

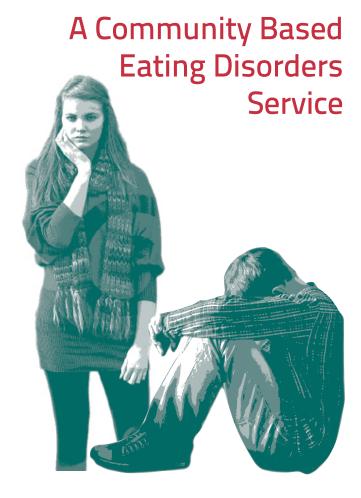
Other information sources

- 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



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 www.ashburn.co.nz



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

AN ASHBURN CLINIC COMMUNITY BASED EATING DISORDERS SERVICE





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**

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

S	Do you make yourself sick (induce vomiting) because you feel uncomfortably full?
С	Do you worry that you have lost contro over how much you eat?
0	Have you recently lost more that (one stone) 6.4 kg in a three-month period?
F	Do you think you are too fat, even though others say you are too thin?
F	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.

(Morgan, J.F., Reid, F., & Lacey, J. H., 1999, The Scoff questionnaire: assessment of a new screening tool for eating disorders. British Medical Journal, 319, 1467-68).

WE COVER THE OTAGO / SOUTHLAND AND CENTRAL OTAGO REGION