

Motivate: support for people on a waiting list



Weekly support to ensure service users remain motivated while waiting for treatment for anorexia or bulimia to start

Fortnightly scheduled telephone calls from a Beat Specialist Advisor, interspersed with fortnightly moderated peer support groups, resulting in one intervention per week for 3 months or until treatment starts.

Who is it for?

Adults (aged 18+) who have been assessed as having anorexia or bulimia nervosa, but who are facing a significant waiting period before their treatment can start.

Intended outcome

People are in the best possible frame of mind when treatment starts

Details

Patients referred to Beat will be assessed to ascertain their motivation to change, the frequency and impact of their disordered behaviours, any risk or safeguarding concerns, and where they are currently in terms of their treatment. Based on this assessment, the service user will be allocated to a trained specialist advisor for one-to-one support.

Fortnightly telephone sessions will be scheduled and will be tailored based on where the service user is in their illness and readiness to change.

Sessions are 30 minutes long and will be scheduled in bundles of six – after every six sessions, the facilitator will check in with the service user about how they are finding the support and will review whether an additional six sessions would be beneficial.

Patients also have access to group support alongside other individuals receiving the same programme. These sessions take place on the alternate week to the fortnightly telephone support sessions and are designed to check in with how the person has managed over the past week, allow them to talk through any challenges and to enhance engagement with the programme. Peer support groups take place online using Beat's established peer support platform. Service users participate by typing their messages into the chat, which is moderated to ensure the space is safe and no triggering content is shared. The groups are facilitated by a trained specialist supported by a Beat Ambassador – someone who has recovered from their own eating disorder.

The programme is designed to support the service user during this uncertain time, helping to prevent them from deteriorating while waiting for treatment. It aims to enhance motivation and the belief that recovery is possible. The individual's GP and eating disorder service will remain responsible for their medical risk, and they will be informed of the service user's involvement.

Where appropriate, Beat's carer information pack will be posted to help relevant family members or other carers to provide a supportive environment for their loved one as they wait for treatment.

More information

For more information about this service or a partnership with Beat, please contact Camilla Leach, Senior Partnerships Officer via c.leach@beateatingdisorders.org.uk.

This is one of a series of services which Beat provides in support of NHS eating disorder services. A full list is available at www.beateatingdisorders.org.uk/commission-us

Other services for people with eating disorders:

- Bolster: 1-1 telephone coaching for adults with emerging eating disorders
- Momentum guided self-help: NICE-recommended treatment for Binge Eating Disorder
- SharED peer support for young people: moderated 1-1 email support from a volunteer befriender

Beat and NHS working in partnership

Beat works with NHS partners to help people get into treatment faster and to achieve a quick and sustainable recovery. Our belief is that we can provide non-clinical support quickly, effectively and cheaply, leaving NHS clinicians more time to do the clinical work that they have been trained for.

We can provide some of our services to NHS partners free of charge. For other services we have to pass on our costs to you, but we never take a profit from our work with NHS partners.

We provide services in the following areas:

- Direct support to people with an eating disorder
- Training and support for family members and others caring for a loved one with an eating disorder
- Support and training for clinicians
- Strategic support to health care providers

All our services are developed in consultation with NHS and academic partners, and co-produced with our beneficiaries with guidance from our multidisciplinary Clinical Advisory Group of senior clinicians:

Abigail Cardwell (Lead Occupational Therapist, South West London and St George's Mental Health Trust)

Dr Erica Cini (Consultant Psychiatrist, East London Foundation Trust)

Sam Clark-Stone (Lead Clinician and Registered Mental Health Nurse, 2gether Trust)

Dr Fiona Duffy (Consultant Clinical Psychologist and Clinical Lead, NHS Lothian)

Sarah Fuller (Specialist Eating Disorder Dietitian, East London NHS Foundation Trust)

Jess Griffiths (Eating Disorders Practitioner and Clinical Lead, Beat)

Dr Menna Jones (Consultant Clinical Psychologist and Clinical Lead, Cardiff and Vale NHS Trust)

Dr Rhys Jones (Consultant Psychiatrist, Leeds and York Partnership)

Dr Dasha Nicholls (Consultant Child and Adolescent Psychiatrist and Clinical Lead, Central and North West London NHS Trust and East London NHS Trust)

Becca Randell (Kent, Surrey and Sussex Implementation Lead, Children's Mental Health - KSS Academic Health Science Network)

Dr Paul Robinson (Consultant Psychiatrist; Principal Teaching Fellow, University College London)

Professor Janet Treasure (Consultant Psychiatrist, South London and Maudsley Trust)

All services are delivered either by experienced eating disorder clinicians or by specially trained helpline advisors under the supervision of a clinician. Where suitable, they are co-delivered by Beat lived experience trainers and volunteers.

February 2021