



EATING DISORDERS TOOLKIT – PHYSICIAN INFORMATION RESOURCE

The *Eating Disorders Toolkit for Primary Care Practitioners (2023)* contains helpful information for physicians on assessment and management of eating disorders, including provincial consultation and specialized intensive treatment centres. While targeted to primary care practitioners, the Toolkit contains information that pediatricians may find helpful.

- ▶ Please [click here](#) for more information.

RESOURCES FOR SUPPORTING YOUTH WITH EATING DISORDERS IN BC

BC regional health authorities offer a variety of eating disorder programs and support for children, youth, and adults. Access, eligibility, and referral criteria vary by community.

There are also a variety of excellent information and support resources from recognized public and not-for-profit organizations.

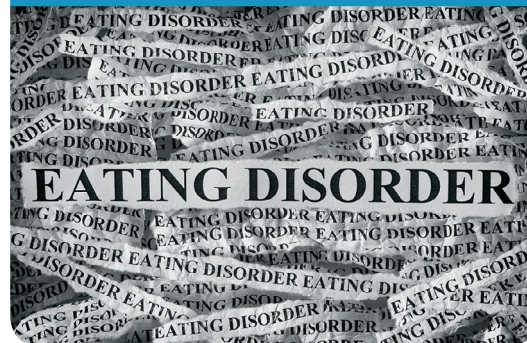
KELTY EATING DISORDERS – SEARCHABLE PROVINCIAL DATABASE OF EATING DISORDER PROGRAMS

Kelty Eating Disorders is a provincial resource centre that provides information and peer support to people of all ages who reside in British Columbia who experience eating disorders or disordered eating concerns.

The website provides a searchable database of eating disorder programs for different age groups, as well as extensive information about eating disorders and supports.

- ▶ Please [click here](#) to access the Kelty database and find program options for your patient.
- ▶ Please [click here](#) to access Kelty information and supports for all stages of the eating disorder journey.

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IS YOUR FIRST NATIONS PATIENT HAVING DIFFICULTY ACCESSING NEEDED SUPPORTS AND SERVICES?

[Jordan's Principle](#) is a federal program to ensure all First Nations children can access the products, services, and supports they need, when they need them. It can help with a wide range of health, social, and educational needs. This program applies to supports and services for First Nations youth age 19 or younger.

For more information, [click here](#).



EATING DISORDERS PROGRAMS OFFERED BY REGIONAL HEALTH AUTHORITIES

(Please note these programs may also be listed in the Kelty Eating Disorders searchable program database.)

Fraser Health Eating Disorders Program

Eligibility: Youth and adults

Referral: By pediatrician, family physician, or NP is required. Fraser North and Fraser South programs have separate referral forms

The program provides a range of services in a safe and supportive environment to both youth and adults, and their families, who are dealing with Anorexia Nervosa, Bulimia Nervosa, Avoidant/Restrictive Food Intake Disorder, and Binge Eating Disorder. Services include community-based individual and family therapy, group therapy, psycho-educational sessions, and information and education for the public and health professionals.

The Fraser North program: serves residents in the Burnaby, New Westminster, Pitt Meadows, Maple Ridge, and the Tri-Cities areas. Please [click here](#) to access the Fraser North referral form.

The Fraser South program: serves residents in the Delta, Surrey, White Rock, Langley, and Aldergrove areas. Please [click here](#) to access the Fraser South referral form.

- ▶ Please [click here](#) for further program information.

Interior Health Eating Disorders Program

Eligibility: Serves children, youth, and adults

Referral: Self or professional referral; service availability is limited.

The program provides individual and group therapy for persons with a diagnosis of eating disorder.

- ▶ Please [click here](#) for a directory of services by community.

Island Health Eating Disorders Services

Eligibility: Serves children, youth, and adults

Referral: Physician referral not required.

This service provides a number of treatment options, working with different types of professionals ranging from mental health professionals to physicians to dietitians. Treatment programs design plans for each individual and their specific needs, and vary from person to person; families are often involved in the recovery process.

- ▶ Please [click here](#) for more information (including a geographically arranged list of disordered eating services).

Northern Health Eating Disorders Clinic

Eligibility: Ages 12+

Referral: Self-referral or referral by health care provider

The clinic provides assessments, consultation, and treatment, as well as individual and family education and support for children, youth, and adults with eating disorders, specifically Anorexia Nervosa and Bulimia Nervosa. The program offers in person support to clients living in Prince George, as well as regionally supports clients with assessment via telehealth and supports the development of multi-disciplinary care team for individuals in their home community.

- ▶ Please [click here](#) for more information about the program.



Vancouver Coastal Health Eating Disorders Program

Eligibility: Serves children, youth, and adults. Specific eligibility criteria are listed in the referral form.

Referral: Referrals accepted from Pediatricians, General Practitioners, Nurse Practitioners, or other primary care provider. Please [click here](#) for the referral form.

The program is a community-based outpatient program available to help children, youth, and adults who live in Vancouver as well as adults who live on the North Shore. If you have any questions about the services offered or about completing the referral, please call the program at 604-675-2531.

- ▶ Please [click here](#) for more information about the program.

SPECIALIZED INTENSIVE TREATMENT – TERTIARY CARE INPATIENT SERVICES

Children and Youth to age 17 years

Provincial Specialized Eating Disorder Program at BC Children’s Hospital, Vancouver

Eligibility: Any child or adolescent (up to age 18) who, in the opinion of a community care provider, is struggling with an eating disorder may be referred for assessment at the provincial program.

Referral: Health care provider referral required. Please [click here](#) to access the referral form.

Physicians, if you are unsure about whether or not to refer, contact [Compass](#) at 1-855-702-7272.

The Provincial Specialized Eating Disorder Program at BC Children’s Hospital is a comprehensive, interdisciplinary, specialized program to assess and treat children and adolescents with eating disorders. The Program has outpatient, day treatment, and inpatient services, and provides transition to adult services as required.

- ▶ Please [click here](#) for additional program information.

Youth/Adults age 17 years and older

Provincial Adult Tertiary Eating Disorders Program

Eligibility: Adults 17 years of age and older, who have a *DSM 5* diagnosis of Anorexia Nervosa, Bulimia Nervosa, or Other Specified Feeding or Eating Disorder (OSFED).

Referral: Referrals for assessment and treatment are accepted from secondary eating disorders programs (where available) across the province. In the event that a secondary program is not available, referrals are accepted from mental health teams and/or secondary service community care providers. **For referral inquiries, contact the Intake Coordinator at 604-806-8654.**

The program provides robust interdisciplinary clinical services. Following the referral and intake process, patients are provided with specific treatment recommendations based on their medical acuity, symptom severity/life interference, and engagement with treatment in their community. The program offers both outpatient and inpatient services.

- ▶ Please [click here](#) for further information.



INFORMATION AND SUPPORT RESOURCES FOR PATIENTS AND FAMILIES

Canadian Mental Health Association (BC) provides information on eating disorders and management.

▶ Please [click here](#) for more information.

Jessie's Legacy provides eating disorders prevention education, resources and support for BC youth, families, educators, and professionals.

▶ Please [click here](#) for more information.

Kelty Eating Disorders connects you with resources and information for every stage of the eating disorder journey.

▶ Please [click here](#) for more information.

Looking Glass Foundation for Eating Disorders provides prevention, early intervention, and supports for those suffering from eating disorders and those who love them.

▶ Please [click here](#) for more information.

National Eating Disorder Information Centre Provides resources on eating disorders and weight preoccupation.

▶ Please [click here](#) for more information.

The information in this document is drawn from a variety of sources and was accurate at the time of publication. BCPS acknowledges that this information may be subject to change.