

# ECHO peer coaching for carers



## Experienced Carers Helping Others

A weekly phone call for 6 months from a specially trained volunteer carer who has themselves previously supported someone to recovery from an eating disorder.

### Who is it for?

Parents, partners and other carers of a loved one of any age who has an eating disorder.

### Intended outcome

Carers experience a reduction in feelings of isolation while learning the essential skills to guide their loved one towards a sustained recovery

### Duration and intensity

6 months, with one scheduled 30–60 minute phone call per week.

### Details

Echo is a telephone peer coaching service which tackles the isolation too often experienced by carers and families of someone with an eating disorder

Carers receive a telephone call every week for six months from a Beat coach. These are carers who have themselves successfully supported a loved one into recovery from an eating disorder. Coaches are comprehensively trained and receive ongoing supervision to ensure they can continue to give effective support.

In the weekly call, the coach will share essential skills to support a loved one, provide information about how to implement effective models of care, and guide service users to help their loved one towards a sustained recovery.

This is also a space where the carer and coach can reflect together on how well these skills are being implemented in areas such as supported mealtimes.

ECHO uses Prof Janet Treasure's book *'Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method'* and service users receive a copy to refer to as they put their new skills into action.

*"I would never have had the time to attend a peer support group once a month. What I really needed was a phone call every week just to be able to talk to someone that really understands and be able to ask them, 'Is this normal? Did this happen to you?'"*

*"Words cannot express my gratitude towards my coach and her support. It was such a great comfort knowing each week I had someone to listen to my fears, concerns and thoughts concerning my daughter's eating disorder. Before my weekly meetings I felt alone, angry and frustrated by my . However, my coach helped me understand that it was not my fault, making me feel less isolated."*

## 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](mailto: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](http://www.beateatingdisorders.org.uk/commission-us)

### Other services for carers of people with eating disorders:

- Nexus carer support: weekly coaching calls from a Beat Advisor.
- Solace: weekly video peer support groups facilitated by a clinician and a Lived Experience volunteer
- Developing Dolphins: focussed training over Zoom to help people understand and support a loved one towards recovery
- Raising Resilience: a follow-up to Developing Dolphins via weekly live workshops over Zoom to help carers tackle specific challenges

## 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.

October 2020