

# CONNECT

The West Yorkshire and Harrogate  
Adult Eating Disorders Service

## Information for staff and partner organisations

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Service provided by Leeds and York  
Partnership NHS Foundation Trust



# Introduction

A new community service has been set up across West Yorkshire and Harrogate to see and treat adults with eating disorders. It's part of an NHS England New Care Models initiative which is developing new services across the country to help deliver the ambitions set out in the NHS Mental Health Forward View.

This new service is called CONNECT: The West Yorkshire and Harrogate Adult Eating Disorders Service and is being run by Leeds and York Partnership NHS Foundation Trust (LYPFT). It aims to:

- Increase the level of community-based care across the West Yorkshire and Harrogate region
- Provide a multi-disciplinary team approach to care and treatment which includes doctors, psychologists, therapists, nurses, dietitians, occupational therapists, social workers, health support workers and peer support workers
- Provide community care closer to home
- Reduce the number of people requiring lengthy inpatient treatment
- Reduce the number of people travelling long distances for inpatient care

LYPFT also provides adult eating disorders inpatient services which serve a national population, a home-based treatment and outpatient service for the population of Leeds, and an outpatient service for people outside Leeds.

These services are currently all based at the award-winning and nationally-renowned Yorkshire Centre for Eating Disorders (YCED) at the Newsam Centre, in Leeds.

From April 2018 onwards the new service has expanded its home-based treatment service, it was previously only available to individuals from Leeds, but is now available across the entire West Yorkshire and Harrogate region.

# Our vision

The vision of the new eating disorders model is to provide a community service across the whole of the West Yorkshire and Harrogate area which provides equitable access to NHS care for adults with eating disorders. Patients and their families and carers consistently tell us they prefer community or home-based treatment to hospital admission, and our primary aim is to improve patient experiences and outcomes.

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## Community Eating Disorders Services: The story so far

In 2010 the YCED established the Leeds Outreach Service, a community-based service specifically designed for adults with severe and enduring eating disorders. The Outreach Service aimed to manage the complex needs of patients with Severe and Enduring Eating Disorders (SEED) without the need for hospitalisation. These aims were quickly achieved and the Outreach Service consistently showed over time that it:

- improved quality of life
- reduced the need for hospitalisation (30-40% reduction in number of hospital bed days)
- enhanced collaborative working with other health providers

- increased patient and carer satisfaction

In light of the success of the Leeds Outreach Service, YCED went on to establish the Leeds Community Treatment Service (CTS), a service specifically designed to provide home-based community care for patients with moderate to severe anorexia nervosa (BMI<17) and severe bulimia nervosa (daily bulimic behaviours).

The CTS set out to offer a range of evidence-based treatments - based on a recovery model of care in line with national guidelines - with the aim of promoting weight restoration, eating for health and a reduction in eating disorder-related symptoms alongside psychological change and increased quality of life.

CTS also aimed to offer a home-based assessment and treatment service which could offer an alternative to inpatient treatment, thus reducing hospitalisation and promoting earlier and smoother transitions from hospital to community settings.

Since it was established in 2012, CTS has consistently delivered high quality clinical care demonstrating a reduced need for hospitalisation and promoting earlier intervention in the community.

Despite these positive developments in Leeds, service provision for adults with eating disorders across other areas of the West Yorkshire and Harrogate footprint were extremely varied. There were significant inequalities with regards to availability of integrated, evidence-based, community care; significant delays in accessing care and long distances to access treatment. Regional eating disorders care pathways lacked a cohesive framework meaning that service commissioning, design and provision were at times disjointed across inpatient

and community pathways. This resulted in potentially avoidable treatment delays, increased hospitalisation to out-of-area placements, poor clinical outcomes, and patient and family dissatisfaction.

The aim of the new service is to develop a regional service which addresses these issues whilst maintaining high quality care which meets service users' needs. The new service has been developed using the firm foundation and evidence-base of the established community treatment and outreach services in Leeds. These models were the basis for standardising and localising care across the West Yorkshire and Harrogate footprint.

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# What does the new clinical model look like?

The new model will provide one specialist service made up of four multi-disciplinary sub-teams - integrating community and inpatient services across the whole area. It will provide a consistent and integrated pathway of care via:

- An East Community Team covering Leeds, Harrogate and Wakefield
- A West Community Team covering Bradford, Airedale, Wharfedale, Craven, Calderdale and Kirklees
- An Inpatient Team based at the Newsam Centre in Leeds serving the whole area
- A Dual Diagnosis community service for individuals with eating disorders who also have issues with alcohol or illicit drug misuse.

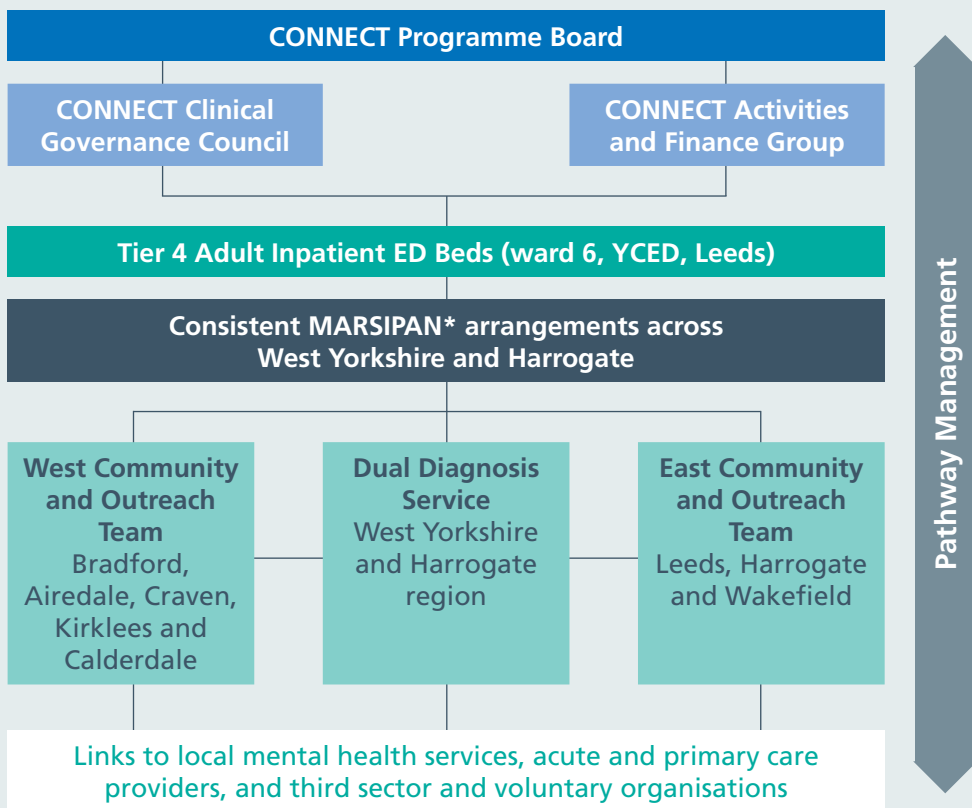


Our new community teams will work alongside GPs, community mental health teams, liaison psychiatry services, child and adolescent mental health services and other primary care professionals, hospital trusts and third sector organisations. They will also establish links with the wider community to ensure a seamless delivery of care and will include peer support workers with lived experience.

For individuals who have been admitted to an inpatient ward,

our inpatient team will work together with the service user, their family and carers and their community team to ensure that their inpatient treatment is as brief as possible. Intensive home-based treatment will be available once patients are discharged home. They will manage the transition from hospital to home in a consistent, caring and supportive manner.

The new service model and pathway is illustrated below:



\* MARSIPAN: Management of Really Sick Patients with Anorexia Nervosa

# Where will the teams be based?

**The East Community Team** will be based in [Leeds at the Newsam Centre](#), behind Seacroft Hospital, with the opportunity to access clinical space in Harrogate and Wakefield using a hub and spoke model of service delivery.

**The West Community Team** will be based in [Halifax at The Dales](#) – part of Calderdale Royal Hospital, with the opportunity to access clinical space in Huddersfield, Bradford, Keighley and Skipton also using a hub and spoke model of service delivery.

**Inpatient treatment** will be provided in [Leeds at the Yorkshire Centre for Eating Disorders](#) (ward 6, Newsam Centre, behind Seacroft Hospital).

**The Dual Diagnosis Team** will be based in [Leeds at the Newsam Centre](#) behind Seacroft Hospital.





# Meet our clinical lead

## Dr William Rhys Jones

Dr Jones is a Consultant Psychiatrist and Clinical Lead at CONNECT: The West Yorkshire and Harrogate Adult Eating Disorders Service, and is leading the Adult Eating Disorders New Care Models development.

He is an elected member of the executive committee of the Royal College of Psychiatrists' Faculty of Eating Disorders and chairs the national MARSIPAN (Management of Really Sick Patients with Anorexia Nervosa) dissemination group which aims to develop MARSIPAN pathways in every acute NHS trust in the UK by 2022.

His research interests include early intervention in eating disorders, severe and enduring eating disorders, dual diagnosis and physical risk management in eating disorders.

Dr Jones is also a national spokesperson for the Royal College of Psychiatrists, the B-eat Eating Disorders charity and has given expert opinion in national media coverage including for the BBC's Breakfast and Panorama programmes.

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# How to refer patients to the CONNECT service

CONNECT accepts referrals for individuals who:

- Are 18 years of age or above. The service will consider referrals for individuals who are 17 years of age, but only in exceptional circumstances or if they meet CAMHS transition criteria.
- Have a suspected diagnosis of moderate/severe Anorexia Nervosa, i.e. core psychopathology and BMI < 17 kg/m<sup>2</sup>. The service also accepts referrals for adults with mild Anorexia Nervosa (core psychopathology and BMI 17-18.5 kg/m<sup>2</sup>) if they meet FREED (First Episode and Rapid Early intervention for Eating Disorders) criteria i.e. less than three years duration of illness, age 18-25.
- Have a suspected diagnosis of severe Bulimia Nervosa i.e. core psychopathology with bingeing AND daily purging/compensatory behaviours (e.g. self-induced vomiting, misuse of laxatives/diuretics/insulin or other medication, excessive exercise) occurring at least seven times per week.
- The service also accepts referrals for adults with mild/moderate Bulimia Nervosa (core psychopathology and weekly bingeing AND purging) if they meet FREED (First Episode and Rapid Early intervention for Eating Disorders) criteria i.e. less than three years duration of illness, age 18-25.
- Have a suspected atypical eating disorder and they are pregnant, have type 1 Diabetes Mellitus or present with clinical symptoms indicating a high level of risk.

CONNECT does not accept referrals for individuals who have a current history of psychosis or any other psychiatric or physical health disorder which requires treatment before their eating disorder can be addressed.

All referrals should be made by email to [connectreferrals.lypft@nhs.net](mailto:connectreferrals.lypft@nhs.net) using the CONNECT referral form which is available at [www.leedsandyorkpft.nhs.uk/our-services/yorkshire-centre-for-eating-disorders/](http://www.leedsandyorkpft.nhs.uk/our-services/yorkshire-centre-for-eating-disorders/).

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Whilst the CONNECT service prioritises referrals for individuals from the West Yorkshire and Harrogate region it can also consider inpatient and second opinion referrals for individuals who are registered with a GP outside of the West Yorkshire and Harrogate catchment area. In such cases, the individual will require a named care coordinator from adult mental health services and the referral should be made via the NHS England Adult Eating Disorders Case Manager for Yorkshire and Humber in the first instance.

CONNECT welcomes enquiries from service users, families and carers about self-referrals but referrals should be made by the appropriate healthcare professional.

All enquiries should be made by email to **connectenquiries.lypft@nhs.net**. The service aims to provide a response within five working days. If a more urgent response is required then the enquirer will be advised to make a formal referral.





# Find out more about . . .

## **Leeds and York Partnership NHS Foundation Trust**

Leeds and York Partnership NHS Foundation Trust provides specialist mental health and learning disability services to the people of Leeds and across Yorkshire and the Humber. Visit [www.leedsandyorkpft.nhs.uk](http://www.leedsandyorkpft.nhs.uk)

## **The Yorkshire Centre for Eating Disorders**

The Yorkshire Centre for Eating Disorders (YCED) is the largest eating disorder service in the North of England. The Centre is at the forefront of innovative research and works in partnership with the St George's Eating Disorders Unit in London. Contact us on **0113 85 56400** or email [connectenquiries.lypft@nhs.net](mailto:connectenquiries.lypft@nhs.net)

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### **CONNECT**

#### **The West Yorkshire and Harrogate Adult Eating Disorders Service**

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