



Eating Disorder Intensive Program For Adolescents

Collaboration between the Sydney Children's Hospital Network (SCHN)
And The Butterfly Foundation

EDIPA is a program of intensive and innovative treatments provided by SCHN Westmead Eating Disorder Service. EDIPA is designed for young people (10-18 years) living in NSW with a diagnosed or suspected eating disorder who are already receiving community outpatient treatment but need extra support. Patients must be living at home with parents or carers, and the young person must receive regular medical and mental health reviews to ensure they are safe to attend. The program is based at a specially designed facility in Crows Nest and run by an experienced multidisciplinary team including clinical psychologists, social workers, paediatrician, child and adolescent psychiatrist, dietician and clinical nurse consultant.

The Clinical Program

EDIPA has three different streams in its clinical program, designed to complement standard outpatient treatment by providing a short burst of support in a more intensive setting.

Multi-Family Therapy (MFT)

Up to 8 young people attend the MFT group with their whole family for a 4-day therapeutic program, with 6 follow-up days over the next 6 months. MFT is designed to enhance standard outpatient treatment through group learning. MFT aims to boost parental and patient understanding and empathy, reduce isolation, build solidarity, improve parent-child communication and

facilitate enhancing and sharing of skills. The treatment offers a safe and supportive space for young people, siblings and parents to practice new skills and overcome barriers to progress.

Two Week Intensive Program (2WIP)

The young person attends with their family for 8-10 days over two consecutive weeks. After an initial assessment and goal setting phase, the program is tailored to address the identified needs of the young person and goals of the family, including family, adolescent, parent or sibling sessions and meal support and coaching. The family may also have sessions with the paediatrician, psychiatrist and dietitian as needed.

Day Program

Up to 8 young people attend 9am-5pm on 4 days per week for an average of 12 weeks. The day program includes:

- Supported meals
- Adolescent group therapy
- Adolescent individual sessions
- Parent and family sessions
- School liaison
- Other recreational groups

For more information or to make a referral, please contact central intake:

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