

Obtaining a referral

A referral letter is required from a General Practitioner (GP) or a treating psychiatrist.

Your referral can be addressed to 'Dear Doctor' or to one of our accredited psychiatrists and faxed to Intake on 03 5240 0799.

A physical assessment is also required by a GP to determine current physical health prior to an admission. When contact is made with The Geelong Clinic, this EDP information pack will be sent together with a form for the GP to complete when undertaking the physical assessment (this includes pathology tests and an ECG).

When the referral letter and the physical assessment are completed, an assessment appointment with a member of the EDP team will be scheduled. This is an opportunity for the team to discuss with you the history of the eating disorder, your current difficulties, and time to set goals for the programs as well as raise any questions or concerns.

The assessment appointment takes approximately 1½ hours. Patients are not admitted on the day of assessment and are contacted at a later point to discuss the outcome.

Assessment can be conducted via telephone or telehealth if you are unable attend in person. For all assessments we do request that a support person is with you and can also speak with the clinician conducting the assessment.

Further information

Phone enquiries - please call **03 5240 0700**

Email enquiries - please email **tgc@healthscope.com.au**



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Eating Disorders Program (EDP)

Information for patients, carers,
family and support persons



Community
of Care

 **The Geelong Clinic**
by Healthscope

The Geelong Clinic offers a specialised inpatient Eating Disorders Program (EDP) and runs two 40-day inpatient programs suitable for participants aged 16 years and above:

- Learn to Eat at Peace (LEAP)
- Proactive Recovery Enhancement Program (PREP)

Programs have been developed by health professionals in collaboration with consumers and are based on a philosophy centred on:

- **Trust** - establishing a trusting partnership with your treating team
- **Dignity** - providing a humanistic approach that retains dignity and respect
- **Individualised treatment** - recognising that recovery from an eating disorder takes time and the path is different for everyone.



Learn to Eat at Peace (LEAP)

LEAP supports patients to begin the process of recovery from an eating disorder and learn new skills to replace eating disorder behaviours.

Often patients admitted to LEAP will need support with weight restoration. In LEAP, all meals and snacks are prepared by the hospital and patients are supported during their meals. Patients are expected to eat three meals and three snacks per day.

LEAP offers individualised evidence-based treatment that is adapted to the patient's unique experience and eating disorder concerns.

Both group and individual therapy are offered to patients in LEAP. Weekly groups range in content and approach, including, psychology-based groups, nutrition, art therapy, yoga and gentle movement, music therapy, as well as mindfulness and relaxation. Fortnightly individual therapy is also offered with a psychiatrist and psychologist.

LEAP also offers support with discharge planning. This takes place in order to assist patients with the transition home, enable patients to establish and engage with community treating teams and wider support networks, as well as continue working towards their unique recovery goals.

For LEAP, the program's emblem is a turtle helping to remind patients during their recovery process that, it is not the size of the step that counts, it is the direction.

Proactive Recovery Enhancement Program (PREP)

PREP supports those who have already begun their journey of recovery and to help consolidate skills in replacing eating disorder behaviours with a greater sense of autonomy. It also focuses on supporting patients learn new life skills to help move toward living a more fulfilled life.

PREP is for those who are ready to take on more responsibility as they move towards recovery. This includes assistance in challenging themselves with tasks designed to expand their ability to budget, shop, prepare, cook and eat food. Treatment is tailored to the individual and their particular vulnerabilities and strengths, with an emphasis on the whole person and their unique history.

In PREP, some meals and snacks are prepared by the hospital and others are prepared by the patient as part of their therapy. Patients are expected to eat three meals and three snacks per day.

Both group and individual therapy is provided to the patients in PREP. Weekly groups include exposure therapy (e.g., grocery shopping), psychotherapy, healthy movement and exercise. Individual therapy involves fortnightly sessions with a psychiatrist and psychologist.

Building blocks are the symbol for PREP, representing the process of recovery as a creative work in progress assembled piece by piece, taking shape over time.

Outreach services

EDP offers outreach support for those wanting continued support with their recovery as an outpatient.

The outpatient program involves the outreach worker visiting the patient in the community. The type of support offered is based on the needs of the patient. This typically involves follow up after an admission to EDP and/or support in working toward specific recovery goals.

At present, the outreach service is offered in the Geelong region only.

Cost

All referrals are subject to a health fund check prior to admission to a program.

We have agreements with Private Health Funds. Please contact your private health provider for details surrounding any out of pocket costs of the program (e.g. this may include some medications or pathology tests).

Self-funding is also an option and we are available to assist you with questions you may have in relation to cost.