disorder team includes:

- Psychiatrists
- Nurses
- Clinical psychologists
- Specialist dietician
- Social worker

## What happens at the first appointment?

- Young people and parents are asked to fill out questionnaires before the appointment
- A young person and their family/carer will meet two members of our team
- A meeting usually for lasts between 2½ - 3 hours

Don't worry we will take a break half way through!

- We use the time to get to know you and your family
- We want to hear about what you like to do
- We want to find out about what you are finding difficult at the moment
- We will also ask about what you are eating
- A Doctor or Nurse will complete a physical check with a young person