



Referrer Information

Intensive Outpatient Program (IOP)

Peter Beumont Eating Disorders Service

The Peter Beumont Eating Disorders Service is a statewide tertiary service specialising in supporting adults with eating disorders.

What is provided: The Intensive Outpatient Program (IOP) has two options for people who are engaged in eating disorder treatment and are wanting more intensive support.

❖ OPTION 1: IOP-CBT (Cognitive Behavioural Therapy)

IOP-CBT is an 8-week small group program that is action-focused and designed for individuals who are ready and able to engage in **active treatment** for their eating disorder. The program provides an intensive adjunct to existing eating disorder treatment and is run with both telehealth and hybrid options.

Who is eligible to be referred to IOP-CBT?

Individuals who are:

- currently engaged in eating disorder treatment
- medically stable and not requiring a hospital admission
- attending regular appointments with a therapist and GP
- residing in NSW
- able to engage in treatment as an independent adult
- willing and able to set meaningful goals and work towards them to support active change
- able to attend the following treatment components:

Day	Time	Group	Modality
Monday	9:15am -10:15am	Planning group	Telehealth
	12.00pm-1.30pm	Cooking group + meal support (Sydney metro consumers only)	In-person
Tuesday	9:15am-10:15am	Nutrition group	Telehealth
Wednesday	2:30pm-4:30pm	Snack meal support group + CBT skills group	Telehealth
Thursday	9:15am-10:15am	Review group	Telehealth
Attend an individual meal support and check-in for 90 minutes each week with their IOP primary clinician.			In-person (Sydney metro consumers only) or Telehealth (Outside Sydney metro)

❖ OPTION 2: IOP-MET (Motivational Enhancement Therapy)

IOP-MET consists of five individual sessions with a mental health clinician, to support motivation for consumers to engage in the IOP-CBT group program. These sessions will focus on providing a safe space to understand the functions of their eating disorder, explore their motivation for change, discuss the barriers currently preventing change, and consider what beginning that change would mean for them.

This program provides an 'add-on' to existing eating disorder treatment and is run via telehealth or in-person. At the conclusion of five sessions of MET, a consumer may either choose to engage in IOP-CBT, or step back to their community/primary treatments.

IOP is not an acute crisis service. It is important that individuals remain in the care of their local treatment team and their primary clinical supports remain in place.

Frequently Asked Questions (FAQs)

Q1. Does the consumer need to attend individual appointments in-person?

For consumers living in metropolitan Sydney, individual appointments are held in-person at the Professor Marie Bashir Centre, Royal Prince Alfred Hospital. Telehealth appointments are an alternative for those who live outside of metropolitan Sydney.

Q2. How much does the treatment cost?

There is no out-of-pocket cost if the consumer is a Medicare card holder. Fees apply for consumers who do not have a Medicare card or who are not eligible for Medicare benefits.

Q3. Who is in the IOP-CBT group treatment team?

We have clinical psychologists, dietitians, an occupational therapist, mental health nurse, and a psychiatrist on our team.

Q4. What type of eating disorders does the service provide treatment for?

The service can provide treatment to individuals diagnosed with a range of eating disorders, including Anorexia Nervosa, Avoidant Restrictive Food Intake Disorder (ARFID), Binge Eating Disorder, Bulimia Nervosa, and Other Specified Feeding or Eating Disorder (OSFED).

Q5. What are the non-negotiables of the IOP-CBT group program?

To make sure the consumer's time at the IOP-CBT group is helpful for their recovery, the following are non-negotiable aspects of the treatment program:

- Attendance to all groups and sessions
- Monitoring their food, thoughts, feelings and behaviours in real-time
- Working towards adequate weight restoration and/or nutritional adequacy, and a better relationship with eating
- Completion of homework tasks between groups
- Refraining from treatment-interfering behaviours
- Completing meals and snacks during meal support

Q6. How can I refer a consumer to the service?

Referrals are made by calling rpavirtual Eating Disorders Connect (vE-Connect) on 1800 443 833 (Monday to Friday 8:00am to 8:00pm). Any treating clinician can make a referral, however medical information (e.g. recent blood tests and ECG results) will be required to complete the referral.

Q7. What happens when a referral is accepted for IOP?

If the referral is accepted, a team member from the Peter Beumont Eating Disorders Service will contact the consumer to arrange an assessment appointment and collaboratively review whether the program meets their needs.

Q8. Can consumers choose when to start the program?

IOP-CBT is an open group and there is a waitlist to start the program. A team member will contact the consumer when a position in the program is available.

Q9. What happens after a consumer completes the program?

When a consumer completes the program, they are offered a review after four weeks to reflect on their engagement and discuss next steps. There is an opportunity to access the program up to three times during a 2-year period if the consumer is able to demonstrate benefits from engaging in the program.

Q10. What communication is provided to the consumer's local treatment team?

The IOP team provides regular updates to the consumer's GP, who is asked to undertake responsibility for medical monitoring of the consumer while they engage with the service. We also discuss with the consumer whether it would be helpful for other clinicians on their local treatment team to receive updates.

Q11. What treatment options are there if a consumer is not ready to engage in IOP?

IOP is a voluntary treatment option. It is not uncommon for individuals with eating disorders to experience fluctuating motivation for engaging in treatment. If a consumer is suitable for outpatient care but does not wish to participate in IOP, it is recommended that their local treatment team continue supporting them in building motivation and engagement, and consider referring when they are ready to participate in active treatment.

If the local treatment team includes a NSW Health Clinician, The Peter Beumont Eating Disorders Service can provide further support to the local treatment team via the NSW Adult Eating Disorders Outreach Service.

Your local Eating Disorder Coordinator can also assist you with local treatment options (<https://insideoutinstitute.org.au/local-health-coordinators>).

Q12. Where can I get more information if I have questions about IOP?

Please contact the Team Leader for Non-Admitted Services, Peter Beumont Eating Disorders Service, Sydney Local Health District. Phone: (02) 9515 1430. Email: SLHD-MPUPsychiatry@health.nsw.gov.au