



Child and Adolescent Eating Disorder Service

Child and Adolescent Eating
Disorder Service for Oxfordshire
and Buckinghamshire: Information
for professionals

Summary of service

The Child and Adolescent Eating Disorder Service encourages early intervention and provides prompt assessment and treatment for young people and families experiencing eating disorders. The service aims to restore physical health and psychological wellbeing in a safe and collaborative manner.

The service has two central bases in Oxford and Aylesbury with satellite clinics in Banbury, Abingdon, Wycombe and Amersham.

Who we are

We are a multi-disciplinary team of mental health professionals who are trained and specialize in the treatment of eating disorders in young people. Our team includes consultant psychiatrists, clinical psychologists, specialist nurses, family therapists and dieticians.

What we do

The service provides treatment for anorexia nervosa, bulimia nervosa and related eating disorders. The service aims to carry out urgent assessments within one week of referral and routine assessments within four weeks. Specialist treatment, if appropriate, is normally started on the day of assessment.

The service aims to provide treatment consistent with 'The

National Institute for Health and Care Excellence (NICE) guidelines for eating disorders (2004). This may include family-based treatment for eating disorders, cognitive-behavioural therapy, physical assessment and monitoring and regular review.

If a higher intensity of support is needed, the Outreach Service for Children and Adolescents (OSCA) home treatment team may become involved.

How to refer

The service accepts referrals of young people under the age of 18 where there is concern about a possible eating disorder (anorexia nervosa, bulimia nervosa or eating disorder not otherwise specified).

Outcomes for eating disorders are much better if specialist treatment is sought early. Referrals will be accepted from any professional working with the young person.

Referrals will be accepted on the standard Child & Adolescent Mental Health Service (CAMHS) referral form and should be sent to the Single Point of Access (SPA) Team in Buckinghamshire or to the local Child & Adolescent Mental Health Team in Oxfordshire.

We also accept referrals from parents and self-referrals if the young person is over 16.

If you would like to discuss a potential referral, please call:

Oxfordshire:

- North Oxon CAMHS: 01865 904105
- Central Oxon CAMHS: 01865 902720
- South Oxon CAMHS: 01865 904700

Buckinghamshire:

- The SPA team: 01865 901951

For more information about referrals and signs to look out for please refer to our website:

<http://www.oxfordhealth.nhs.uk/fresh>

<http://www.oxfordhealth.nhs.uk/children-and-young-people/young-people/oxfordshire/>

Contact details

Child and Adolescent Eating Disorder Service:

Oxfordshire Base
Boundary Brook House
Churchill Drive
Headington
OX3 7LQ
Tel: 01865 902 720

Buckinghamshire Base

Sue Nicholls Centre Manor House
Bierton Road
Aylesbury
Buckinghamshire
HP20 1EG
Tel: 01865 901 325

Out-of-hours support

Outside office hours - if there is a crisis, the family can approach the out of hours GP, who can access the out of hours CAMHS team if necessary.

Useful self-help material

Royal College of Psychiatrist leaflet "help is at hand – eating disorders"

Help your teenager beat an eating disorder, Locke, J and Le Grange. D Guildford Press. (2005).

Eating disorders; a parents' guide, Bryant-Waugh, R. Lask, & B. Brunner Routledge. (2004)

Skills –based learning for caring for a loved one with an eating disorder. Treasure, J, Smith, G., Crane, A. Routledge. (2007).

Useful references.

Eating disorders in childhood and adolescence. R. Lask, B & Bryant-Waugh. Routledge (2007).

The SCOFF questionnaire and clinical interview for eating disorders in general practice. Luck, A.J et al (2002).

Notes

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسويق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে

পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informację w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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