

Your child's referral to the Pediatric Eating Disorders Program

The Child and Youth Mental Health Emergency Service (CHYMES) has recommended that your child have an assessment with the Pediatric Eating Disorders Program. Here is some information about the program and what to do while waiting for your child's appointment.

What is the Pediatric Eating Disorders Program?

We are the regional centre for eating disorders in the Hamilton, Niagara, Haldimand, Brant Local Health Integration Network (HNHB LHIN).

Children and teens who live in Hamilton, Niagara, Haldimand, Brant, Norfolk, or Burlington may be referred to our program for an assessment.

The purpose of assessment is to:

- understand the difficulties that the child and family are experiencing
- recommend treatment if the child has an eating disorder

We have a large team of specialists who are very skilled at working with children and families struggling with an eating disorder. Our team includes:

- pediatricians
- nurses
- psychiatrists
- registered dietitian
- psychologists
- child life specialist
- social workers
- students and health professionals in training

We are leaders in Canada in providing outpatient Family Based Treatment (FBT) for eating disorders. FBT involves the family in the recovery process.


We offer 3 levels of service: inpatient, outpatient and day-hospital care.



For more information about eating disorders and our program, please visit www.mcmasterchildrenshospital.ca.

Click on 'Clinics and Services', then 'D-G' and select 'Eating Disorder Program'

What is the referral process?

Step	
1	<p>The CHYMES team has requested an eating disorders assessment.</p> <ul style="list-style-type: none">• With your permission, they will share with our team the concerns that brought your child to the Emergency room.• This will help us understand some of the challenges you are facing and what supports are already available to you.
2	<p>Your child will need to visit your family doctor.</p> <ul style="list-style-type: none">• Once we receive the request for assessment, we will send an intake form to your family doctor.• Your family doctor plays a central role in your child's care and safety. We will ask your family doctor to check your vital signs (heart rate and blood pressure) and monitor your care while you wait for an eating disorders assessment.• It is important to visit your family doctor so that we will have all the medical information needed to complete your referral and schedule the assessment.• If you did not have an ECG (electrocardiogram) or certain blood tests in the Emergency Department, your doctor will ask you to have these tests and the results will be sent to us.
3	<p>We will schedule your child's assessment.</p> <ul style="list-style-type: none">• When we receive all of your referral information, we will call you with an appointment date and mail you a package of information about your Assessment Day at the Pediatric Eating Disorders Program.• The waiting time for an assessment varies, from weeks to months. 
4	<p>If you have questions about your referral, please call the Pediatric Eating Disorders Clinical Coordinator.</p> <ul style="list-style-type: none">• Call Cheryl Webb at 905-521-2100, ext. 73497.

How can the Clinical Coordinator help?

Please call Cheryl Webb at 905-521-2100, ext. 73497 if you:

- Have questions about Pediatric Eating Disorders Program or whether your child is suitable for the program.
- Don't know if you have an appointment, but think your child was referred.
- Have not received a phone call from the clinic or received an appointment date in the mail.
- You want to cancel an assessment appointment.
- You would like to be added to the cancellation list in case an earlier appointment becomes available.

What happens at Assessment Day?

Assessment Day is a full morning at our clinic. You and your family will arrive at the hospital at 8 am and be at the hospital until 1 pm.

**You will get more details
about Assessment Day
in the mail.**

During Assessment Day:

- You will meet with members of our team. We will ask questions to learn about your child's medical and family history.
- We will do a complete assessment of your child's physical and mental health. Your child may have blood tests and another ECG.
- At the end of the visit, we will give you feedback about the assessment and plan the next steps for your child's treatment.

Should my child be on other waiting lists?

The CHYMES Clinician may have suggested other mental health services for your child in addition to a referral to the Pediatric Eating Disorders Program. Being on both waiting lists helps to make sure your child receives services as soon as possible.

What if my child is losing weight or has symptoms more often?

Please continue to see your family doctor for guidance and help to keep your child safe while waiting for assessment.

What do I do if my child is in crisis?

The Pediatric Eating Disorders Program is not a crisis service. Depending on your child's symptoms, your family doctor can call the Clinical Coordinator about an earlier appointment or admission to hospital.

If your child has thoughts of suicide or has self-harming behaviour, please use the following services or go to the hospital Emergency Department.

Hamilton	Crisis Outreach and Support Team (COAST) 905-972-8338 or www.coast.ca
Brantford	St. Leonard's Community Services 519-759-7188 or www.st.leonards.com
Burlington	Reach Out For Kids (ROCK) 905-878-9785 or www.rockonline.ca
Haldimand Norfolk	HN REACH 519-587-2441 or www.hnreach.on.ca
Niagara	Pathstone Crisis 905-688-6850 or www.pathstonementalhealth.ca

For a full list of resources, visit: www.mcmasterchildrensmentalhealth.ca

Where can older teens and adults with eating disorders receive care?

In Hamilton, Burlington, Brant, Niagara, and Haldimand Norfolk

- St. Joseph's Healthcare is the regional program for Adult Eating Disorders.
- They offer a special Transitional Age Program for Youth ages 17 to 23 that includes individual therapy. They also offer a group program.
- A doctor's referral is required.
- For more information call 905-522-1155, ext. 33561 or go to: www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/eating-disorders-program

Niagara residents only

- Niagara Eating Disorders Outpatient Program. Is available to people over 18 years of age.
- A doctor's referral is required.
- For more information call 905-378-4647, ext. 32532 or go to: www.niagarahealth.on.ca/en/eating-disorder-program-2

For a list of all Provincially Funded Eating Disorder Programs

- Go to the Ontario Community Outreach Program for Eating Disorders at: www.ocoped.ca/AboutUs.aspx

Self Help and Peer Support

- Go to Danielle's Place, Burlington at www.daniellesplace.org/