

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 almost 900,000 people.

The Monash Health Wellness and Recovery Centre (WRC) Eating Disorder Service

is a specialist service operating across Monash Health Campuses. Services include:

- * Adults (18-65yo) Inpatient Treatment
- * Adults (18-65yo) Outpatient Treatment
- * Butterfly Day Program (12-24yo)

The service offers comprehensive Eating Disorder assessment, diagnosis and evidence-based treatment to individuals affected by Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Other Specified Feeding or Eating Disorder (OSFED).

For each patient, staff will work to establish a comprehensive care team around the individual, and facilitate regular communication between these care team members to promote co-ordinated, holistic care.

Adult Inpatient Treatment (18-65yrs)

A structured, inpatient program operating from a specialised Eating Disorder Unit on West 4, Dandenong Hospital.

- Medical monitoring and supervision
- Nutritional rehabilitation
- Weight restoration
- Supportive therapy groups
- Support to cease eating disorder behaviours
- Meal supervision

Adult Outpatient Treatment (18-65yrs)

A Specialist Outpatient Clinic Operating from Monash Hospital Clayton

- Individual treatment using Cognitive Behaviour Therapy- Enhanced (CBT-E) treatment model
- Focus on reducing eating disorder behaviours and concerns about eating and body image
- Nutritional management which may include weight restoration and maintenance
- Treatment may be offered via Telehealth for patients in regional areas
- Co-ordination of inpatient admission, if required

Butterfly Day Program (12-24yrs)

An intensive 12 week day program that is based at Chadstone that offers:

- Weight restoration and maintenance
- Nutritional management
- Normalisation of eating behaviour/beliefs
- Staff supported meal supervision

- Family involvement
- Group Therapy
- Individual key support work

Staff

The Wellness and Recovery Centre eating disorder service is delivered by an experienced, multidisciplinary team of staff including:

- Consultant psychiatrist
- Psychiatry registrar
- Psychologist
- Social Worker
- Occupational Therapist
- Dietician

Where a patient has an established therapeutic relationship with an external treatment provider (e.g. private psychiatrist), WRC staff will communicate regularly with this provider to facilitate optimal treatment outcomes.

Eligibility Criteria

Patients wishing to access the Wellness and Recovery Centre must fulfil the following criteria:

- Live in the Southern Metropolitan Region of Victoria
- Present with a diagnosis, or behaviour consistent with a diagnosis of, Anorexia Nervosa, Bulimia Nervosa, or OSFED
- Have, or be willing to engage, with a GP for regular medical monitoring

Referral Process

WRC Intake is based at:

Monash Medical Centre,
Clayton, P Block

Contact: WRC, Monday to Friday,

8:30am to 5:00pm (closed weekends and public holidays).

Ph: 9594 1770 or Fax: 9594 4465.

Patients will be required to present to their GP for medical screens and have their GP complete the WRC referral form, prior to their first intake assessment. WRC will provide guidance, upon contact with the service, as to the nature of these requirements.

For after hours or in crisis service, please ring

Psychiatric Triage Service (PTS)

1300 369 012 (available 24 hours).

Secondary Consultation

For GPs, case managers, and other services managing eating disordered patients.

Specialist Education and Training

Provided upon request to WRC manager.

Promotion and Prevention

Implementation of prevention programs and strategies.



Monash Health

P Block, Level 2, 246 Clayton Road

Clayton, Vic, 3168

WRC | Specialist Psychological Services |
Mental Health Program

Ph: 9594 1770 Fax: 9594 4465

Email:

wellnessandrecoverycentre@monashhealth.org

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Wellness and Recovery
Centre
(WRC)

Eating Disorder Services