

Treatment Settings: How is Treatment Delivered?

Treatment can be delivered in different settings depending on the needs of the individual. Where possible, treatment should be provided in the least restrictive setting, allowing the person to engage in normal life activities and receive support from family and friends.

There are three main treatment settings:

Community Treatment

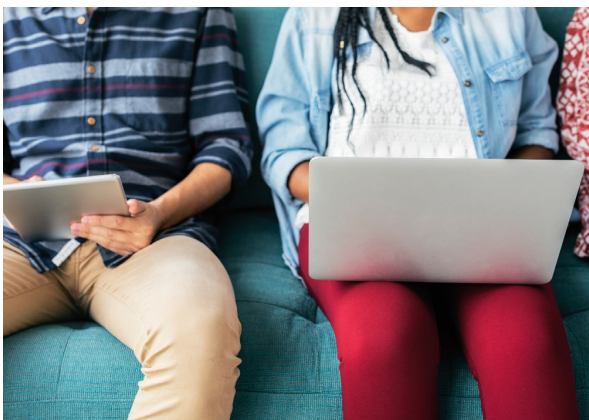
Community treatment includes:

- Outpatient clinics
- Private practitioners
- Group programs

Treatment in the community may involve regular contact with clinicians. This can be through clinicians based in different practices, an outpatient clinic based at a hospital, or a mental health community team.

Community treatment can also involve attending a group program that is less intensive than a Day Program.

Community treatment is best suited to someone who is able to engage in normal life activities, whilst still undergoing treatment.



Day Program Treatment

A Day Program provides more intensive support throughout the day. It usually involves support at mealtimes, as well as therapy groups. Whilst providing more intensive support, Day Programs are often group programs that do not always provide individual therapy or counselling sessions. Day Programs can be used in conjunction with community treatment.

Day Program treatment is best suited to someone who is transitioning from inpatient treatment to community treatment, and for those who find that community treatment is not intensive or supportive enough to meet their current needs, but also do not require inpatient treatment.

In Hospital Treatment

In hospital treatment includes:

- Hospitals
- Medical or mental health units
- Private treatment centre

Inpatient treatment involves an admission to a hospital or private treatment centre for 24-hour support and care. This may be in a specialised eating disorder treatment facility, in a general hospital, in an emergency department, or in a mental health unit. Inpatient treatment will usually involve medical care, nursing, and dietetic support. Some settings will provide psychological support as well.

Inpatient treatment is best suited to someone who is severely unwell, requires medical stabilisation, nutritional rehabilitation, and weight restoration. Inpatient treatment can also be suitable for people who do not require medical stabilisation, but still require intensive 24-hour support and care due to self-harm, suicidal thoughts, and eating disorder behaviours.

NSW Ministry of Health. (2021). NSW Service Plan for People with Eating Disorders 2021-2025 Blueprint for Action. [PDF file]. Retrieved from: <https://insideoutinstitute.org.au/assets/nsw-service-plan-for-people-with-eating-disorders-2021-2025-blueprint-for-action.pdf>