

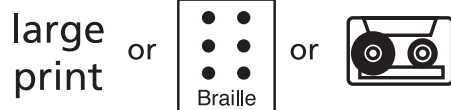
The structure of the ISP allows time and space for the knowledge and skills learnt through attending the programme to be practiced and integrated into everyday life. If more intensive support is required the service at present has access to inpatient beds at Kimmeridge Court, a Specialist Inpatient Eating Disorders Unit in Dorset. Prior to admission time is taken to discuss and agree with service users, clear and achievable aims for the admission

## User and Carer Forum

In accordance with Southern Health NHS Foundation Trust policy, the Eating Disorders Service offers a variety of ways for users and carers to give feedback about the service and make suggestions for service development. We have a visitors' book and 'suggestions box' clearly displayed in the waiting area with invitations for comment. We also have a service users' forum which allows us to gain regular feedback on different aspects of the service. As part of our ongoing service evaluation we ask for feedback at discharge and we also occasionally write to current and past service users asking for their comments and experiences of using the service. Feedback from those who use the service forms a central part of our service evaluation and has an important role to play in helping shape the future development of the service.



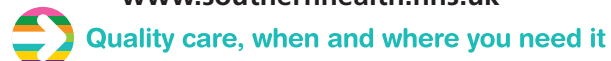
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# April House Specialist Eating Disorders Service

## Information for Service Users



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# Welcome to April House

The Specialist Eating Disorders Service forms part of Southern Health NHS Foundation Trust and is based at April House in Southampton.

## Mission Statement

Our aim is to deliver an effective and high quality service within the resources available, to adults with an eating disorder. Empowering, valuing and respecting individuals along their path to recovery and wellbeing.

## Philosophy of Care

At April House we understand the complexities associated with suffering from an eating disorder. Many of those seeking our help are coping with difficult life issues, to which an eating disorder can seem like the only solution. An eating disorder can affect every area of one's life and can have a significant effect on relationships, impacting on not just the individual but those who love and care for them. We understand the importance of adopting a holistic approach to treatment, which aims to address the individual's physical, psychological and social needs. Although we acknowledge that accepting help from our service can be an anxiety-provoking time for individuals, we see it as an important step towards recovery. Based on a philosophy of self-directed recovery, we encourage those in treatment to build a meaningful and fulfilling life beyond the confines of their eating disorder.

Treatments currently available include:

- Cognitive Analytical Therapy (CAT)
- Group and Individual Cognitive Behavioural Therapy (CBT and CBT Enhanced)
- Interpersonal Psychotherapy (IPT)
- Guided Self Help
- Carers' Support Group
- Family/Couple Work

## Description of Service

We are a multi-disciplinary team consisting of nurses, clinical psychologists, eating disorder therapists, a team manager, a dietitian, healthcare support staff and an administration team. We aim to work closely and flexibly with individuals, their families and others that are important to them. We also work with primary care (GPs) and secondary mental health services in order to provide a comprehensive package of care. The service is open Monday to Thursday from 8.30am to 5.00pm and Fridays 8.30am to 4.30pm excluding bank holidays.

## The Service User Group

The service is for adults aged 18 and upwards, with a primary diagnosis of anorexia nervosa, bulimia nervosa or atypical forms of these disorders. For those transferring from child and adolescent services, we aim to become involved in care planning in the six months prior to the transfer, thus ensuring a smooth transition between services.

## Assessment and Treatment

Those attending for assessment will be seen by a member of the multidisciplinary team. Assessments last approximately two hours and include a detailed assessment of eating psychopathology, as well as a personal and social history and an assessment of general mental health and wellbeing. Assessments are discussed at a weekly meeting and decisions regarding treatment are based on a combination of the patient's views, NICE guidelines and the clinical judgement of the team.

## Intensive Support Programme (ISP) and Inpatient Care

The team also provides more in depth support via the Intensive Support Programme (ISP). The ISP offers dietetic input, supported mealtimes and a range of therapeutic groups, aimed at supporting individuals to address the psychological issues underlying their eating difficulties. The programme is located at April House and runs five days a week from 8.45am to 2.45pm.