

### **Development Context of the 0-24 Community Eating Disorder Service (CEDS) Model**

The need to develop a CEDS was prompted by the introduction of Access and Waiting Time Standards for children and young people up to the age of 19. In addition discrepancies between the existing ANIS, adult facing specialist service, and the more prevalent community offer prompted a review of this service.

In the light of these two factors Cumbria CCG began a process of developing options for CEDS.

Phase 1 of which was to determine the most appropriate service model for Cumbria that takes account of the needs of the population, the geographical challenge and the practicalities of providing a small specialist service across a large area. Options considered at this stage included:

- A stand-alone 0-18 CEDS
- A 0-18 CEDS embedded in a wider Tier 3 CAMHS team
- A stand-alone all age CEDS

Following a series of workshops it was determined that a Cumbria wide 0-24 service that incorporated the existing ANIS workforce that will provide NICE concordant treatment is the most appropriate for Cumbria. Reasons for this include:

- The existing ANIS workforce brings high levels of Eating Disorder expertise
- The extension of the age range enables the service to reach a wider population flattening out some of the peaks and troughs of expected demand in each of the three areas (West, North and South)
- The model enables the provision of consistent treatment across transition at age 18, a time of high risk for this patient group.

Having determined the service scope Phase 2 required further work that was undertaken by CPFT to develop a specific service model. In order to do this extensive learning from both LCFT (that currently provides an 'all age' CEDS in Lancashire) and TEWV (that currently provide a well-established CYP CEDS that meets the A & WT standards) was undertaken by the CAMHS CSM.

### **Planning Service Scale**

The calculation of the required investment has been determined by;

- Use of the NHSE workforce planning tool
- Reallocation of existing CAMHS resource based upon an analysis of current caseloads and working practices
- Learning from existing services in neighbouring areas that are currently meeting the Access and Waiting times

## **Implementation**

Funds have been allocated by North Cumbria CCG and implementation by CPFT is underway.

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