

Spotting the Signs



Training to support school professionals to identify and act upon the early signs of an eating disorder

Teachers and other secondary school-based professionals learn how to spot the early signs of an eating disorder, and how to talk effectively to a young person who may be suffering, encouraging and supporting them to seek treatment as soon as possible.

Who is it for?

Teachers, school nurses and anybody else working in a school who is well placed to spot the early signs of an eating disorder.

While eating disorders can affect anyone of any age, school-age children are a particularly vulnerable group and school staff are therefore ideally placed to spot the early signs of an eating disorder.

Intended outcome

Education-based professionals are able to spot the early signs of eating disorders and to support pupils and their parents to seek and get treatment quickly.

Learning outcomes include an understanding of the major eating disorders, their impact on day-to-day life, risk factors and early warning signs, barriers to treatment and how to support pupils and their parents to overcome them.

Details

Until 2020, Spotting the Signs was a highly-regarded face-to-face course delivering 6 hours of education for schools professionals across the UK. It has now been converted to reach a larger audience via e-learning modules and bite-sized online videos pre-recorded by eating disorder clinicians.

Participants have access to an online community forum where they can post questions and share advice and experiences with their peers. Downloadable resources and lesson plans will support them to pass on their learning to pupils via awareness raising events and the PSHE curriculum.

The online platform can be accessed all day, every day, so that participants can learn when they choose and at their own pace.

Participants also receive lifetime* access to a online peer support 'community of practice' facilitated by one of Beat's expert clinicians and a Beat Lived Experience Ambassador. This will take place via Zoom at the same time every week, allowing participants to share experiences and seek additional support as they encounter a specific case.

* The community of practice is available to all school professionals who have attended a Beat course. It will be run for as long as participants continue to use it.

"An informative, comprehensive and well-structured course delivering very good CPD Value. Strong interactivity with a variety of case studies, activities, videos, and opportunities through discussion to boost learning and engagement throughout the course."

CPD Certification Service

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:

- 1-1 and group-based support for people waiting for or unable to access treatment
- 1-1 / group-based support and training for family members and others caring for a loved one with an eating disorder
- Binge Eating Disorder guided self-help: NICE-recommended treatment for BED
- Tailored education packages for various groups of health and medical professionals
- Beat's helpline can make referrals with or on behalf of people seeking an assessment for a likely eating disorder (we will provide this service free of charge for any willing NHS partner).

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.

December 2020