

Orientation to the Young Adult Eating Disorders Program (YAEDP)



SOUTHLAKE
REGIONAL HEALTH CENTRE

Leading edge care. By your side.

Thinking about treatment is an important first step.

We are so glad you are here!

This brief overview will provide information on:

- 1) Types of treatment for adults with eating disorders in Ontario
- 2) Overview of the Young Adult Eating Disorders Program (YAEDP)
- 3) What is needed from you to support optimal treatment
- 4) Additional Resources

Adult Eating Disorders Treatment Types Available in Ontario

The goal of all treatments: to remove/reduce eating disorder symptoms and achieve full medical stabilization, including weight changes if needed.

The typical process of accessing treatment:

Referral by a Medical Practitioner > Acceptance to the Waitlist
> Assessment Appointment > Treatment Options are Offered

Outpatient Treatment

- Clients are medically stable and their weight is not too low.
- Regular medical appointments through a family doctor, typically on a bi-weekly or monthly basis.
- Able to make independent changes to eating between treatment appointments.
- Attendance: 1-2 sessions per week (60-90 minutes/session).



Outpatient Day Treatments

- Clients have a weight that is not too low (typically BMI >16.5)
- Regular medical appointments may happen within the program or with a family doctor, typically on a weekly basis.
- Typically includes daily meal support, group therapy and individual therapy.
- Attendance: 3-5 days per week for 6-8 hours a day.



Inpatient or Residential Treatment

- There are concerns about a client's medical stability: low weight, high frequency of eating disorder symptoms.
- Medical monitoring happens within the program on an as-needed basis.
- Typically includes daily meal support, group therapy and individual therapy.
- Attendance: 7 days a week and clients sleep at the hospital (inpatient) or treatment facility (residential).

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The Importance of Being on the Right Waitlist

It is **crucial** that you are referred to a waitlist for the level of care that best fits your needs (outpatient, day hospital, inpatient/residential). If you are on a waitlist for a program that does not match your medical stability, symptom experiences, or experience of other concerns like substance use, **you will not be offered treatment in that program.**

Waiting for the wrong level of care can also lead you to feel 'burnt out' and 'demotivated' when treatment isn't offered and you are referred once again to a new waitlist for a new program. We want to do our best to match your needs to the right level of care so you can get treatment as quickly as possible.

Here are some examples of why someone may be given feedback that they require a different level of care:

- 1) You require a different frequency of medical monitoring that the program cannot accommodate.
- 2) You need a different level of support to successfully make changes eating disorder symptoms.
- 3) You will not have access to resources that are required to attend treatment (bringing a support person to appointments, getting to and from appointments daily, being able to pause school or work, etc.).
- 4) You may need support with more than one illness at a time (i.e.: eating disorder and substance use disorder, eating disorder and post-traumatic stress disorder).

TIP: Some programs will offer self-screening tools to help you assess if the program is the right fit for you.

About the Program and Eligibility Criteria

Treatment Consists of:

- Frequency: Weekly individual therapy appointments that are 50-60 minutes in duration
- Type of Therapy: CBTe or FBT-TAY (cognitive behavior therapy for eating disorders or family-based treatment for transition age youth).
- Duration: Treatment is typically 20 sessions (5 months) but can be a bit shorter or longer depending on your needs. There is a maximum of 40 sessions.
- A support person is required. They will attend a minimum of 5 appointments where they will learn how to help you with your therapy goals (e.g., meal support, how to help when eating disorder thoughts are present, how to help with practical tasks like groceries, etc.)
- Consultations with a registered dietitian
- You may have ongoing appointments with a psychiatrist if needed
- Ongoing medical appointments to check medical stability

You are Eligible for Treatment if:

- You are between the ages of 17.5 to 25
- Your BMI is equal to or greater than 17.5
- You are medically stable for outpatient treatment
- You have a medical professional who can conduct regular medical appointments.
- You can independently make changes in eating with the support of weekly therapy sessions and can complete homework between sessions.
- You have identified a support person who can attend the assessment and the psychoeducation sessions.

Additional Considerations

As part of the screening and assessment process in the YAEDP, you will be assessed for the existence of other mental health concerns. You may need additional treatments or supports if one of the following applies to you:

- You have active substance use and are using substances in a way that impacts your eating, is interfering with your life and/or interfering with your ability to engage in treatment.
- You have active symptoms of another mental health condition (e.g., psychosis) that needs specialized treatment.
- You have active suicidal ideation or self harm (e.g., recurrent suicidal behaviours and/or self-injury).

***If any of these are relevant to you,
we recommend you talk to your doctor and seek treatment resources as soon as possible***

The Intake Call

- Once your referral is received and approved for the waitlist you will receive communication from the program in the mail indicating the length of our waitlist, some resources and further information on the program. We encourage you to go over this information and reach out to our Intake Coordinator at extension 2825 if you have any questions or concerns.
- You will get a call from the program approximately 1 month prior to your assessment date. We will ask for an update on your symptoms and go over the requirements for the program to ensure you have the appropriate support in place. Once your appointment is booked, the information will be emailed to you.
- It is understandable that there may be changes to your life (e.g., going away to school / living situation), that affect your ability to attend the program. Please follow-up regarding any questions, concerns or notification of changes with our Intake Coordinator (extension 2825). We require 48-hours notice for cancellation of an assessment but prefer at least a week when possible so we may offer the assessment times to someone else.
- While you wait, **we recommend that you continue to see your doctor for regular medical monitoring/active waitlist** and should you have any concerns about your physical health, please follow-up with your nearest Emergency Department

The Assessment Process

Southlake's Intake Coordinator (ext. 2825) will provide you with your first two appointments.

The assessment includes three appointments in total:

1. A 30-minute phone appointment

- A week before your team consultation appointment, you will speak with the social worker to review your upcoming team appointment and to get you set up to complete the questionnaires.

2. An initial team consultation appointment will include:

- A medical assessment including bloodwork and ECG with a medical professional (you will attend this appointment alone).
- A dietary assessment with a registered dietitian (you will attend this appointment alone).
- A psychosocial assessment with a social worker (this appointment is also attended by your support person).

3. A psychiatry consultation

- An appointment day and time will be provided to you at the team consultation.
- The appointment is typically 1-2 weeks after the team consultation appointment.
- The appointment is approximately one hour.
- Typically, you'll attend this appointment alone but supports may be welcome.

Feedback about Diagnosis and Treatment Recommendations

Once the assessment is complete, a feedback appointment will be scheduled with you.

- Feedback is a 30-minute virtual appointment to review diagnosis and treatment recommendations with you. The appointment is attended by you, individually, for 20 minutes. In the final 10 minutes, your identified support will join to review next steps.
- During feedback, you will learn if you require a higher level of care or another treatment prior to treatment in the Young Adult Eating Disorder Program.
- If appropriate for outpatient treatment, the team will review next steps in getting started.
- During your feedback appointment you can make the decision to start in the recommended treatment or not.

How to Support Optimal Treatment

Motivation and Momentum

It is normal to have ambivalence about therapy. In our experience, ambivalence and motivation for treatment improves after the first month of treatment, so we encourage you to stick it out for at least the first 4 sessions. If you are still having concerns about your motivation for therapy, we encourage you to discuss this with your therapist so that they can support you and discuss treatment planning.

Momentum is a key piece of enhancing motivation. Consider ways you can make treatment a priority. Many young adults are busy with other life responsibilities (e.g., school, work, internships, etc.) and it is helpful to consider how treatment will fit in with your life to ensure you can make the most of this time in treatment to invest in your health and your recovery.

Attendance

- Consistent attendance is an important part of doing well in therapy. You will need to make space in your life to accommodate the following:
 - Weekly 60-90 minute therapy appointments
 - Medical appointments on a weekly, bi-weekly or monthly basis
 - If needed: psychiatry appointments
 - Daily therapy homework (approximately 30minutes a day)

Therapy is Active

- Therapy requires your active participation. It is not passive. You will be setting goals and actively working on them each week.
- When you actively engage in therapy, it will help you develop an increased sense of empowerment and autonomy with making changes to your eating and eating disorder symptoms.
- Therapy will include a regular review of progress so that any barriers coming up can be addressed to support you in maintaining motivation
- If you are consistently unable to attend therapy or actively engage in the therapy homework, treatment may end and you may be referred to a higher level of care (e.g., day hospital program).

Communication

- All questions are welcome – communication is key!
- Life changes are common for young adults and you can discuss any changes that may impact your treatment plan or duration of treatment with the team.

What to Expect from Treatment Appointments

Assessment

- There are a limited number of assessment spots in the program each year. One of these spots has been reserved for you.
- If you are unable to attend the assessment, please give as much advanced notice as possible so there is an opportunity to offer the appointment to someone else. **At the least, we require 48 hours for cancellation of the assessment.**
- Please note, cancellation of the assessment can result in a significant delay in rescheduling. If you miss the assessment without any notice, a letter will be sent to your doctor and you will need to be re-referred.

Medical Stability

- This is assessed during your assessment, but is also assessed throughout treatment as ongoing medical stability is a requirement for outpatient care.
- After the feedback appointment, your doctor will be sent a letter to let them know of the program requirement for medical monitoring on a weekly, bi-weekly, or monthly basis. You will need to follow-up with your doctor to schedule these appointments in advance.
- **Please note** that if medical monitoring forms are not received, therapy sessions are on hold until the form is received

Psychiatry Consultation Appointments

- We ask that you make adjustments to your schedule to be able to attend these appointments
- If you need to reschedule, 48 hours notice is required.

Therapy Appointments

- It is important to note that missing more than one appointment can have a negative effect on treatment outcome.
- If there are scheduling difficulties, please speak with your therapist in advance to try to reduce any barriers in regular attendance.
- If you are cancelling a session, please notify your therapist as early as possible as missed appointments count towards the total number of sessions offered. Your therapist will try to work with you to reschedule within the same week (if possible).

Treatment Decisions

We hope the information provided will help you in making the treatment decisions that are right for you!

- Please complete the self-assessment tool (body brave) and speak with your GP to review what level of care you might need so that you can ensure that you are on the right waitlist for service
- Please speak with your doctor about additional treatment options (as relevant) so that referrals can be made in a timely manner and to reduce your wait time for service
- Please contact Lindsay Jackman, Intake Coordinator (ext. 2825) with any questions about the program

We wish you the best in your recovery journey!

Resources and Supports

Other Hospital Programs for Eating Disorders in Ontario

Outpatient Only Available at these Locations

[Lakeridge Health](#)

[William Osler](#)

[Kingston](#)

[Hamilton](#)

Day Treatment Only Available at these Locations:

[London Health Sciences](#)

[North York General Hospital's Adult partial day hospital program](#)

Day Treatment / Inpatient Available at these Locations:

[Toronto General Hospital](#)

[Credit Valley Hospital](#)

Residential (not covered by OHIP)

[Homewood Health Centre](#)

[Bellwood in Toronto](#)

Community Resources for Eating Disorders in Ontario

In addition to hospital-based programs, this list provides additional community resources for eating disorders:

Support groups (for individuals and caregivers):

[Body Brave](#)

[Sheena's place](#)

[Eating Disorders of York Region](#)

[Danielle's Place](#)

Therapist in Private Practice (not OHIP covered):

See [NEDIC](#) for listing of therapists who work with eating disorders

A toll-free helpline is staffed from 9 a.m. to 9 p.m. EST/EDT: 1-866-633-4220 (or, in Toronto, 416-340-4156)

Information and resources for provincially funded program and private practice providers as well as information for caregivers

Health Quality Standards for Eating Disorders:

For [patients](#)

For [caregivers](#)

Caregiver Resources for Eating Disorders in Ontario

[The Ontario Caregiver Organization](#)

[Families Empowered And Supporting Treatment for Eating Disorders](#)

[Kelty Mental Health Guide for parents](#)

[Sheenas Place](#): Offering free caregiver support groups

Book:

Treasure, J., Smith, G., & Crane, A. (2017). Skills-based caring for a loved one with an eating disorder: The new maudsley model (2nd Edition). Routledge: London.

Additional Mental Health Community Resources in Ontario

Concurrent Disorders

[Addiction Services Central Ontario](#)

[CAMH Concurrent Outpatient Medical & Psychosocial Addiction Support Services](#)

Eligibility: People with substance use disorder and a concurrent eating disorder

Referral: Must first be referred to COMPASS to complete the initial assessment before being referred to this treatment. Note: The groups are not appropriate for people with severe eating disordered symptoms that would be more safely treated in a day program or inpatient setting. Suicidal Ideation/Self-harm

Emergency services

York Support Services Network offers the Community Crisis Response Service, or 1-855-310-COPE (2673)

[Kids Help Phone](#) (1-800-668-6868): Free, anonymous and confidential professional phone counselling available 24/7 for kids and youth 20 years of age and younger.

Dialectical Behavior Therapy

<https://www.dbtontario.ca/resources>

Community resources for mental health (Sliding Scale or OHIP Services):

[Stella's Place](#)

[Bounce back](#)

[Together All](#)

Mental Health Community Resources

INDIVIDUAL/GROUP COUNSELLING-COMMUNITY AGENCIES (Sliding Scale or OHIP Services)

- Family Services of York Region 905-895-2371
- Catholic Community Services of York Region 1-800-263-2075
- Catholic Family Services of Simcoe County 705-726-2503
- Canadian Mental Health Association of York Region 905-841-3977 x.3321 (Groups only)
- Women's Centre of York Region 905-853-9270
- Women's Support Network of York Region 905-895-3646 (Female survivors of sexual abuse)
- Cedar Centre 905-853-3040 (Survivors of childhood interpersonal trauma)
- Aberfoyle Health Centre 416-231-7968 (Covered under OHIP, physician referral required)
- Medical Clinic for Person-Centred Psychotherapy 416-229-2399 (Covered under OHIP, physician referral required)

Therapist in Private Practice (not OHIP covered):

- Social Workers: <http://www.findasocialworker.ca/ON/en/default.asp>
- Psychologists: <http://www.psych.on.ca/Utilities/Find-a-psychologist.aspx>
- Psychotherapists: <https://therapists.psychologytoday.com/rms/>
- Ontario Society of Psychotherapists Referral Service (416) 923-4050
- Affordable Therapy Network: <https://affordabletherapynetwork.com>. Online directory of therapists who offer reduced rate or sliding scale services in Canada

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 - Social Workers: <http://www.findasocialworker.ca/ON/en/default.asp>
 - Psychologists: <http://www.psych.on.ca/Utilities/Find-a-psychologist.aspx>
 - Psychotherapists: <https://therapists.psychologytoday.com/rms/>
 - Ontario Society of Psychotherapists Referral Service (416) 923-4050
 - Affordable Therapy Network: <https://affordabletherapynetwork.com>. Online directory of therapists who offer reduced rate or sliding scale services in Canada



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