

PACE: How to Support a Young Person with an Eating Difficulty

Dr Emily David, Lead Clinical Psychologist
Hampshire Specialist Eating Disorder Team

Overview

- ▶ Some stats and facts
- ▶ What to look for; some signs and symptoms
- ▶ Next steps
- ▶ Top tips on how to support a young person
- ▶ Some quick Q&A

Eating Disorders- what are they?

Should you be worried?

- ▶ 1.6 million people in the UK are estimated to be directly affected by eating disorders (11% male)
- ▶ 14-25 year olds are most affected by an eating disorder
- ▶ AN, BN, BED, OSFED (ARFID)
- ▶ AN ave age onset 16-17years
- ▶ Ave duration of illness 7years
- ▶ Approx 45% fully recover, 33% improve, 20% chronic
- ▶ **20% of AN die prematurely**
(physical health compromise/ suicide)

What to look for

- ▶ See Handout

Next Steps

- ▶ Speak to the school/ college/ any other agency involved in supporting/ looking after your young person
- ▶ Speak to your young person
- ▶ See GP
- ▶ Call EDT for more information and advice

Reactions of Carers (Treasure)



Accommodating



Controlling; forcing change



Coach

Emotions of Carers



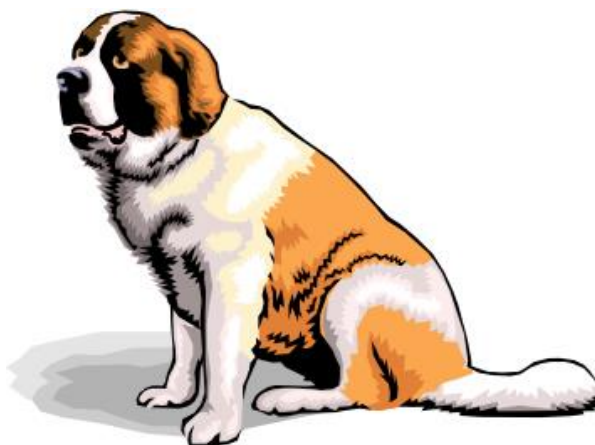
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Avoidance/ minimisation



Overwhelmed; highly sensitive



Calm, loving, nurturing

Top Tips

- ▶ Get as much support as possible (both personal and professional)
- ▶ Take things one day at a time
- ▶ Try to stay calm
- ▶ Be consistent, clear and boundaried in expectations
- ▶ Take more active responsibility in mealtimes (e.g., menu planning, meal preparation, serving of food)
- ▶ No diet/ low fat/ fat free foods
- ▶ Eat as a family where possible
- ▶ Model appropriate eating behaviour (avoid dieting)
- ▶ Plan non-problem focused talk
- ▶ Distraction activities post meals
- ▶ Try to find motivators with your young person

Things not to say...

<https://www.bbc.co.uk/bbcthree/clip/31b6bfb9-9d64-4445-9690-c633b727cf89>

Things to remember



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- ▶ It's not your fault; you have not caused the eating disorder
- ▶ You/ the family are the greatest resource in recovery
- ▶ Physical health recovery occurs more quickly than psychological recovery
- ▶ Psychological recovery can take a long time
- ▶ Health and happiness needs to be prioritised

HAMPSHIRE CAMHS SPECIALIST EATING DISORDER TEAM

0300 304 0062