QuEDS Annual Forum 2\textsuperscript{nd} May 2018
RBWH Education Centre

PROGRAM

0800-0900  Registration

0900-0910  Welcome and opening remarks from Associate Professor John Allan, Executive Director, Mental Health Alcohol and Other Drugs Branch

0910-1000  Key Note Address – Christine Morgan, CEO and Director of The Butterfly Foundation “National Policy and Services for Eating Disorders”

1000-1030  Best Practice for working with families of adults affected by Eating Disorders – Carer Consultant, Sarah Roxburgh and Carmel Fleming, QuEDS Social Worker

1030-1050  Morning Tea (provided) & perusal of stalls

1050-1125  Diabetes and Eating Disorders – Dr Warren Ward & Expert Guest Speaker Trish Bowden

1125-1200  Perinatal Health and Eating Disorders – Dr Warren Ward & Expert Guest Speaker

1200-1300  Lunch break & perusal of stalls

1300-1330  Recovery Stories in the Main Auditorium - The Eating Issues Centre Speakers

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<th>Time</th>
<th>Main Auditorium</th>
<th>Seminar Room 1</th>
<th>Seminar Room 2</th>
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<tr>
<td>1330-1400</td>
<td>Recovery Round Table 1\textsuperscript{st} session</td>
<td>Self-Care – A reminder to take care of yourself, while caring for someone affected by an Eating Disorder. Suitable for clinicians and carers.</td>
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<td>1400-1430</td>
<td>Recovery Round Table 2\textsuperscript{nd} session</td>
<td>How to help at the table – tips on helping your loved one or patient, eat their meal in a safe and comfortable way. Shane Jeffrey, Dietitian; Sarah Roxburgh, Carer Consultant &amp; Donna Cooper, Clinical Nurse Consultant</td>
<td>Child and Adolescent Topic</td>
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1430-1500  Panel Discussion & Close – Questions from the audience to presenters – MAIN AUDITORIUM
Introducing our presenters:

Christine Morgan, CEO and Director, The Butterfly Foundation

Christine has been CEO of the Butterfly Foundation since 2008, and in that time has grown Butterfly into a widely respected and highly effective national organisation for consumers with eating disorders and their carers in Australia. The Butterfly Foundation is a provider of innovative, evidence-based and evidence-generating services including the Intensive Outpatient Program and Day Program. Christine was instrumental in the founding of the ground-breaking National Eating Disorders Collaboration (NEDC) in 2009, and under her leadership Australia received its first federal funding for a national telephone and e-health helpline for eating disorders, ED HOPE, in 2012. Christine is a board member of Mental Health Australia, Australia’s peak body for mental health, she sits on the implementation committee for the NSW Government’s Eating Disorders Plan, and plays a significant advocacy role in media and to government in furthering Australia’s understanding of eating disorders. Prior to working within the eating disorders sector, Christine had an extensive background in strategic and business development, management of corporate services, and legal affairs, in both the not for profit and the commercial sectors.

Professor John Allan, Ph.D.

John completed his medical training and PhD in Queensland and his psychiatry training in Adelaide. John is the Executive Director of Mental Health Alcohol and other Drugs Branch in Queensland Health. He has previously been Chief Psychiatrist in both Queensland and New South Wales. He spent twenty years working in North Queensland where he developed a wide range of new mental health services. He is highly experienced in government policy, mental health legislation and service development. His clinical interests include the mental health and wellbeing of Aboriginal and Torres Strait Islander people and comprehensive care for those with serious mental illness. His current research and policy interests focus on mental health reform, reduction in restrictive practices, human rights, recovery oriented practice, and smoking reduction strategies. He is the President Elect of the Royal Australian and New Zealand College of Psychiatrists.
Associate Professor Dr Warren Ward

Warren Ward is the Director of the Eating Disorder Service, Royal Brisbane and Women’s Hospital, and Associate Professor of Psychiatry at the University of Queensland. He serves as Chair of the QLD Health Eating Disorders Advisory group and is past Secretary of the Australia and New Zealand Academy for Eating Disorders. He is a co-author of the RANZCP Clinical Practice Guidelines for Eating Disorders.

The Child and Youth Mental Health Service Eating Disorders Team

The CYMHS Eating Disorders Team offers a free and confidential service specialising in the treatment of children and youth up to 18 years of age who have a diagnosed Eating Disorder and are living in the Greater Brisbane Area. Referrals to the service may be made by Mental Health Services, Psychiatrists and Primary Health Providers including General Practitioners. Parents who are concerned about their child are welcome to contact the service; however a referral is required to commence treatment. Medical assessment is always recommended as the first response to a suspected Eating Disorder.

The CYMHS Eating Disorders Team is staffed by multi-disciplinary mental health professionals with specific training in Eating Disorders. It provides the following key services; Triage and assessment of eating disorder presentations, Family Based Treatment for Anorexia Nervosa and Eating Disorders, Cognitive Behavioural Therapy for Eating Disorders, Adolescent Focused Therapy for Eating Disorders, Attachment Based Family Therapy for Eating Disorders, and Complex Case Management for Eating Disorders. As required and available the Clinic may also offer; consultation and liaison to hospital and community mental health services; supervision of clinical staff in evidenced-based eating disorder interventions, and, groups for parents of children and youth with eating disorders (skills, knowledge, peer support).
The Eating Disorders Association

Our Mission: The Eating Disorders Association Inc. (Qld) aims to improve the intervention, education and support for all people affected by eating disorders. It aims to raise community awareness about the prevalence and seriousness of these disorders, and to work toward the prevention of eating disorders in our society.

Our Philosophy: The Eating Disorders Association Inc. (Qld) is a non-discriminatory and non-profit organisation which believes in providing a service to people of different ages, gender and cultures. This Association holds the belief that eating disorders are complex, multifaceted illnesses which require a multidimensional approach to care and support. We believe that people with eating disorders and their families should be treated with compassion and dignity and should be included in all levels of service. The EDA Inc. (Qld) believes in the acceptance of all body types and sizes, and the value of people as whole beings.

Our Story: In 1993, the Queensland Association for Mental Health established a support group for carers of people suffering from an eating disorder which then became the ‘Eating Disorders Association Incorporated’ (EDA Inc.). In 1994, a decision was made by this group to lobby Queensland Health for funding to establish an Eating Disorders Resource Centre as the demand for information and support for those suffering from and caring for individuals with an eating disorder grew. In 1996 the EDA (Inc) received government funding which aided in the establishment and incorporation of the Eating Disorders Association Resource Centre (EDARC). The EDA Inc began to provide referral, information and support for people living with eating disorders in Queensland and their carers. The Queensland Minister for Health opened the centre in April 1996. In 2014 the EDA and The Eating Issues Centre (formerly Isis) received funding from Queensland Health to provide services to individuals and their carers living with eating disorders. The Eating Disorders Association Inc. currently works predominantly with carers providing referral, counselling support, education and training.

The Eating Issues Centre

The Eating Issues Centre is funded by QLD Health to provide information and referral, free counseling, therapeutic groups, and peer support for people with eating issues throughout Queensland. We accept referrals and provide services to people over 16 of all genders and a medical diagnosis is not required to access services. We also provide information and referrals to carers and professionals. We value the sharing of recovery wisdom and aim to involve people with a lived experience of body image and eating issues throughout the organisation. The Eating Issues Centre works closely with the Eating Disorders Association in providing support to people living with and recovering from eating issues, and their carer’s and loved ones.