



Enhanced Cross-Sectoral Efforts for Prevention of Eating Disorders in Children and Adolescents (STIME)

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Abstract

BACKGROUND

In Denmark, 15% of children and adolescents receive a psychiatric diagnosis before they turn 18. This calls for enhanced efforts in mental health services and collaboration between the primary health care sector and specialized hospital services. As a result, STIME (a Danish acronym for “Enhanced cross-sectoral efforts for mental health in children and adolescents”) was developed to accommodate the need for preventing and treating early signs of mental illness. Within this cross-sectoral collaboration, the Child and Adolescent Mental Health Center in the Capital Region of Denmark and the municipal primary health care sector, has developed a brief treatment intervention in order to help families where a child or adolescent is showing early signs of eating disorder (indicated prevention).

OBJECTIVES

In this workshop we will introduce the collaboration, the manual and some of the results from this effort.

DESCRIPTION

The workshop will focus on the following themes:

1. Cross-sectoral collaboration for prevention of Eating Disorders amongst children and youth. Why is it important, how did we go about it, where were the struggles and where did we end up?

1. Introduction to the intervention elements

developed.

The intervention consists of implementing a brief treatment manual in primary care, school-based training of personnel, and interventions in the child’s school environment.

The brief family-based treatment draws from FBT (Family-based Treatment), CBT (Cognitive Behavioral Therapy) and ACT (Acceptance and Commitment Therapy), and involves the whole family.

1. The results.

Focusing on results from the Copenhagen Municipality.

Topics: Prevention

For workshops only

The workshop will consist of presentations combined with discussions and exercises in smaller groups.

Participants will be invited to discuss thoughts and experiences with programs for prevention of eating disorders as well as cross-sectoral collaborations. Cases will be presented and discussed. Participants will hands-on be introduced to tools incorporated in the treatment program.

The participants will be asked to reflect on subjects such as:

- Which conflicting paradigms would they expect in the cooperation between professionals in hospital psychiatry and the municipalities/primary sector?
- How should roles be distributed between

professionals in respectively hospital psychiatry and municipalities/primary sector?

- What kinds of support would newly trained professionals in the primary sector need, to be able to conduct the highly complex task of offering brief but high-quality treatment to families with a sparsely motivated youngster with an eating disorder?

- Which elements in either or both FBT and CBT, would they choose to form an effective transdiagnostic treatment manual to treat children and adolescents with milder symptoms of eating disorders (Anorexia, Bulimia, and BED) and their families?

- From cases: Which adolescents belongs to the target group for brief treatment?

- What kind of setup would be effective in evaluation of the treatment effort?

Submission Format: Workshop

Is It a Student Paper? No