

## STAFF

### The Monash Health Eating Disorders Butterfly Day

**Program** is delivered by an experienced, multidisciplinary team of staff comprising:

Psychiatrist

Paediatrician

Mental Health Clinicians

Dietitian

Art Therapist

Educator

Day Program staff communicate regularly with established external service providers in order to provide high quality, coordinated care of all participants.

## HOURS OF OPERATION

The group program operates between

9:30am-3:15pm on Monday, Tuesday, Thursday

and Friday; with individual sessions offered on

Wednesday and before/after group program on the other days



**Butterfly**  
Foundation for Eating Disorders



## ELIGIBILITY FOR THE DAY PROGRAM

Individuals wishing to access the Day Program must fulfill the following criteria:

- Present with a diagnosis of Anorexia Nervosa, Bulimia Nervosa or Other Specified Feeding and Eating Disorder (OSFED)
- Be medically stable with a min BMI of 15
- Be aged between 12 – 24 years of age
- Be willing to attend the Day Program and participate in Group therapy

The Day Program is designed as both a step-down from hospital and a step-up from outpatient care. For individuals who have been hospitalised, the program may assist in the transition back home and back into the community. For individuals in the community, the program may be offered to prevent further deterioration and hospitalisation.

## ACCESSING THE DAY PROGRAM

Individuals are welcome to be referred by their GP through a centralised intake

**Wellness & Recovery Intake : 9594 1770**



**WRC EATING  
DISORDERS  
BUTTERFLY  
DAY PROGRAM**



**COMMUNITY AND PUBLIC HEALTH  
WORKING TOGETHER TO PROVIDE A UNIQUE  
EXAMPLE OF BEST PRACTICE IN THE  
TREATMENT OF  
EATING DISORDERS**

## MONASH HEALTH

Monash Health provides comprehensive health care services to people in the south-eastern suburbs of metropolitan Melbourne including the cities of Bayside, Cardinia, Casey, Greater Dandenong, Kingston and Monash. Services are provided through a number of hospitals and community health services to a population of over 700,000 people.

### Wellness and Recovery Centre (WRC)

The Monash Health Wellness and Recovery Centre (WRC) is a multidisciplinary specialist service that offers an integrated model of care for individuals affected by Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Other Specified Feeding and Eating Disorder (OSFED). This includes an adult inpatient and outpatient treatment service, as well as an adolescent day program.

### Butterfly Day Program

The Monash Health Eating Disorder Butterfly Day Program offers a high quality, specialised service to individuals suffering from eating disorders and their families. The Day Program aims to provide cost-effective treatment in a community-based setting to individuals presenting with severe and complex needs.

### BUTTERFLY DAY PROGRAM MISSION STATEMENT

Our vision is to provide client-centered, holistic support and intervention in a safe and supportive environment. The Day Program is structured to assist individuals address factors that contribute to the development and maintenance of their eating disorders. With an emphasis on normalisation and emotional wellness, the program teaches recovery management tools to achieve long-term, meaningful change.

### BUTTERFLY DAY PROGRAM GOALS

- Nutritional rehabilitation
- Weight restoration and maintenance
- Normalisation of eating behaviour and beliefs around eating, food and weight-related issues
- Improvement in psychological and emotional functioning (e.g. self-esteem)
- Gradual return to age-appropriate tasks and activities (e.g. school, work)
- Relapse prevention
- Family / Carer Support and involvement

### BUTTERFLY DAY PROGRAM STRUCTURE

- Medical consultation
- Nutritional management
- Individual key support work
- Group therapy
- Family work
- Education consultation and support
- Staff-supported meal supervision



### BUTTERFLY DAY GROUP PROGRAM

The Butterfly Day Program is an intensive 12 week group program that operates with a maximum of 10 participants at any one time.

Topics addressed in the group program include:

- Nutrition education
- Normalisation of Eating Behaviours
- Body image
- Family Relationships
- Relapse prevention
- Self-esteem
- Problem-solving
- Managing difficult emotions
- Interpersonal Relationships
- Anxiety management and relaxation
- Education Based Activities



Day Program staff work hard to ensure that each group is safe, supportive and constructive for every participant. Individualised treatment plans ensure that the specific needs of each program participant are addressed.

The following evidence-based therapeutic models are used in the group program:

- Cognitive Behaviour Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Narrative Therapy
- Interpersonal Therapy (IPT)
- Motivational Enhancement Therapy (MET)
- Art Therapy
- Experiential Therapy
- Acceptance and Commitment Therapy