

Eating Disorder Referral Services List 2007

Every effort is made to ensure the accuracy of entries on this list, however, please check details with individual agencies. (We would appreciate being informed if you find any changes or additions). Inclusion of a service on this listing is not equivalent to an endorsement by EDFV.

PUBLIC HOSPITALS & CLINICS TREATING PEOPLE WITH EATING DISORDERS

- **Catchment:** North, North Eastern & Hume.

ACUTE PSYCHIATRIC UNIT/BANKSIA HOUSE

Austin Hospital
Studley Rd.,
West Heidelberg, Vic 3084
Ph: 9496 - 6407 or 6420
Fax: 9496 - 4366

Inpatient:

- Assessment & short term **in-patient** treatment for people with eating disorders.
- Medical, psychiatric, psychological, dietetic, social work, occupational therapy and psychiatric nursing.
- Individual programs are tailored by the treatment team.

Age: 16 - 64.

Referral: GP or other medical/health professional

- **Catchment:** Regional services only. Middle South & Gippsland Region.

MONASH MEDICAL CENTRE

246 Clayton Road,
Clayton, Vic 3168.
Ph: 9594 6666.
Fax: 9594 6111.
Web: www.southernhealth.org.au

In-patient:

- Assessment, treatment and psychotherapy for people with eating disorders.

Age: 16+

Referrals: self or GP to the Eating Disorders Unit **Ph:** 9594 1414.

Outpatient

- Non-urgent outpatient referrals to Dr Patricia Miach, Clinical Psychologist **Ph:** 9594 1442.
- Adolescent assessment for eating disorders **Ph:** Dr. Jacinta Coleman on 9594 2372 or 9594 2373 (available Thursday pm only). All other times call Southern Health **Psych. Triage** on 1300 369 012.

- **Catchment:** Western Metropolitan Region, Loddon Mallee, Barwon South Western & Grampians.

ROYAL MELBOURNE HOSPITAL

2nd Level, John Cade Building,
Grattan Street,
Parkville, Vic 3050.
Ph: Eating Disorder Registrar on 9342 4033 or 9342 7000 (to be paged)
Web: www.mh.org.au

In-patient, Outpatient and Day treatment services for eating disorders.

Age: 16+

Referral: GP preferred.

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- **Catchment:** Western Metropolitan region of Melbourne.

ORYGEN YOUTH HEALTH

Eating Disorders Clinic
35 Poplar Rd.,
Parkville, Vic 3052.
Ph: General Inquiries 9342 2800 or Triage 1800 888 320.
Web: www.orygen.org.au

Outpatient:

- A specialist service, which offers up to 18 months of individual, family and group therapy.
- They work closely with in-patient services and medical specialists to provide comprehensive care.
- There is also an integrated clinical research program dedicated to learning more about mental health problems in young people.

Age: 15-24

Referrals: GP, self or other medical/health professional.

- **Catchment:** State – wide service.

FRANKSTON HOSPITAL

Hastings Road,
PO.BOX 52
Frankston, Vic 3199.
Ph: 9784 7777
Web: www.pncn.vic.gov.au/services/frankstonhosp/index.htm

Inpatient Unit

- Short-term medical re-feeding program for children and adolescents (up to 16 years).

Private rooms:

Contact: Dr Simon Blair, Ph: 9783 2064 and Dr Anne O'Neill, Ph: 9770 7189 (Paediatricians would refer onto psychologists).

Referral: will accept referrals from GPs regarding assessment and inpatient admissions.

- **Catchment:** State - wide service.

CENTRE FOR ADOLESCENT HEALTH (Part of the Royal Children's Hospital)

2 Gatehouse Street
Parkville, Vic 3052.
Ph: 9345 5890 (For further information or referral)
Web: www.rch.org.au/cah

Out-patient

- The Centre provides **Out-patient** services **for families and adolescents**.
- Inpatient services are for medical stabilisation only.
- The **Healthy Eating Clinic** offers treatment for adolescents with eating disorders.
 - Appointments are with a paediatrician specialising in adolescent health.
 - On occasion, the paediatrician may arrange for an appropriate regional or private mental health service to see the young person and/or their family.
 - Appointments with Dieticians and other mental health providers, is available but limited.

Age: 11 – 17.

Referral: GP or other medical/health professional. Appointments necessary.

- **Catchment:** Southern Metropolitan Region of DHS

THE BUTTERFLY FOUNDATION

Ph: 9822 5771
Web: www.thebutterflyfoundation.org.au

Day Program:

An experienced multidisciplinary clinical team provides individual, group and family therapy with focus on nutritional rehabilitation; normalisation of eating behaviour; correcting dysfunctional attitudes toward eating and weight; body image issues and relapse prevention. It has been structured to assist individuals identify and resolve issues underlying and perpetuating the eating disorder; and develop new and self-enhancing methods of coping and feelings about the self.

Age: 12 - 24

Criteria: males & females with a diagnosed eating disorder and registered with Southern, Alfred & Peninsula Child & Adolescent or Adult Mental Health services with a designated mental health case manager.

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THE BRONTE FOUNDATION

334 Burke Road,
Glen Iris, Vic 3146
Ph: 9889 3445 (not for profit organisation)
Email: info@thebrontefoundation.com.au
Web: www.thebrontefoundation.com.au

Outpatient & Day programs:

- Eating disorder specific outpatient programs (Monday to Friday from 9.00am – 5.00pm)
- Day programs (Monday to Friday from 10.00am – 3.00pm).
- A multi-disciplinary team of psychologists, counsellors, social workers, dieticians, teachers, carers and experiential therapists.
- All treatment programs involve family education and therapy.

Cost: There is a fee for treatment.

Referral: GP's, Self-referral and allied health workers.

THE MELBOURNE CLINIC

130 Church Street,
Richmond, Vic 3121.
Ph: Intake Manager on 9420 9340
Fax: 9420 9351
Web: www.healthscope.com.au

Inpatient, Day & Outreach program:

- The Melbourne Clinic Eating Disorders Program offers an in-patient program, day program (3 days per week) and an outreach program, which include individual and group work.

Age: 16+ (some flexibility).

Cost: Fees apply. Private Health Insurance is recommended.

Referral: GP.

THE OAK HOUSE

196 Union Road (corner of Mont Albert Road),
Surrey Hills, Vic 3127.
Ph: 9888 4737
Email: info@theoakhouse.com.au
Web: www.theoakhouse.com.au

Outpatient & Day programs:

- Facility providing individually designed, self-paced, recovery programs for people with eating disorders and their families.
- Intensive counselling, both psychological and dietetic for people with an eating disorder and support for family members and significant others.
- Family centred treatment approach (Maudsley model for adolescent client & families).
- Day group support programs
- Day therapy group programs
- Parent & Partner group support
- Sibling support services

Age: all ages and genders

Referral: Self/GP/Psychiatrist/Health Professional.

Cost: Fees apply

MANDOMETER CLINIC *(In conjunction with the Karolinska Institute based in Sweden)*

412 Bay Street,
Brighton, Vic 3186
Ph: 9596 5718
Fax: 9596 5728
Web: www.mandometer.com

- An innovative program for the treatment of eating disorders developed at the Karolinska Institute in Sweden.
- The Australian clinic offers a full assessment service for patients contemplating intensive treatment overseas, outpatient treatment for moderately ill patients, and continuing care for patients returning from overseas intensive treatment.
- Treatment team includes trained case managers, G.P., dietician, physician and psychiatrist. Support and education provided for families.

Cost: Fees apply.

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OTHER RELEVANT PROGRAMS

LA TROBE UNIVERSITY, SCHOOL OF PSYCHOLOGICAL SCIENCE

La Trobe University,
Bundoora, Vic 3083.

- **My Body, My Life: Body Image Program for Teenage Girls.**
 - An 8 session internet-based group program for teenage girls with body dissatisfaction and/or eating problems. (One session a week for eight weeks).
 - This internet-based format can provide a non-threatening environment where girls can raise issues that are concerning them with a focus on healthy eating behaviours and healthy lifestyle changes.
 - The program can also cater for those that live in remote and rural areas where face-to-face programs may not be available.
 - The program is part of a research project and is currently being evaluated.

When: Groups are held on different nights, usually between 3.30 – 6.00pm.

Age: Girls between 12 and 18 years.

Eligibility: Not for those with Anorexia Nervosa and <5th percentile for age. Readily available and reliable Internet access and parental consent to participate is required.

Contact: Hannah Hoile 0437 587 302 or Prof. Susan Paxton on 9479 1736.

RIPE: Recovery is Possible for Everyone

The Abbotsford Convent,
Room C 1.48
1 St Heliers St
Abbotsford, 3067

Contact: Fiona Sutherland on 0403 823 033 or Sarah Harry 0412 128 115.

Email: fiona_sutherland@hotmail.com or sarahharry@optusnet.com.au

Web: www.recoveryispossible.com.au

- **Individually counselling sessions**
- **Individual dietetic sessions**
- **Group therapy for eating disorders, RIPE GROUP:**
 - 14 week therapy and support group that is based on Cognitive Behavioural Therapy for Bulimia Nervosa and Binge Eating Disorder.
 - Facilitated by a dietician and a counsellor this group program will aim to cover topics, therapies and skills that may greatly assist participants towards recovery, including self care, relaxation, self-esteem, body image and relapse prevention.
 - The group is not suitable for people with Anorexia Nervosa or those who are under 18 years of age.
 - \$55 per session (part claimable on private health insurance)
 - Referral from self or via a health professional.

SWINBURNE PSYCHOLOGY CENTRE

33 Wakefield St,
Hawthorn, Vic 3122

Ph: 9214 8653.

Ph: 9214 5528

Web: www.swinburne.edu.au/lss/psychology/pc/

Hours: 9am-9pm (Mon – Fri), 9am –1pm (Saturday).

- **Low-cost counselling**
- **Grief or anger management**
- **Psychological assessment**
- **Specialist (and low cost) group programs, Moderate Eating Group (MEG) Program:**
 - A 10 week (3 hours per week) group psychotherapy program for people with overeating, compulsive eating, binge eating or body image issues.
 - Fees apply.
 - Referral from self or by a health professional.

BARWON REGION, GEELONG

Disordered Eating Service (DES) c/o GP Association,
Geelong 3220.

Ph: 5229 1922

- **Offers consultation, treatment, assessment and referral service for adolescents and adults.**

Eligibility: people residing within the Barwon region, who have disordered eating and/or meet the criteria for eating disorders.

Age: 12 – 65 years.

Referrals: Anyone can ring the GP Association of Geelong on the above telephone number between 9am – 5pm Monday to Friday, and speak to the coordinator about making a referral or appointment.

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VICTORIAN MENTAL HEALTH SERVICES

Specialist clinical mental health services in Victoria are provided on an area basis, and are often referred to as area mental health services (AMHS). They include adult mental health services, child and adolescent mental health services, and aged persons mental health services. Each of these service categories provides inpatient psychiatric services, in addition to a range of residential and other community-based services.

For further information go to: www.health.vic.gov.au/mentalhealth/services

Child & Adolescent Mental Health Services (CAMHS), (0 -18): www.health.vic.gov.au/mentalhealth/services/child/index/htm

Adult Mental Health Services (AMHS), (16-64): www.health.vic.gov.au/mentalhealth/services/adult/

Aged persons mental health services (65 + years) www.health.vic.gov.au/mentalhealth/services/aged/index.htm

ISSUES & CONCERS

For a **doctor**, concerns can be directed to the Medical Practitioners Board of Victoria on (03) 9655 0500 / 1800 016 151, E: info@medicalboardvic.org.au, W: www.medicalboardvic.org.au

For a **psychiatrist**, contact the Royal Australian and New Zealand College of Psychiatrists on (03) 9640 0646 or E: ranzcp@ranzcp.org, W: www.ranzcp.org

For concerns regarding a **psychologist**, contact either the Psychologists Registration Board of Victoria on (03) 9629 8722 or www.psychreg.vic.gov.au, or the Australian Psychological Society on 1800 333 497 or (03) 9663 6166.

For a **counsellor**, contact the Australian Counselling Association on 1300 784 333, W: www.theaca.net.au.

For concerns about **any Victorian health service provider or practitioner** phone the Victorian Health Services Commissioner on (03) 8601 5200 or Toll Free in Victoria on 1800 136 066.

The **Mental Health Legal Centre** can also be contacted on (03) 9629 4422 or toll free on 1800 555 887.

For a copy of the **Australian and New Zealand treatment guidelines** for consumers and carers contact: The Royal Australian & New Zealand College of Psychiatrists, Head Office, (03) 9640 0646, Email: ranzcp@ranzcp.org, Web: www.ranzcp.org

FOR PROFESSIONALS: EDUCATION & SECONDARY CONSULTATION

- **Professional development for workers in non-clinical settings (state-wide).**

Professional development workshops and accompanying resources are available through The Eating Disorders Foundation of Victoria (EDFV). Training is primarily provided to workers in non-clinical settings such as school staff, coaches, health and fitness professionals and community and welfare workers. The workshops cover the Identification, early intervention, support and prevention of eating disorders. For further information please contact the EDFV Community Education Officer, Sheridan Meulblok on (03) 9885 6563.

- **Secondary Consultation & Education Service for health professionals treating people with eating disorders.**

Victorian Centre of Excellence in Eating Disorders (CEED) consultants may provide information, advice and assistance regarding the identification, treatment and management of eating disorders. This is a state-wide service. Contact: **(03) 8387 2673**

Web: www.ceed.org.au **E-mail:** ceed@mh.org.au