

# Bolster Support Programme



## Coaching support for adults with emerging eating disorders

Telephone sessions of 40 minutes each, delivered over 3 months by Specialist Advisors using the Centre for Clinical Intervention's 'Overcoming Disordered Eating' programme.

### Who is it for?

Adults (aged 18+) with disordered eating that does not yet meet the diagnostic criteria for anorexia or bulimia nervosa and who are therefore not yet able to access treatment, but who are likely to worsen if left without support.

### Intended outcome

People with emerging eating disorders are supported to reduce their disordered eating symptoms, avoid relapse and move towards recovery

### Details

Support is provided using the Centre for Clinical Intervention's 'Overcoming Disordered Eating' programme, which is sent to all service users.

An initial 50-minute telephone call between the service user and a Specialist Advisor to establish expectations, ensures they understand the programme and allows the Advisor to hear the service user's situation. Thereafter, the Advisor will call the service user at the same time for 40 minutes each week. The phone calls are a supportive, safe, confidential space, with the Advisor acting as a sounding board and helping the service user to set achievable goals, and address any new issues that have arisen.

Service users will keep a self-monitoring diary using an app, guided by their Specialist Advisor, and will weigh themselves weekly. The Advisor will encourage and support service users to change behaviours and develop or build on existing skills.

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](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 people with eating disorders:

- Motivate: weekly support to help people waiting for treatment to stay motivated
- 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