

ARFID PEER SUPPORT GROUP FOR FAMILY MEMBERS (FORMERLY ENDEAVOUR)

What is ARFID Peer support group for family members (formerly Endeavour)?

It is an 8-week peer support group for anyone supporting a loved one aged 5-17 with an ARFID diagnosis, and/or displaying ARFID behaviours. Each session runs for 90 minutes and is delivered via Zoom by an experienced eating disorder clinician.

Objectives of ARFID Peer support group for family members

The aim of the group is to improve carers understanding of ARFID and to equip them with key skills and communication techniques to support their loved one in and out of the home environment. The peer support group provides carers with a safe and supportive space where they are encouraged by trained eating disorder clinicians to reflect and share their experiences with others in a similar situation.

Referral criteria for ARFID Peer support group for family members

Carers are eligible for the programme if:

- The young person they are supporting is aged between 5 and 17 at the start of the programme.
- The young person is displaying ARFID behaviours/presentations (formal diagnosis of ARFID is not required).
- Carers can commit to an 8-week programme and agree to follow group guidelines.

How will ARFID Peer support group for family members be monitored?

Carers are asked to fill out an evaluation survey before and after completing the programme. These surveys enable Beat to evaluate the impact the programme has had in three key areas: knowledge, confidence, and feelings.

- Knowledge – carers have the information and education they need to support their loved one.
- Confidence – carers are confident they can apply the things they have learned.
- Feelings – carers feel empowered and motivated to look after themselves and their loved one, and able to lean on the support networks around them.

Session Content

1. *What is AFRID?* Discussions around the common behaviours/presentations of AFRID and the psychoeducation of ARFID. Carers encouraged to reflect on the behaviours their child exhibits and what has worked well / not so well when supporting their child. This first session will also include introductions and group guidelines.
2. *Motivation and goal setting* – Discussions around the stages of change model to understand carers and young people’s motivation to change and how these may differ. Carers encouraged to reflect on barriers and opportunities to change and to identify personal goals.
3. *Communication and self care* – Discussions around helpful communication tools (OARS, AVLS) and the importance of carer self-care to best support their child. Carers encouraged to reflect on how their child responds to different communication styles and how to prioritise their self-care.
4. *Managing the environment* – Discussions around eating at home, schools and community spaces. Carers encouraged to reflect on the impact of environment of their child’s ARFID behaviours and share experiences.
5. *Your carer toolbox* – Discussions around the animal metaphors to understand common behaviours and emotional reactions of carers for young people with ARFID. Carers encouraged to reflect on their own behaviours and impact of this upon their child.
6. *The experience of food* – Discussions around the development of taste, the onset of food fears and food as a multisensory experience. Carers encouraged to reflect on the experience of food and development of fears from their child’s perspective.
7. *Communicating with others* – Discussions around communicating effectively with schools, healthcare teams and other professionals to facilitate best support for their child. Carers encouraged to reflect on their experiences and share what has worked well / do so well with others.
8. *Closing session* – Discussions around goal setting, forward planning and wellness recovery action plans. Carers encouraged to reflect on what they have learnt from sessions, progress they have made and actions they will take forward.

How to refer to ARFID Peer support group for family members

For service users that meet the referral criteria, there are two routes available to refer to ARFID Peer support group for family members. Commissioning bodies can opt for one or both options.

1. Clinicians can refer directly to Beat, through an admission form shared with relevant clinical professionals.
2. Service users can self-refer, through an advertised admission form on Beat’s website.