



Compass – A Coaching Support Programme for carers of young people

What is Compass?

Compass is a coaching programme for carers of young people (aged 12-17) who have been recently diagnosed with an eating disorder (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED) and are yet to start treatment. Support will be delivered over zoom. The carers will receive a fifty-minute video call every week for ten weeks, facilitated by one of our trained Support Officers. Compass has been developed to complement our other carer programmes as part of a supportive pathway or when utilised on its own begin a carers journey through their loved one's recovery.

Objectives of Compass

The aim of Compass is for carers to gain a stronger insight into their loved ones eating disorder and to understand their role within the young person's journey to recovery. The sessions provide a safe space for carers to talk openly about their situation, share their emotions and look for supportive strategies.

Compass will enable carers to have the foundation of knowledge and resources, including psychoeducation and support plans to prepare them for their young persons treatment plan that maybe ahead. Carers will be provided with a copy of 'Help Your Teenager Beat an Eating Disorder' by James Lock and Daniel Le Grange, this will be a valuable resource that will be used within sessions.

It is important to note that Beat's Support Officers are not medically trained and so cannot advise on medical queries but will signpost carers to appropriate services.

Referral criteria for Compass

Eligibility criteria

- Young person with the eating disorder must be aged between 12 and 17 at the time of programme commencement.
- Young person with the eating disorder must be within the first two years of becoming unwell and has not started treatment for their eating disorder at the time of programme commencement.
- Young person to have a diagnosis of Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder or OSFED (Other Specified Feeding and Eating Disorder).
- Carer or carer group, up to max of four people. At least one of the carers from each family group needs to be consistently attending every session with the other carer needing to attend at least 50%. Attendees must be able to commit to the sessions as session times cannot change regularly throughout the programme.
- Carers must be committed to completing the required homework each week.
- Carers must be committed to completing their surveys beginning, middle and end of the programme.
- Carers to remain responsible for the young person's physical and mental health throughout the duration of the programme. Our team can cease the sessions if they feel there is a risk to the young person at any point during the programme.

Exclusion criteria

- Unable to commit to programme requirements.
- Carer/s have an active intent/plan to end their life or are in crisis.
- Carer displays use of alcohol or recreational drugs that would impact participation in the programme.
- If any changes occur throughout delivery of programme that deem a carer no longer suitable, they will be signposted to relevant services depending upon their needs being identified.

How will Compass be monitored?

Carers will complete a survey prior to commencing the programme, midway and upon completing the programme. These surveys will include clinical measures (EDSIS, PHQ-9, GAD7) to monitor service users and evaluate impact. All sessions will be recorded for training and monitoring purposes (carers must consent to this) and all Support Officers will receive access to monthly clinical supervision.

Compass Session Plan

1. *Foundation for recovery*

- Discussions around the carers knowledge of eating disorder recovery and providing information on family based therapy. Introducing SMART goals and establishing from the carers perspective how they are doing and what they hope to gain from the program.

2. *Stages of change*

- Discussions around the stages of change model to understand carers and young people's motivation to change and how these may differ. Carers encouraged to reflect on barriers and opportunities to change and to identify personal goals.

3. *Separating the illness from the child*

- *Discussion around empathy versus sympathy and how this plays an important part within eating disorder recovery.* The session utilizes the animal metaphors to understand common behaviors and emotional reactions and what approach the family adopt in different scenarios.

4. *Self Care and effective communication*

- Discussions around helpful communication utilizing tools (OARS, AVLS) and the importance of carer self-care to best support their child. Carers encouraged to reflect on how their child responds to different communication styles and how to prioritize their self-care.

5. *Being available and establishing regular mealtimes*

- Discussion around the family dynamic and establishing a family norm surrounding mealtimes both currently/ before the eating disorder started and the importance of a united front. Discovering strategies to support regular eating and introducing the analogy of food is medicine.

6. *Setting clear expectations*

- Discussion around how carers feel about offering food choices to their young person and 'enforcing' changes; looking at the importance of communication and the consequences of deviating from this.

7. *Exercise, Binging and Purging*

- *Discussion around how exercise is viewed within the family and what activities families could do together instead of exercise-based activities. The session will look at the reassurance trap and how to implement boundaries. Exploring carers understanding of binging and purging behavior and how this relates to their young person.*

8. Exploring emotions

- Discussion around how emotions are expressed within the family and looking at the way our emotions are interconnected to our thoughts and behaviors (think-link). The emotions wheel will be introduced to encourage carers to be more in touch with their/ young person's emotions .

9. Progress and motivation

- Discussion and reflection about how the carers feel about the SMART goals set at the beginning of the program and how they feel they have progressed with these goals. Carers to create a progress and motivation document utilizing the traffic light structure to reflect on their own/ each others behavior and what they need to do to remain on track.

10. Final session

- Carers encouraged to reflect on what they have learnt from sessions and the progress they have made and actions they will take forward. Carers are allowed to consolidate what they know with support still present to hopefully install confidence in their own ability once the program has completed.

How to refer to Compass?

For service users that meet the referral criteria, there are two routes available to refer to Compass. Commissioning bodies can opt for one or both options.

- Clinicians can refer directly to Beat, through an admission form shared with relevant clinical professionals.
- Service Users can self-refer through our self-referral form which can be made available in a few different ways depending on the commissioning areas preferences.

Commissioning Costs

The cost of a place per family unit on the Compass programme for the period of 2022-2023 is £1,277.