

## Other information sources

- Christchurch Eating Disorders Service
- The Princess Margaret Hospital Christchurch
- Phone: (03) 337 7707 Fax: (03) 337 7789

- Mental Health Foundation of New Zealand
- [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)



*Southern Support*  
eating disorder service

An Ashburn Clinic Community Based  
Eating Disorders Service

496 Taieri Rd, Private Bag 1916, Dunedin 9054  
Phone: 0800 328 744 (0800 EAT RIGHT) or 027 209 7928  
Email: [southernsupport@ashburn.co.nz](mailto:southernsupport@ashburn.co.nz)  
[www.ashburn.co.nz](http://www.ashburn.co.nz)

## A Community Based Eating Disorders Service



- » *Free Consultation and Clinical Support*
- » *Networks for Health Professionals,  
Schools and other Community Groups*
- » *Education and Resources*

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# Southern Support

eating disorder service



Many people have concerns about food, weight, body shape or image.

Do you see someone in your practice who presents with these concerns?

SCOFF Questionnaire	
<b>S</b>	Do you make yourself sick (induce vomiting) because you feel uncomfortably full?
<b>C</b>	Do you worry that you have lost control over how much you eat?
<b>O</b>	Have you recently lost more than (one stone) 6.4 kg in a three-month period?
<b>F</b>	Do you think you are too fat, even though others say you are too thin?
<b>F</b>	Would you say that food dominates your life?
1 point for every yes answer. A score greater than 2 indicates further follow up is required.	
<small>(Morgan, J.F., Reid, F., &amp; Lacey, J. H., 1999, The Scoff questionnaire: assessment of a new screening tool for eating disorders. British Medical Journal, 319, 1467- 68).</small>	

## What we offer

### Clinical Assessment & Referral Pathway

An assessment, treatment and referral pathway for people who present with symptoms and/or behaviours consistent with an eating disorder. Education and support for their family/whanau.

### Education & Professional Networking Pathway

Relevant for Health Organisations, Health Professionals, Schools & Other Community Groups with other people or services as appropriate.

## What we provide

### Consultation & Clinical Support

- » Development of processes that assist with the early identification and intervention of eating disorders.
  - » Access to a relevant model for treatment and management of eating disorders in the community.
  - » Assessments conducted over 1-3 sessions or up to 6 sessions inclusive of brief focused interventions
- Assessments will usually be conducted in the referrer's practice or at the SSED Service office. Clinical responsibility remains the responsibility of the referrer.*
- » Advice pertaining to referral pathways for specialist interventions.

## Networks for Health Professionals

- » Facilitation of educational, professional and networking pathways that connect health organisations, health professionals, schools and other community groups to regional and national resources and supports.

## Education

- » Information appropriate to the needs of professionals and service users, linked to research relevant to eating disorders.
- » Access to regional and national education and training opportunities.

## Resources

- » GP resource pack
- » Information about assessment and brief intervention treatment options
- » Consultation and Education Request Form
- » Consultation and Referral Request Form
- » Access to the Medical Professional part of the Ashburn Clinic website

## How do you access the SSED service?

You can contact us Monday to Friday during business hours to make enquiries.

Phone **0800 328 744 (0800 EAT RIGHT)**  
or **027 209 7928**