

This document has been prepared by the staff of the Paediatric Unit of the Launceston General Hospital and the Child and Adolescent Mental Health Service. The material contained in this information sheet is for informational purposes only.

How to comment on service

We would like to improve our services - please help us by advising us of:

Compliments or Complaints

If you wish to compliment or complain about a department or service, please *either*:

- * Request to see the staff member in charge, or
- * Telephone the Compliments/ Complaints line in the Clinical Effectiveness Service.

Free call — 1800 008 001 or write to -

Patient Advice and Liaison Officer

Launceston General Hospital
P.O.Box 1963, Launceston ,Tasmania 7250

This information sheet has been prepared by staff at the Launceston General Hospital to assist you with queries related to Eating Disorders

Revision Date: 2014

MYFEEDS (NT)

Multidisciplinary Youth and Families Eating and Exercise Disorders Service (Northern Tasmania)

Information for Service Providers

MYFEEDS (NT) Information for Service Providers

Who Are We

The MYFEEDS(NT) is a joint program run by the Child and Adolescent Mental Health Service and the Paediatric and Allied Health Services of the Launceston General Hospital. It provides an integrated inpatient and outpatient service for young people under 18 years of age and their families experiencing issues with Eating and Exercise Disorders.

MYFEEDS consists of a Child and Adolescent Psychiatrist, Child and Adolescent Mental Health Workers, Paediatricians, Nurses, Dietitians and Physiotherapists.

Referrals

The service seeks early referrals from community based service providers to allow diagnosis and treatment of Eating Disorders in children and young people under 18. Referrals may be initiated by the family, the young person, school based services or any other group.

Referrals to MYFEEDS(NT) may be made via a GP to a named paediatrician through the referral details attached. Referrals may also be made directly to CAMHS (North) via the Mental Health Helpline. Enquiries regarding referrals may also be directed to the Nurse Unit Manager of the Paediatric Unit or the CAMHS team. Regardless of the referral access point all cases will be reviewed by the MYFEEDS (NT) as a group.

Models of Care

MYFEEDS (NT) utilises a Family Based Therapy (FBT) model, based on the Maudsley Model. This model privileges the role of the family as the most crucial element in the treatment plan, providing the young person and their family with support and guidance to help them overcome the effects of the eating disorder. For young peo-

ple and families for whom Family Based Therapy is not helpful there are other treatment modalities available.

Initial assessments of the child and family are carried out jointly by members of the MYFEEDS Team to assess the suitability for inpatient or outpatient therapy models. Weekly multidisciplinary case planning meetings are held with the MYFEEDS to monitor, discuss and plan ongoing care, These case meetings also involve the family group as an integral part of care planning. Ongoing care may also involve other service providers such as GP's, psychologists and school counsellors as required.

How to Contact Us

For referrals or general enquiries please contact the services below.

Nurse Unit Manager, Paediatric Unit Launceston General Hospital 0700 – 1530 Monday to Friday	03 6348 7654
Paediatric Outpatients Service lgh.paedoutpatients@dhhs.tas.gov.au	Ph: 03 6348 7853 Fax: 03 6348 7958
CAMHS Intake Worker	Ph: 6336 2867
Mental Health Helpline	1800 332 388