



NSW Service Plan for People with Eating Disorders 2021-2025

Inclusion
Excellence
Collaboration

Contents

FOREWORD	2
ACKNOWLEDGEMENTS	3
NSW EATING DISORDERS SERVICE PLAN 2021-2025 AT A GLANCE	4
Purpose	4
Aim.....	4
Vision	4
Strategic Priorities	4
Glossary of Terms	6
POLICY AND PLANNING CONTEXT	8
A Population Health Model	8
Strategic Alignment	9
Service System Framework.....	10
Service Plan Framework.....	11
STRATEGIC PRIORITY 1	
Consolidate and Develop the Eating Disorders Treatment Network	12
STRATEGIC PRIORITY 2	
Integrate Eating Disorders into the Core Programs of the Health System	14
STRATEGIC PRIORITY 3	
Develop and Implement Local Models of Care and Pathways	15
STRATEGIC PRIORITY 4	
Build Workforce Capacity and Capability across NSW Health Services	17
STRATEGIC PRIORITY 5	
Develop Supports for Aboriginal People with Eating Disorders	19
STRATEGIC PRIORITY 6	
Contribute to the Knowledge Base	20

Foreword

Message from the Minister

Eating Disorders are complex, serious mental health issues that can cost lives. It is imperative that people living with eating disorders are able to access care that is close to home, their families and local support networks. The NSW Government supports local eating disorders services to deliver person-centred care designed to enable treatment across all levels of the stepped system of eating disorders care and treatment; from first response and early intervention through to intensive specialist treatment settings. NSW is now at the forefront of eating disorders care nationally and has a strong platform for improved care into the future.

The *NSW Service Plan for People with Eating Disorders (2021-2025)* provides an updated statewide service structure and principles for the delivery of health care for people with eating disorders, their families and carers. The Service Plan will continue to build workforce capacity and strengthen pathways to care across the continuum of eating disorders treatment.

While NSW Health already prioritises actions and initiatives that respond to and address the gaps in eating disorders treatment and care, I believe this Service Plan will further drive sustainable and meaningful health outcomes for people living with eating disorders, their families and carers.

The Hon. Bronnie Taylor, MLC
Minister for Mental Health, Regional Youth and Women

Message from the Secretary

I am pleased to introduce the *NSW Service Plan for People with Eating Disorders (2021-2025)* for NSW Health services. This Service Plan provides an important framework for actions that will improve health outcomes for people living with an eating disorder, their families and carers in NSW.

The plan aligns with NSW Health ambitions to deliver value-based healthcare, which delivers outcomes that matter to patients, while ensuring positive experiences for those receiving and providing care. Value-based healthcare supports broad collaboration between patients, carers and clinicians which results in benefits for patients, carers and the service delivery system.

This Service Plan is built on the principles of inclusion, excellence and collaboration. The actions outlined within, aim to improve the health and wellbeing of people with or at risk of developing an eating disorder and the lives of their families, carers and communities.

Elizabeth Koff
Secretary, NSW Health

Acknowledgements

The *NSW Service Plan for People with Eating Disorders 2021-2025* and *NSW Service Plan for People with Eating Disorders 2021-2025: Blueprint for Action* were developed by the InsideOut Institute for Eating Disorders in consultation with a number of organisations and individuals across NSW. The NSW Ministry of Health would like to thank the following:

The writing team from InsideOut Institute:

- Ms Danielle Maloney, Deputy Director, Head of Policy & Service Development
- Ms Linda Lazar, NSW Statewide Eating Disorder Service Development Lead
- Dr Sarah Maguire, Director

The NSW Statewide Eating Disorders Steering Committee who assisted with the review of this document:

- Dr Nigel Lyons, Deputy Secretary, Health System Strategy and Planning, NSW Health
- Mr David Pearce, Executive Director, Mental Health Branch, NSW Health
- Dr Teresa Anderson, Chief Executive, Sydney Local Health District
- Professor Ian Caterson, Director, Boden Collaboration, Charles Perkins Centre, University of Sydney
- Professor Janice Russell, Clinical Director NSW Statewide Eating Disorder Service | Sydney Local Health District
- Associate Professor Sloane Madden, Network Eating Disorder Coordinator, Sydney Children's Hospital Network
- Mr Kevin Barrow, Chief Executive Officer, Butterfly Foundation
- Ms Bronwyn Carroll, Carer Representative
- Ms Natasha Kirk, Consumer Representative
- Ms Patricia O'Riordan, Director, Clinical Services Team, Mental Health Branch
- Ms Julia Smailes, Principal Policy Officer, Clinical Services Team, Mental Health Branch
- Ms Katie Orenstein, Senior Policy Officer, Clinical Services Team, Mental Health Branch
- Ms Celia Halliburton Senior Policy Officer, Clinical Services Team, Mental Health Branch

NSW Health staff who took the time to attend consultation workshops in the Local Health Districts and Specialty Health Networks and gave considered feedback on draft versions of the Service Plan.

Branches of the NSW Ministry of Health, NSW Health Pillars, Primary Health Networks, RACGP, RANZCP, ACON, BEING and Carers NSW who gave their time and provided valuable feedback and advice.

In particular, the NSW Ministry of Health gratefully thanks the people with a lived experience of an eating disorder and their families and carers who gave their voice to this Service Plan. Your contribution was invaluable.

NSW Service Plan for People with Eating Disorders 2021-2025 at a glance

Purpose

To provide a framework that identifies NSW priorities to build and strengthen pathways to care; drive evidence-based practice in promotion, prevention, early intervention and treatment; and drive service improvement and innovation; for people with or at risk of developing eating disorders, their families and carers.

Aim

The Service Plan aims to improve the health and wellbeing of people with or at risk of developing an eating disorder and the lives of their families, carers and communities. The Service Plan is ambitious in its intent and aims to embed eating disorders service provision as core business for Local Health Districts and Speciality Health Networks.

Vision



Strategic Priorities

The *NSW Service Plan for People with Eating Disorders 2021-2025* focuses on the key enablers that are essential to improve health outcomes for people with or at risk of developing an eating disorder and their families and carers across NSW. The Service Plan and associated Blueprint will facilitate this delivery of improved health outcomes as well as economic benefits for NSW by identifying areas of excellence and addressing areas in need of further development.

STRATEGIC PRIORITY 1

Consolidate and Develop the Treatment Network

Goals

- 1.1 Ensure equity of service provision across NSW to people with eating disorders regardless of where they live
- 1.2 Provide resources and support for services that do not specialise in eating disorders treatment to deliver safe, effective eating disorder care closer to home
- 1.3 Improve integration of eating disorders services into the treatment spectrum across NSW
- 1.4 Reduce clinical variability in treatment across NSW
- 1.5 Ensure appropriate governance of eating disorders care across NSW

STRATEGIC PRIORITY 2

Integrate Eating Disorders Treatment into the Core Programs of NSW Health Services

Goals

- 2.1 Ensure people with eating disorders have access to services available to other people with mental illness or physical illness.
- 2.2 Increase supports for families and carers of people with an eating disorder

STRATEGIC PRIORITY 3

Develop and Implement Local Models of Care and Pathways

Goals

- 3.1 Improve access to publicly available NSW Health services for comprehensive assessment and evidence-based treatment for people with eating disorders, their families and carers
- 3.2 Improve the experience of people with eating disorders and their families and carers as they journey through the health system
- 3.3 Reduce time spent in emergency departments
- 3.4 Build on the pathways between primary care and Local Health Districts
- 3.5 Increase access to evidence based community-based care
- 3.6 Reduce the need for repeated and long admissions
- 3.7 Strengthen the partnership between public and private services delivering eating disorders care

STRATEGIC PRIORITY 4

Build Workforce Capacity and Capability across all NSW Health Services

Goals

- 4.1 Improve the capability and capacity of the NSW Health workforce to respond to people with or at risk of eating disorders and their families and carers
- 4.2 Improve NSW Health staff knowledge, competence and confidence to deliver services to people with eating disorders and their families and carers
- 4.3 Grow the eating disorders treatment workforce
- 4.4 Improve the capability of our sector partners

STRATEGIC PRIORITY 5

Develop Supports for Aboriginal People with Eating Disorders

Goals

- 5.1 Improve understanding of the experience of Aboriginal people with eating disorders
- 5.2 Deliver culturally appropriate care for Aboriginal people presenting with eating disorders and their families and carers

STRATEGIC PRIORITY 6

Contribute to the Knowledge Base

Goals

- 6.1 Improve knowledge of eating disorders treatment and service delivery
- 6.2 Improve knowledge of digital health care
- 6.3 Monitor and evaluate the Service Plan to support the NSW Health response to people with eating disorders and their families and carers
- 6.4 Develop and support research priorities in the prevention and treatment of Eating Disorders

Glossary of Terms

Term	Definition
AMHS	Adult Mental Health Service
AN	Anorexia Nervosa
ANZAED	Australia & New Zealand Academy for Eating Disorders
ASD	Autism Spectrum Disorder
ARFID	Avoidant Restrictive Food Intake Disorder
BED	Binge Eating Disorder
BN	Bulimia Nervosa
CALD	Culturally and Linguistically Diverse
CAMHS	Child and Adolescent Mental Health Service
CBT-E	Cognitive Behavioural Therapy for Eating Disorders
C-PTSD	Complex Post-traumatic Stress Disorder
DSM-5	Diagnostic and Statistical Manual of Mental Disorders, 5th Edition
ED	Eating Disorders
FTE	Full-time Equivalent
GP	General Practitioner
HASI	Housing Accommodation Support Initiative
ICD-11	International Classification of Diseases, 11th Revision
IOI	InsideOut Institute for Eating Disorders
LGBTI	Lesbian, Gay, Bisexual, Transgender, and Intersex
LHD	Local Health District
MFBT	Maudsley Family Based Treatment
NEDC	National Eating Disorders Collaboration
NGO	Non-government Organisation

NICE	National Institute for Health and Care Excellence
NSW	New South Wales
OSFED	Other Specified Feeding and Eating Disorder
PBU	Peter Beumont Unit
PHN	Primary Health Network
PTSD	Post-traumatic stress disorder
SHN	Specialty Health Network
SUD	Substance Use Disorder
UFED	Unspecified Feeding or Eating Disorder
YMHS	Youth Mental Health Service

Local Health Districts

CCLHD	Central Coast Local Health District
FWLHD	Far West Local Health District
HNELHD	Hunter New England Local Health District
ISLHD	Illawarra Shoalhaven Local Health District
MLHD	Murrumbidgee Local Health District
MBMLHD	Nepean Blue Mountains Local Health District
MNCLHD	Mid North Coast Local Health District
NNSWLHD	Northern NSW Local Health District
NSLHD	Northern Sydney Local Health District
SESLHD	South Eastern Sydney Local Health District
SNSWLHD	Southern NSW Local Health District
SWSLHD	South Western Sydney Local Health District
SLHD	Sydney Local Health District
WNSWLHD	Western NSW Local Health District
WSLHD	Western Sydney Local Health District

Specialty Health Networks

JH&FMHN	Justice Health and Forensic Mental Health Network
SCHN	Sydney Children's Hospital Network
SVH	St Vincent's Hospital

Health Pillars

ACI	Agency for Clinical Innovation
BHI	Bureau of Health Information
CEC	Clinical Excellence Commission
HETI	Health Education and Training Institute

POLICY AND PLANNING CONTEXT

A Population Health Model

The provision of health care to people with eating disorders and their families and carers is the responsibility of NSW Health along with other health providers such as GPs, headspace, private hospitals, community managed organisations and other government departments. Both National and State policy and planning frameworks guide NSW eating disorders service development, which is delivered by Local Health Districts (LHDs), Specialty Health Networks (SHNs), Primary Health Networks (PHNs), and Non-government Organisations (NGOs).

The Service Plan is based on a population health model that:

- recognises that eating disorders result from the interaction of biological, psychological, social, cultural, environmental and economic factors at individual, family and community levels;
- acknowledges the relationship between mental health and physical health; and
- addresses the complexity of eating disorders across the lifespan.

A population approach recognises the need for a range of interventions to prevent problems informed by known risk and protective factors and evidence for effectiveness where available. Getting treatment earlier in the trajectory of illness is a key focus of the Service Plan. Interventions will be informed by available evidence of what works and for whom across the service spectrum. It is important to note the current limited research on the treatment of eating disorders, resulting in limited options for evidence-based care. Part of the focus of the Service Plan is to help build the evidence base.

Figure 1. Population Health Model



Strategic Alignment

NSW Health acknowledges the necessity to support service integration to enable connected care between:

- all sectors of the health service and especially between medical, allied health and mental health services;
- specialist eating disorder services and all other health services;
- specialist eating disorder services and the local health districts and speciality health networks;
- community and hospital services;
- child and adolescent and adult services;
- health services and primary care providers, other government agencies (such as education) and the non-government sector; and
- public and private health services

The Service Plan aligns with the *NSW 2021: A Plan to Make NSW Number One* and the Premier's priorities to improve the health system and deliver quality health services.

The Service Plan responds to policy directions in the *Fifth National Mental Health and Suicide Prevention Plan 2018-2022*. For the first time at a national level eating disorders were recognised as a priority in recognition of a lack of services nationally for this illness group.

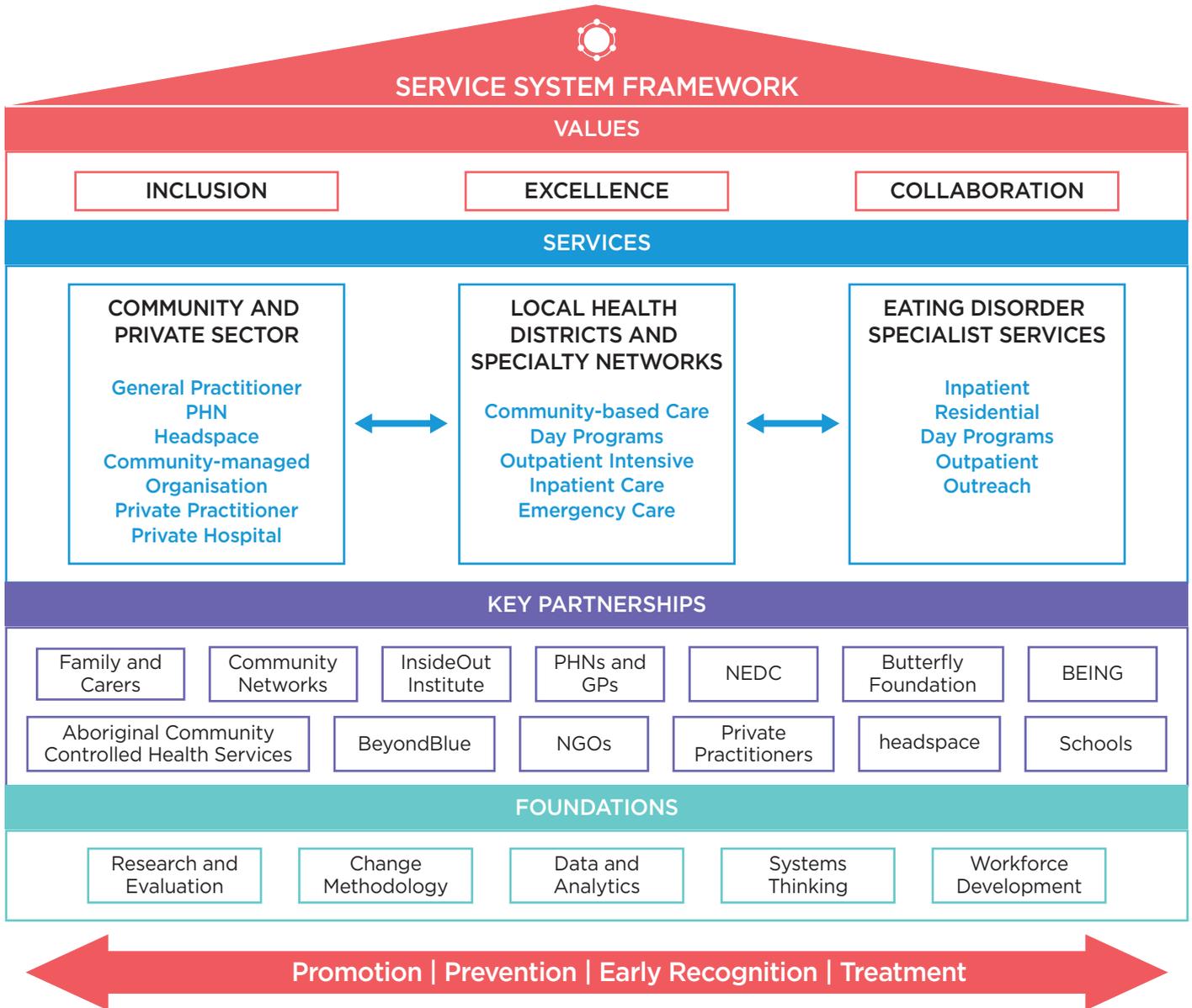
The Service Plan forms part of the strategic direction of the NSW Mental Health Reform. The vision for the reform outlined in *Living Well: A Strategic Plan for Mental health in NSW 2014-2024* is that the people of NSW have the best opportunity for good mental health and wellbeing and to live well in their community on their own terms. The Service Plan's focus on improving access to services for people with eating disorders, provides a significant opportunity to achieve this vision.

Informed strategic priorities in the Service Plan align with:

- priorities in the *NSW Strategic Framework for Mental Health 2018-2022*. There is the potential to impact on all three goals: holistic person-centred care; safe high-quality care; and connected care.
- both the NSW Aboriginal Health Plan 2012-2023, and the NSW Health Good Health –Great Jobs: Aboriginal Workforce Strategic Framework 2016 – 2020.
- priorities in the *NSW Youth Health Framework 2017-24*. There is potential to impact on all three goals: the health system responds to the health needs of young people, including targeted responses for vulnerable young people; Health services are accessible and young people are engaged and respected; and young people are supported to optimise their health and wellbeing.
- priorities in the NSW Women's Health Framework and in particular to increase state-wide coordination and specialist clinical mental health leadership for people with eating disorders, their families and carers and improve equity of access to both mental health and physical health services for people with eating disorders in NSW.

Service System Framework

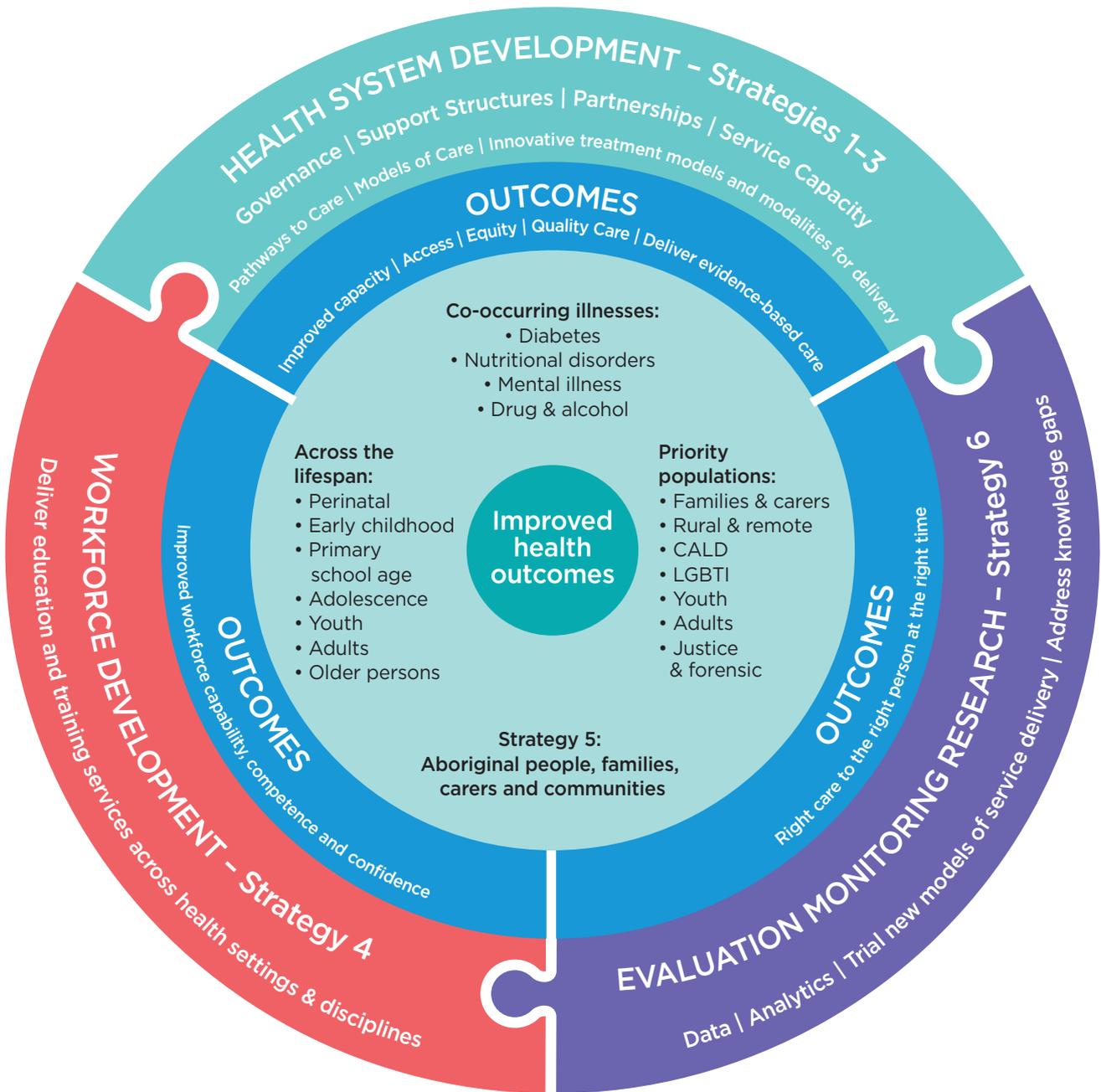
Figure 2. NSW Service System Framework for Eating Disorders



The Service System Framework is described in more detail in the Blueprint for Action document. This underpins how the Service Plan will deliver on its key priorities and strategies.

Service Plan Framework

Figure 3. NSW Service Plan for People with Eating Disorders 2021-2025 Framework



The Blueprint for Action should be read in conjunction with this document. It outlines the rationale, the service development to date, the identified gaps, and detail for the development of priorities and strategies for the Service Plan.

To meet strategic priorities, NSW Health has identified a number of priority areas to address over the next five years and set goals to achieve them. These are outlined in the Service Plan.

STRATEGIC PRIORITIES

This section sets out the Strategic Priorities of this Service Plan. Each Strategic Priority area has identified goals, strategies to deliver on the goals, identifies who is responsible for delivery against the strategy with an estimated timeframe.

It is important to note that these goals cannot be achieved by NSW Health alone. The achievements are dependent on partnerships with people with a lived experience, their families and carers and our external partners in the primary health sector, private sector, other government departments and the non-government sector.

The Service Plan will be operationalised in the following way and reports provided bi-monthly to the NSW Statewide Eating Disorders Steering Committee:

- The InsideOut Institute through their workplan
- The Medical Leads Subcommittees (Adult and Paediatric and Youth) through their workplans
- The Tertiary Hubs through their service plans
- The Local Health Districts and Specialty Health Networks through their Local Implementation Plans

Acronyms used in the Strategic Priority tables

Term	Definition
MoH	Ministry of Health
IOI	InsideOut Institute
MLs	Medical Leads
THs	Tertiary Hubs
LHDs	Local Health Districts
SHNs	Specialty Health Networks

STRATEGIC PRIORITY 1

Consolidate and Develop the Eating Disorders Treatment Network

Strategies	Responsibility	Timeframe
Goal 1.1: Ensure equity of service provision across NSW to people with eating disorders regardless of where they live		
1.1.1. Scope feasibility study to address gaps in clinical funding for eating disorders	IOI MoH	June 2022
1.1.2. Increase all Eating Disorders Coordinators to full-time	LHDs/SHNs MoH	March 2021
1.1.3. Develop protocols for the Mental Health Line to ensure eating disorders are included in the triage process	MoH IOI MLs	December 2021
Goal 1.2: Provide resources and support for services that do not specialise in eating disorders treatment to deliver safe, effective eating disorder care closer to home		
1.2.1. Develop clear mechanisms for clinical consultation and escalation pathways across NSW	MoH IOI THs	June 2022
1.2.2. Develop and disseminate resources to support the LHDs /SHNs non-eating disorders services and to primary care providers	IOI MoH	June 2024 Ongoing over the life of the plan
1.2.3. Maintain and strengthen outreach support from Specialist Services to LHDs and SHNs	THs MoH IOI	June 2024 Ongoing over the life of the plan
Goal 1.3: Improve integration of eating disorders services into the treatment spectrum across NSW		
1.3.1. Develop local multidisciplinary hubs of clinical expertise in the treatment of eating disorders as part of Local Implementation Plans	LHDs/SHNs MoH	June 2024
Goal 1.4: Reduce clinical variability in treatment across NSW		
1.4.1. Develop and review guidelines for the identification, treatment and ongoing care of people with eating disorders	IOI MoH MLs	June 2024 Ongoing over the life of the plan
Goal 1.5: Ensure appropriate governance of eating disorders care across NSW		
1.5.1. The Ministry of Health to lead the NSW Statewide Eating Disorders Steering Committee	MoH	June 2024 Ongoing over the life of the plan
1.5.2. InsideOut Institute to provide ongoing implementation support to local LHDs and Specialty Networks; Eating Disorders Coordinators; Local Eating Disorders Implementation Committees; Local Medical Leads; and the Tertiary Hubs	IOI MoH	June 2024 Ongoing over the life of the plan
1.5.3. Local Eating Disorders Implementation Committees to support the activities of the Local Implementation Plans in line with the Service Plan	LHDs/SHNs	June 2024 Ongoing over the life of the plan

STRATEGIC PRIORITY 2

Integrate Eating Disorders Treatment into the Core Programs of the Health System

Strategies	Responsibility	Timeframe
Goal 2.1: Ensure people with eating disorders have access to services available to other people with mental illness or physical illness		
2.1.1 Identify remaining gaps in the service spectrum [and develop strategies and innovative models to address them]	IOI MoH MLs THs LHDs/SHNs	December 2021
2.1.2 Develop and build upon integrated models of care between medical (public and GPs) and mental health services	LHDs/SHNs IOI MLs THs MoH	June 2024 Ongoing over the life of the plan
2.1.3 Include statewide screening tools for eating disorders in Electronic Medical Record (eMR) systems	MoH IOI LHDs/SHNs	December 2021
2.1.4 Increase access to community managed mental health programs (e.g. HASI)	LHDs/SHNs MoH IOI	June 2024 Ongoing over the life of the plan
2.1.5 Develop integrated trauma-informed models of care to ensure people with complex medical and/or psychiatric needs can access services that meet their needs holistically (e.g. endocrinological, gastrointestinal, perinatal, drug and alcohol services, oral health, other mental health specialty areas)	IOI MLs THs LHDs/SHNs MoH	December 2021
2.1.6 Ensure linkage with the NSW consumer peer workforce to integrate the needs of people with eating disorders	MoH IOI LHDs/SHNs	December 2021 Ongoing over the life of the plan
2.1.7 Work with food services to address the needs of people with eating disorders during an admission	LHDs/SHNs IOI	December 2022
2.1.8 Enhance early identification and diagnosis of eating disorders through development of early intervention strategies	IOI MLs, THs LHDs/SHNs	February 2022
2.1.9 Develop local partnerships between health promotion services and eating disorders treatment specialists to ensure accurate messaging of community eating disorders prevention strategies and to support mental health literacy.	LHDs/SHNs MoH IOI	June 2022
Goal 2.2: Increase supports for families and carers of people with an eating disorder		
2.2.1 Integrate the needs of families and carers into carer programs to ensure they have access to care and support.	LHDs/SHNs MoH IOI	June 2024 Ongoing over the life of the plan
2.2.2 Ensure referrals occur to appropriate services for families and carers to support their needs.	LHDs/SHNs	June 2024 Ongoing over the life of the plan
2.2.3 Ensure all online Carer Platforms (mental health and general) have evidence-based information for families and carers and links to evidence based Eating Disorders websites	MoH IOI	June 2023

STRATEGIC PRIORITY 3

Develop and Implement Local Models of Care and Pathways

Strategies	Responsibility	Timeframe
Goal 3.1: Improve access to publicly available NSW Health services for comprehensive assessment and evidence-based treatment for people with eating disorders, their families and carers		
3.1.1 Develop local governance framework as part of Local Implementation Plans for delivery of care to people with eating disorders, their families and carers	LHDs/SHNs MoH	June 2021
3.1.2 Develop local integrated hospital pathways and programs for children, adolescents and adults requiring medical stabilisation, nutritional rehabilitation, hospital containment and remission of eating disorders symptoms as part of Local Implementation Plans	LHDs/SHNs MoH MLs	December 2021
3.1.3 As part of Local Implementation Plans Include screening for risk factors and differential diagnosis for people with eating disorders across the lifespan who present with complex comorbidities	LHDs/SHNs IOI MLs THs	December 2021
3.1.4 Address service system issues and gaps that may impact particular age groups including young adults, 16-17 year olds and children below the age of 12 and more specifically to at least age of 8 years.	MoH IOI MLs THs LHDs/SHNs	June 2024
3.1.5 Develop age appropriate and integrated models of care for adolescents and young adults.	IOI MLs THs LHDs/SHNs	December 2022
3.1.6 Define roles and responsibilities in Local Implementation Plans of services and key positions in the treatment pathway, from early identification and intervention to hospital-based care to ensure seamless care coordination and transfer of care	LHDs/SHNs	December 2021
3.1.7 Provide options for evidence-based treatments within local models of care as part of Local Implementation Plans	IOI MLs THs LHDs/SHNs	December 2021
3.1.8 Integrate the identification of eating disorders into the first Antenatal visit as part of initial screening processes	MoH IOI LHDs/SHNs	December 2022
3.1.9 Develop models of care to treat people with Binge Eating Disorder (BED) or other eating disorders who present to a NSW Health service for treatment of obesity	IOI MLs LHDs/SHNs	December 2023
Goal 3.2: Improve the experience of people with eating disorders and their families and carers as they journey through the health system		
3.2.1 Continue to work with the Mental Health Review Tribunal (MHRT) and Guardianship Board to ensure appropriate use of the NSW Mental Health Act (2007) for people with eating disorders	MoH IOI MLs	June 2024 Ongoing over the life of the plan
3.2.2 Develop resources for clinicians, people with eating disorders, carers and families to explain the use of the NSW Mental Health Act (2007) when working with people with eating disorders	IOI MLs	December 2021

3.2.3	Develop systems for the coordinated transition of people with eating disorders between service settings consistent with current NSW Health transfer of care policies. Including transition from child and adolescent to adult services; transfer to and from medical services to mental health services and to and from private to public services	LHDs/SHNs MoH IOI MLs THs	December 2023
3.2.4	Develop models for supported referrals for people with eating disorders to access services that address related risk factors and co- morbidities e.g. alcohol and other drug services, diabetes services	IOI MoH MLs THs LHDs/SHNs	December 2023
3.2.5	Ensure services deliver culturally appropriate and sensitive care for priority populations, for example Culturally and Linguistically Diverse and LGBTQIA+ communities	MoH IOI MLs THs LHDs/SHNs	June 2024 Ongoing over the life of the plan
Goal 3.3: Reduce time spent in emergency departments			
3.3.1	Establish clear pathways from emergency departments to inpatient or community-based care	LHDs/SHNs MLs	December 2022
Goal 3.4: Build on the pathways between primary care and Local Health Districts			
3.4.1	LHDs to work with local Primary Health Networks to develop local pathways for eating disorders in HealthPathways	LHDs/SHNs MLs MoH	June 2022
3.5: Increase access to evidence-based community-based care			
3.5.1	Trial e-Mental Health eating disorders treatments, particularly for rural LHDs	IOI LHDs/SHNs	December 2022
3.5.2	Develop evidence-based options for treatment within the community	IOI LHDs/SHNs	June 2024 Ongoing over the life of the plan
Goal 3.6: Reduce the need for repeated and long admissions			
3.6.1	Identify and address factors impacting readmission rates	LHDs/SHNs MoH IOI MLs	December 2022
3.6.2	Establish clear pathways to community care on discharge from inpatient (either public or private) mental health and medical units.	LHDs/SHNs MoH	December 2022
Goal 3.9: Strengthen partnerships between public and private services delivering eating disorders care			
3.7.1	Work with the private sector to develop systems for coordinated transitions in care between public and private settings for people with eating disorders	MoH IOI MLs THs LHDs/SHNs	December 2023
3.7.2	LHDs to develop Service Level Agreements with private hospitals that deliver eating disorders treatment	LHDs/SHNs	December 2023

STRATEGIC PRIORITY 4

Build Workforce Capacity and Capability across NSW Health Services

Strategies	Responsibility	Timeframe
Goal 4.1: Improve the capability and capacity of the NSW Health workforce to respond to people with or at risk of eating disorders and their families and carers wherever they enter the health system		
4.1.1 Provide a tiered road map for eating disorders professional development	IOI MoH	June 2021
4.1.2 Conduct a gap analysis on the workforce required to treat eating disorders with a focus on rural clinicians, community dietitians in mental health services and consultation liaison psychiatry in hospital settings	IOI MoH LHDs/SHNs	June 2022
4.1.3 Support access to nurse specials required for inpatient admissions on medical wards	LHDs/SHNs MoH	June 2024 Ongoing over the life of the plan
4.1.4 Build on existing Peer Workforce strategies in NSW and other jurisdictions to develop a model for a peer workforce with a lived experience of an eating disorder and/or lived experience of caring for a person with an eating disorder.	MoH IOI	June 2022
4.1.5 Develop education programs for key NSW health staff including emergency department staff, medical staff, nurses, psychiatrists, dietitians, psychologists, social workers, occupational therapists, physiotherapists and ambulance paramedics	IOI LHDs/SHNs	June 2024 Ongoing over the life of the plan
4.1.6 Support eating disorders programs in the tertiary education sector	IOI LHDs/SHNs	June 2024 Ongoing over the life of the plan
4.1.7 Training to address co-morbidities and other risk factors to support supported referrals to other services (e.g. alcohol and other drug services, diabetes clinics, etc)	IOI LHDs/SHNs	June 2024 Ongoing over the life of the plan
Goal 4.2: Improve NSW Health staff knowledge, competence and confidence to deliver services to people with eating disorders and their families and carers		
4.2.1 Develop training in a tiered format of basic, advanced and extension levels to address needs of different health care providers	IOI LHDs/SHNs	June 2024 Ongoing over the life of the plan
4.2.2 Design, develop and deliver interdisciplinary training in a number of key areas to improve competence in: <ul style="list-style-type: none"> Engagement, early detection, screening, and assessment (medical and mental health) Clinical formulation and treatment planning Care coordination Evidence-based treatment delivery Risk management Consumer experience and recovery approach Partnering with families and carers 	IOI LHDs/SHNs	June 2024 Ongoing over the life of the plan

<p>4.2.3 Prioritise delivery of interdisciplinary training in:</p> <ul style="list-style-type: none"> • Meal support for both inpatient units and families and carers • Community-based treatments including FBT, CBT-E and other evidence-based treatments such as Specialist Supportive Clinical Management (SSCM) 	<p>IOI LHDs/SHNs</p>	<p>June 2024 Ongoing over the life of the plan</p>
<p>4.2.4 Deliver interdisciplinary training in the inpatient management (acute medical management and challenging behaviours) of people with eating disorders in paediatric, adult, medical and mental health settings</p>	<p>IOI LHDs/SHNs THs</p>	<p>June 2024 Ongoing over the life of the plan</p>
<p>Goal 4.3: Grow the eating disorders treatment workforce</p>		
<p>4.3.1 Provide opportunities for clinical placement within eating disorders specialist services</p>	<p>LHDs/SHNs THs</p>	<p>December 2022</p>
<p>Goal 4.4: Improve the capability of sector partners</p>		
<p>4.4.1 Develop and disseminate training programs and resources for organisations external to health including:</p> <ul style="list-style-type: none"> • Community managed organisations • Schools • GPs and practice nurses 	<p>IOI MoH LHDs/SHNs</p>	<p>June 2024 Ongoing over the life of the plan</p>

STRATEGIC PRIORITY 5

Develop supports for Aboriginal people with eating disorders

Strategies	Responsibility	Timeframe
Goal 5.1: Improve understanding of the experience of Aboriginal people with eating disorders		
5.1.1 Work with Aboriginal communities and stakeholders to develop an understanding of the experience of Aboriginal people with eating disorders	IOI MoH	June 2022
5.1.2 Co-design and co-produce Aboriginal eating disorders health promotion resources with Aboriginal communities and stakeholders	IOI MoH LHDs/SHNs	June 2024
Goal 5.2: Deliver culturally appropriate care for Aboriginal people presenting with eating disorders and their families and carers		
5.2.1 Collaborate with Aboriginal health services, workforce and community through community led yarning circles and other means of consultation to develop culturally appropriate models of care that support the treatment of eating disorders for Aboriginal people	LHDs/SHNs IOI MoH/CAH	June 2024 Ongoing over the life of the plan
5.2.2 Include the NSW Health Aboriginal workforce in workforce development strategies – including Aboriginal Mental Health Professionals, Aboriginal Liaison Officers, and Aboriginal Community Health workers	MOH/CAH LHDs/SHNs IOI	June 2024 Ongoing over the life of the plan
5.2.3 Integrate eating disorders prevention, early intervention and treatment strategies into local Aboriginal health services	LHDs/SHNs IOI	June 2024
5.2.4 Provide culturally appropriate support to families and carers of Aboriginal people presenting with eating disorders	LHDs/SHNs MoH IOI	June 2024 Ongoing over the life of the plan
5.2.5 Develop culturally appropriate resources for clinicians, Aboriginal people with eating disorders, their carers and families to explain the use of the NSW Mental Health Act (2007) when working with people with eating disorders	IOI LHDs/SHNs MoH	June 2024

STRATEGIC PRIORITY 6

Contribute to the Knowledge Base

Strategies	Responsibility	Timeframe
Goal 6.1: Improve knowledge of eating disorders treatment and service delivery		
6.1.1 Map current services available for eating disorders treatment and identify gaps in service delivery	MoH IOI	December 2021
6.1.2 Evaluate locally developed models of service delivery and report outcomes	LHDs/SHNs IOI MoH MLs	June 2024 Ongoing over the life of the plan
6.1.3 Develop mechanisms to share best practice models of service delivery and outcomes across NSW Health	MoH LHDs/SHNs IOI MLs	June 2024 Ongoing over the life of the plan
6.1.4 Investigate economic benefits of the implementation of the Service Plan	MoH IOI	February 2024
Goal 6.2: Improve knowledge of digital health care		
6.2.1 Trial and evaluate e-health models of care and treatments	IOI LHDs/SHNs MoH	June 2023
6.2.2 Review digital health care and its effectiveness	IOI	June 2022
Goal 6.3: Monitor and evaluate the Service Plan to support the NSW Health response to people with eating disorders, their families and carers		
6.3.1 Develop a statewide monitoring and evaluation system to inform and drive service improvements, quality and safety	MoH IOI	February 2022
6.3.2 Develop methods to share data across service systems	MoH IOI	June 2024 Ongoing over the life of the plan
6.3.4 Include monitoring, evaluation and reporting as a role of local Eating Disorders Implementation Committees	LHDs/SHNs MoH	June 2024 Ongoing over the life of the plan
Goal 6.4: Develop and support research priorities in the prevention and treatment of eating disorders		
6.4.1 Identify research priorities for the prevention and treatment of eating disorders in NSW including risk factors and areas where research has been limited	IOI MLs THs LHDs/SHNs MoH	June 2024 Ongoing over the life of the plan
6.4.2 Identify opportunities to conduct research in rural areas where research has been limited	IOI LHDs/SHNs MoH	June 2024 Ongoing over the life of the plan

