



CAMHS

# Enhanced Care Pathway

## Oxfordshire CAMHS Eating Disorders

November 2022

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## **What is the Enhanced Care Pathway?**

The Enhanced Care Pathway (ECP) is a new, intensive service within the Oxfordshire CAMHS Eating Disorder team.

Most young people respond to our community interventions, however some will need more intensive treatment, most commonly at the start of their journey towards recovery. The ECP will also be used as a 'step-down' for people being discharged from inpatient admission.

## **Who is the ECP for?**

Individuals who:

- Have a restrictive type Eating Disorder (anorexia or atypical anorexia)
- Are at risk of admission
- Have difficulty with regular eating or restoring weight
- Are being discharged from inpatient admission and may need extra support
- Are able to benefit from a family-based approach (individual support is likely to be available in addition)
- Are age <17years and 9 months (over this age considered case by case discussion.)

## **Aims of the ECP**

The ECP will intensify community treatment and aims to:

- Offer a 6-week intensive intervention to those who need extra support. This may be extended by a further 3 weeks if clinically indicated at a 6-week review.
- Prevent admission to paediatric and psychiatric inpatient beds
- Improve treatment outcomes
- Support quicker discharges
- Reduce the referrals to crisis and home treatment interventions

## **How was it developed**

The service was developed after considering other intensive treatment models both in the UK and internationally. The Oxford model aims to offer an evidence-based individualised treatment package delivered by an experienced team consisting of support workers, a systemic practitioner and a clinical psychologist.

All ECP clinicians also work in the wider Eating Disorder Team which makes ongoing communication and transfer back to the team at the end of the ECP intervention much easier. We are a small team and hope to provide as much continuity and consistency for the families we work with as possible

## How does it work

You will be referred to the ECP by a member of your care team if they feel you need intensive support.

You will be offered an assessment with the ECP team which will allow us to determine the level of support needed and assess family functioning and parental capacity. We will ask you to complete a range of measures at the start and end of treatment.

Before treatment, a contract of expectations will be agreed between you and the team in order to ensure motivation to recover and to identify personal goals.

During treatment under the intensive team, you will be offered a minimum of 2 contacts per week which may consist of:

- Family meal support
- Dietetic input
- Family Based Treatment
- Medical monitoring
- Dialectical Behavioural Therapy
- Distress Tolerance
- Other Psychological interventions

The team will also offer a review at 3 weeks and 6 weeks during the course of intensive treatment.

## Meet the team



Dr Sonia Bues  
*Clinical Psychologist*



Jane Liquorish  
*Enhanced Care Pathway Lead*



Shelby Davey  
*Senior Support Worker*



Giulia Pulichino  
*Senior Support Worker*



Claire Parada-Lane  
*Development Worker*

## Who to contact

Please contact the team for further information.

Raglan House  
23 Between Towns Road  
Oxford  
OX4 3LX

Email      [oxonecp@oxfordhealth.nhs.uk](mailto:oxonecp@oxfordhealth.nhs.uk)  
Office      01865 904708

## Concerns and complaints

We aim to provide you with high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

## Accessibility

Patient information leaflets are also available on the Oxford Health website [www.oxfordhealth.nhs.uk/about-us/publications/](http://www.oxfordhealth.nhs.uk/about-us/publications/)

One in seven people have some form of disability. For some, this can impact their ability to access online content or services.



We use **ReachDeck** on our website to help make our online content accessible and usable to everyone.

The ReachDeck toolbar can be accessed via the headphones icon in the bottom right corner of the screen. You can translate material into different languages, read aloud and access other assistive features.

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## Comments, suggestions and complaints

We are committed to providing a high standard of professional support and advice. You can contact the Patient Advice and Liaison Service (PALS) which provides advice and support to patients, families and carers and can help to resolve any problems, concerns or complaints that you may have. Call them on **0800 328 7971**, or email **PALS@oxfordhealth.nhs.uk**

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