

How to identify the signs of eating disorder in your child/adolescent?

At Rhodes Wood Hospital we know that it can be difficult when your child/adolescent is experiencing issues with weight and food. So we have put together this resource to help parents to identify the signs of eating disorders within their child/adolescent.

1. Do you find your child being fussy with their food and/or tends to miss meals?
2. Do you find your child looks like they have lost weight?
3. Do you notice your child exercising more than usual?
4. Do you find your child wearing baggy clothes more often?
5. Do you find your child often visits the toilet after meals?
6. Has your child often made excuses to avoid meals?
7. Does your child often eat by themselves?

If you answered yes to a combination of these questions it may be that your child/adolescent has signs of an eating disorder. We know this is a daunting time so at Rhodes Wood Hospital we are here to help.

Rhodes Wood Hospital is a specialist eating disorder service in Hertfordshire. We offer an outpatient, daycare and inpatient programme for male and female patients aged 8 to 18 years old.

To book a consultant assessment today, please call **08081681290**.

Patient Pathways

Rhodes Wood Hospital is a specialist eating disorder service which provides treatment for young people who experience eating disorders (anorexia, bulimia, and other eating disorders). We offer an outpatient, daycare and inpatient programme to both male and female patients aged between 8 and 18 years. Our service will adapt to the needs of each patient giving them the flexibility to alternate between the outpatient, daycare and inpatient programmes.



Outpatient

Our Consultant led outpatient programme offers an assessment service for Children and adolescents with mild to moderate eating disorders. Our expert consultants will assess each child's physical health, eating behaviours, and thoughts around food. At the end of the assessment you will be given a diagnosis. The consultant will work with our therapists and psychologist to devise a therapy programme that meets the needs of your child or adolescent.



Daycare

Our Psychologist led daycare programme offers intensive treatment without an inpatient stay. The daycare programme is offered for mild to moderate eating disorders. Our programme runs daily, seven days a week enabling your child to engage in the full therapy treatment timetable including all groups and 1:1 therapy. We are able to flex our programme to meet the individual needs of each child or adolescent. Therapies used:

- CBT - Cognitive Behavioural Therapy
- CRT - Cognitive Remediation Therapy
- MVT - Motivational Enhancement Therapy



Inpatient

We offer an evidence based inpatient treatment programme focuses on moderate to severe eating disorders. The inpatient facilities consist of 4 wards, educational facilities, and therapy rooms. We focus on four stages in the recovery process.

Stage1:

Re-establishing eating

Stage 2:

Re-establishing eating with Family

Stage 3:

Getting out and about

Stage 4:

Getting back to normal life and preventing relapse



Extended aftercare programme



All patients that have completed a full treatment programme will be entitled to 12 weeks after care. This can be extended further than 12 weeks at an additional cost.