



# Patient, Family & Caregiver Information

## Program Overview

### Eating Disorders Outreach Program



The Huron Perth Healthcare Alliance (HPHA) offers outpatient, specialized eating disorder treatment for individuals over the age of 13.

Eating disorders are serious mental health conditions that impact a person's social, physical, and mental wellbeing. They are characterized by excessive concern with shape, weight, and the ability to control these factors. Eating issues can often be a coping mechanism for complex emotions around body image and self worth. Eating disorders are not dependent on gender, race, weight, religion, age, sexuality, or size.

**Eating disorders are treatable and help is available.**

Cognitive Behavioural Therapy Enhanced for Eating Disorders (CBT-E) is provided as individualized treatment. Family-Based Therapy (FBT) is provided as the treatment model for those under 18. CBT-E and FBT are the leading treatments for eating disorders.

- Referrals must be made by a health care provider (family doctor or nurse practitioner).
- An individual does not need a formal diagnosis of an eating disorder to participate in the program.
- Treatment is provided for disordered eating behaviours including: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Eating Disorder Not Otherwise Specified.
- Treatment is available in-person or online
- HPHA Eating Disorders Outreach Program is a satellite program of London Health Sciences Centre (LHSC). Those who require more intensive treatment will be referred to appropriate services, including LHSC.

#### Clients We Serve

- Individuals 13 years of age and older who are residents of Perth County.
- Individuals who are medically stable and have a Body Mass Index (BMI) of 16.5 and higher.

- Individuals who have a Primary Care Provider or access to a Nurse Practitioner who can provide metabolic monitoring.

**Common Warning Signs of an Eating Disorder**

Eating disorders will impact people differently, and no single sign or symptom identifies an eating disorder. However, these are some example of common warning signs:

Behavioural	Psychological	Physical
<ul style="list-style-type: none"> <li>• Restrictive dieting</li> <li>• The feeling of losing control while eating</li> <li>• Compulsive and/or compensatory exercise</li> <li>• Eating in private and/or secretly</li> <li>• Consuming only "safe"/"healthy" foods</li> </ul>	<ul style="list-style-type: none"> <li>• Intense focus on shape, weight, eating</li> <li>• Distorted thoughts around food/body</li> <li>• Depression, anxiety, moodiness, irritability</li> <li>• Feeling "out of control" around food</li> <li>• Using food as a source of comfort</li> </ul>	<ul style="list-style-type: none"> <li>• Sudden or rapid weight loss</li> <li>• Fatigue, dizziness, fainting, sleep issues</li> <li>• Signs of frequent vomiting, such as swollen cheeks</li> <li>• Feeling cold often</li> <li>• Difficulties concentrating</li> </ul>

**For more information or to make a referral:**

T: 519-272-8210 ext. 2570

F: 519-272-8226

The Eating Disorders Outreach Program referral form is available on HPHA’s website – [www.hpha.ca/eatingdisorders](http://www.hpha.ca/eatingdisorders)