

Assessment & Referral

Suggestions For Treatment

Patrice Lockhart, MD
Medical Director
New England Eating Disorders Program
Mercy Hospital
Portland, Maine

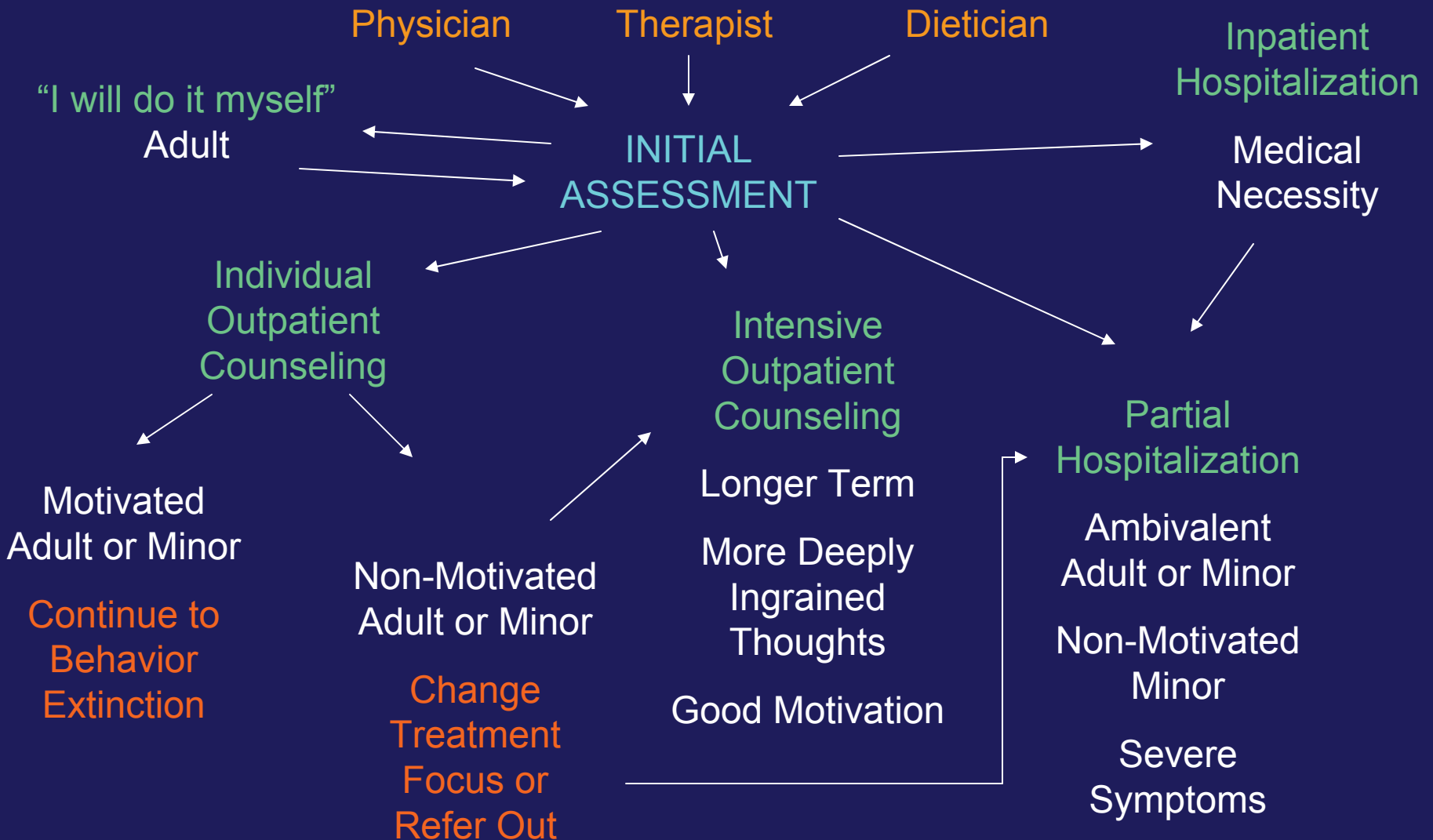
First Questions

- What did you weigh six months ago?
 - What do you eat in an average day?
 - What do you do for exercise?
 - How do you like your body?
 - What are you doing to change it?
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- EAT-26 Questionnaire

Assessment

- Perform a Complete Bio-Psycho-Social Assessment
- Confirm the Diagnosis (DSM IV)
- Make Recommendation for Level of Care
- Assess Level of Motivation
- Contract for the Focus of Treatment
- Motivational Enhancement vs. Focused Behavioral Change

Decision Tree



How do I refer a patient?

- Pre-screening phone call
 - Assessment
- Recommendation
 - Admission
 - Follow-up

New England Eating Disorders Program

- Inpatient hospitalization
- Partial Hospitalization
- Intensive Outpatient Program
- Outpatient Therapy
 - Family
 - Individual

Peer Supervision for Providers

Philosophy

- The Mercy Safety Model
 - Safety First and Last
 - Demonstrated Proficiency
 - You can't do it alone
 - Supporting Parents to be Parents
 - Supporting Adults to Parent Themselves
 - Ongoing Assessment of Motivation

Changing Behaviors

- Slow and Steady
 - Graduated
 - Achievable
 - Flexible
- 20% are prepared for intended changes
- Bates and Winder
 - 1st Order Change = behavioral
 - 2nd Order Change = values