



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**

BHRS Eating Disorder Committee  
& Pilot Needs Assessment

Noelle Bruton, Clinical Services Manager  
Marta Perez, Supervising Mental Health Clinician

# Eating Disorder Committee

- March 2022 committee within BHRS to help build support for clinicians who provide mental health treatment to children & youth
- Monthly Meetings-explore available resources, conduct survey to gauge training & support that providers need & to learn more about the provider's experience in working with young clients with eating disorders
- Members attend the Bay Area Counties' Eating Disorder Consultation
- Review the Behavioral Health Notice from the Department of Health Care Services

# Bay Area Eating Disorder Collaborative

- We joined the collaborative in September 2021
- Meet with representatives of major Counties- (Alameda, Marin, Santa Clara, Napa, SF, Solano, Contra Costa)
- The purpose of the collaborative is to share information how counties provide eating disorder treatment services :
  - **What does the recent demand look like in your county for treatment of eating disorders in children and adults?**
  - **How does your county do screening and assessment for eating disorders?**
  - **How do you provide outpatient mental health services for clients with eating disorders? Do you use your own clinicians or network contracted providers?**
  - **How do you provide higher-level services such as Inpatient, Residential Treatment, PHP, and IOP?**
    - **Which providers have you successfully contracted with?**
    - **Are you able to share costs with managed care?**
  - **How does the collaboration between physical health and mental health departments work between your county systems?**

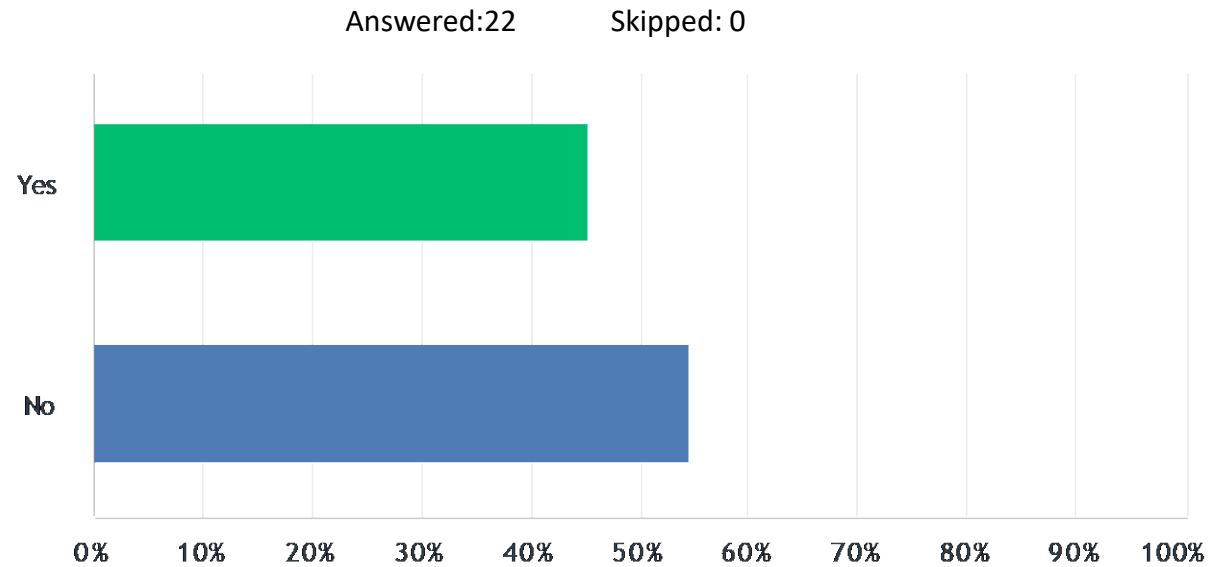
# UCSF Family-Based Treatment (FBT) training opportunity Youth Focus

- *Optimizing Provider Training in Eating Disorders (OPTED)* study.
- The study was designed by Dr. Erin Accurso, Ph.D., Clinical Director of the Eating Disorders Program.
- Each County had the opportunity to send 17-20 clinicians to receive the web-based or live training randomly assigned.
- BHRS, we identified 20 clinicians, and during the screening process, 6 decided not to continue with the process. We trained a total of 14 clinical staff (October 2022).
- 5 clinical staff continue with the case consultation support group that meets monthly.
- We are currently experiencing a higher volume of Eating disorders cases in each of our Regional Clinics and specialty teams. Approximately 11-14 confirmed cases with ED comorbidity, and approximately 60% of our caseloads have some underlying undiagnosed Disorder of Eating.

# Higher Level of Care Programs (Youth System)

- We contract with the Center for Discovery when a youth needs short-term comprehensive residential treatment.
- Healthy Teen Project – Partial Hospitalization Program (PHP) & Intensive Outpatient Program (IOP)
- Single Case Agreement with Alta Bates
- Cielo House – for young Adults ages 18 - 25 yo.

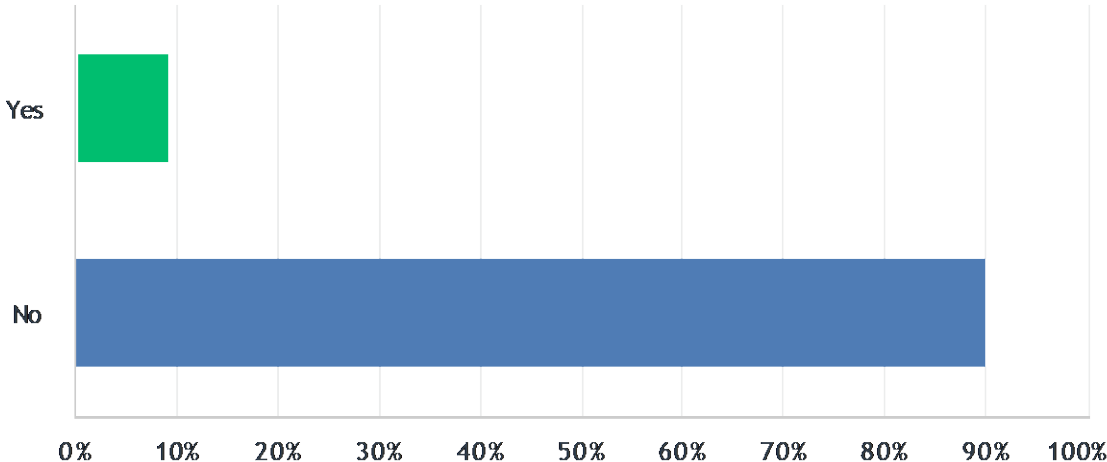
# Question 1. Do you believe you have the general competence to make an initial assessment for a client for an eating disorder?



ANSWER CHOICES	RESPONSES	
Yes	45.45%	10
No	54.55%	12
TOTAL		22

# Question 2. Do you believe you have the necessary competence to provide behavioral health intervention to a client with an eating disorder?

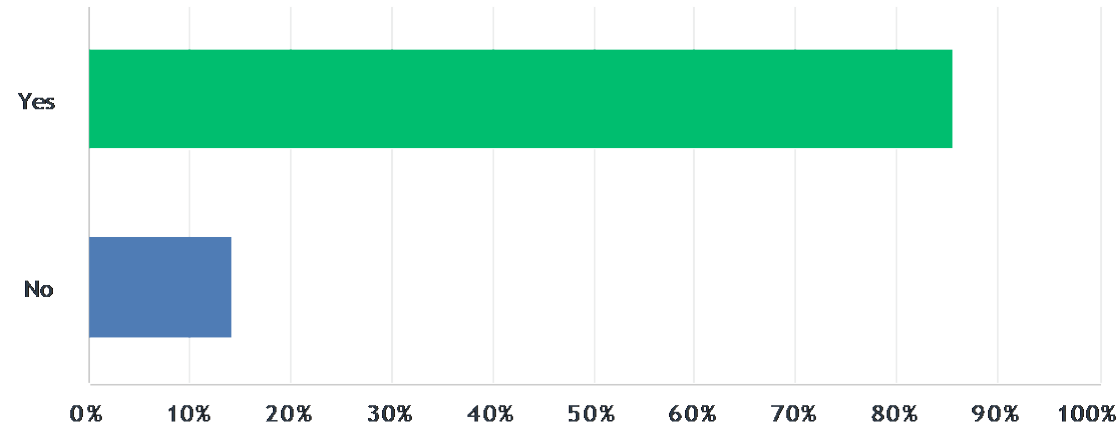
Answered:22 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	9.09%	2
No	90.91%	20
TOTAL		22

### Question 3. In the last two years, have you been referred clients who would have benefitted from specialized eating disorder treatment?

Answered:22 Skipped:0

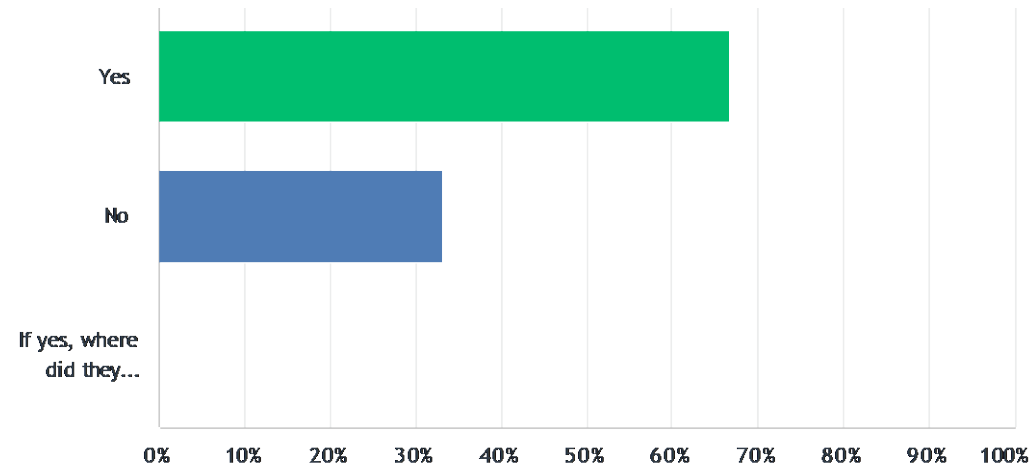


ANSWER CHOICES	RESPONSES	
Yes	85.71%	18
No	14.29%	3
TOTAL		21



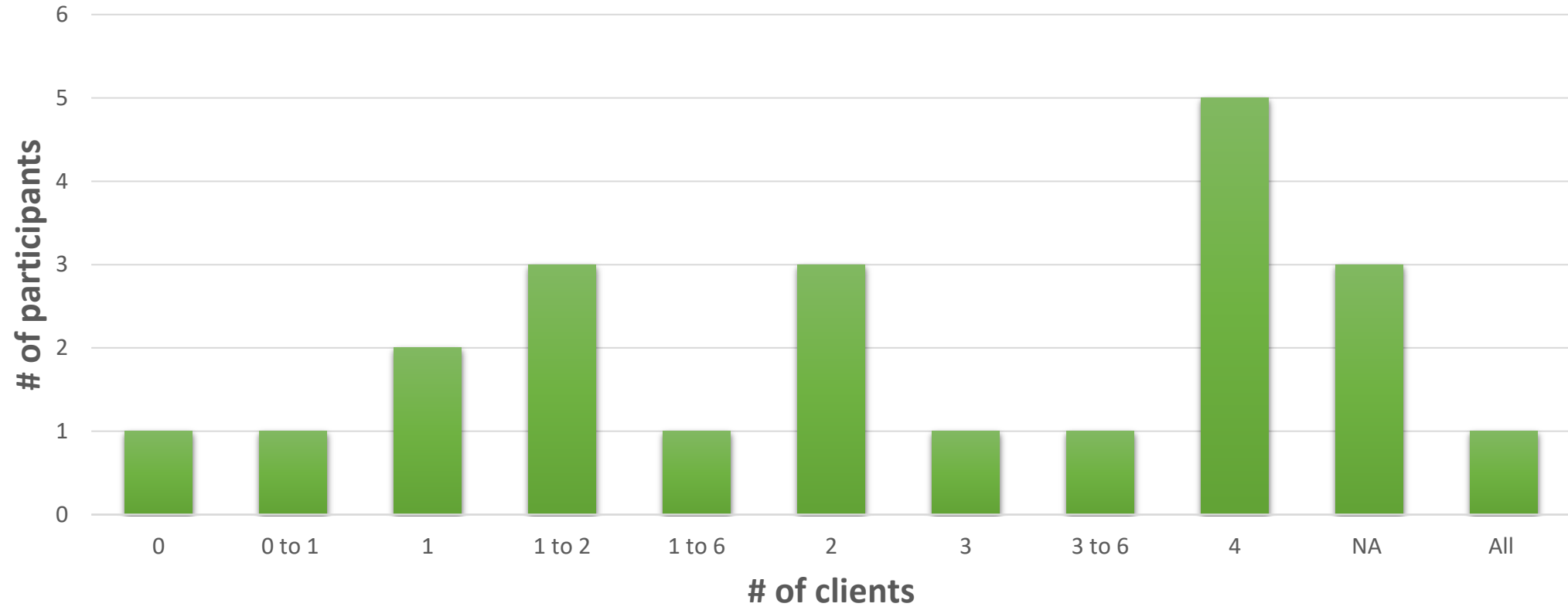
## Question 4. Do you have clients who have received Eating Disorder treatment outside of BHRS?

Answered:21 Skipped: 1



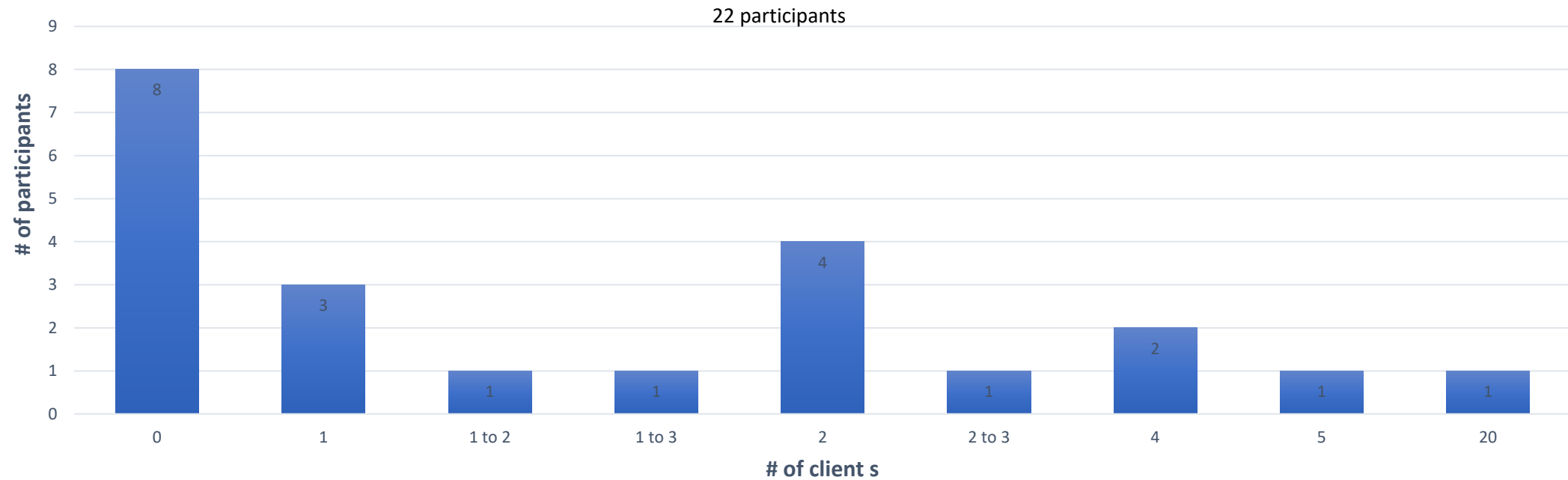
ANSWER CHOICES	RESPONSES	
Yes	66.67%	14
No	33.33%	7
If yes, where did they receive treatment?	0.00%	0
TOTAL		21

**Question 5: Based on your past experience, if you knew that BHRS had staff who specialized in Eating Disorder treatment, how many people might you refer in a 6 month period.**

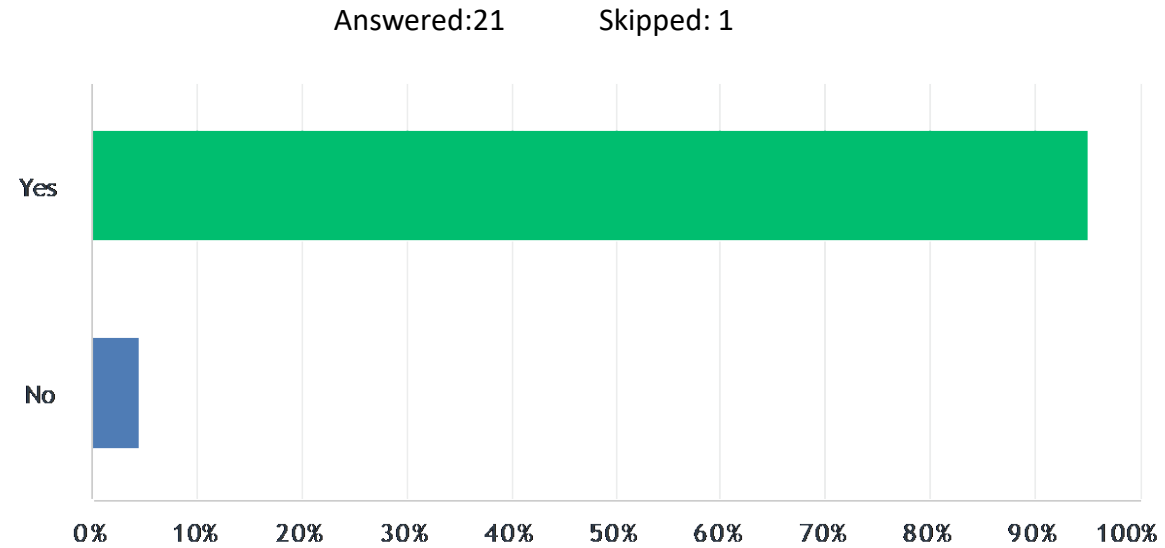


22 participants

## Question 6: Currently, how many clients do you have with an eating disorder?



# Question 7. Are you interested in receiving specialized training in Eating Disorder treatment?



ANSWER CHOICES	RESPONSES	
Yes	95.24%	20
No	4.76%	1
TOTAL		21

# Question 8: What training do you need to increase your competence in assessing eating disorders?

Assessment and diagnosing for eating disorders

Training on bulimia, including treatment and interventions

Better language to assess eating disorders

Basic guidelines and tools to identify eating disorder warning signs

Treatment interventions / Evidence-based practices

How to support and engage caregivers when treating eating disorders

How to develop treatment plans

Assessment tools

Maudsley Family Based Treatment Model

Interventions for different phases of treatment

Overview of ED in children

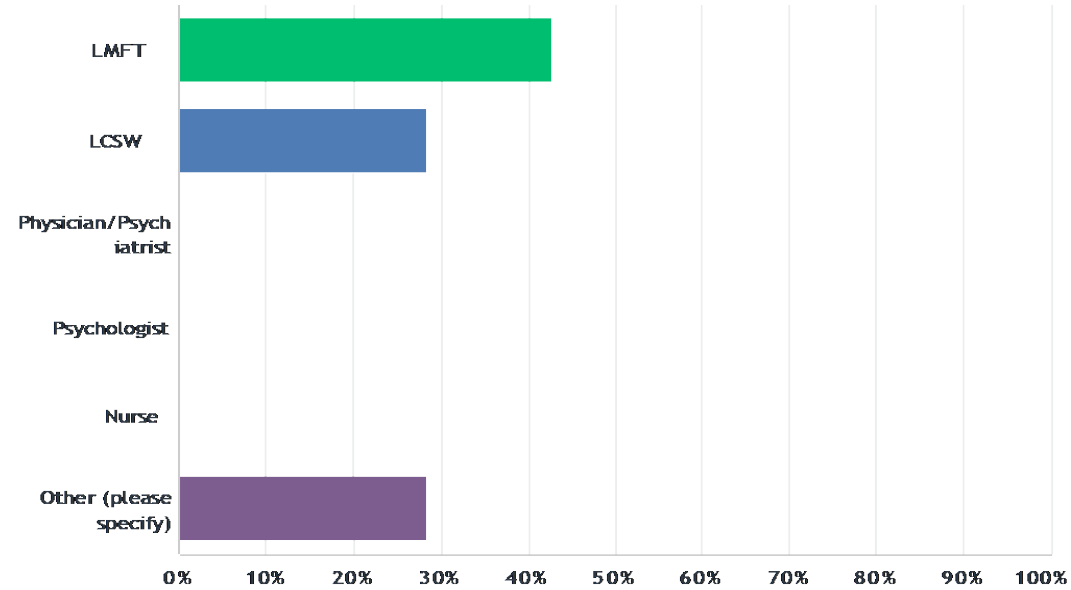
Standards of care

Knowledge of different programs: inpatient, outpatient, residential and step-down.

# Question 9. What is your role with BHRS

Answered:21

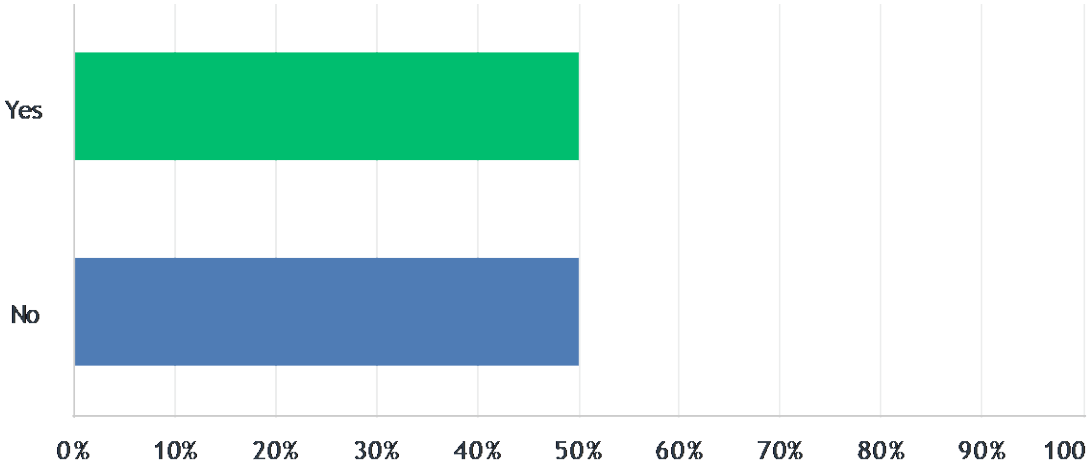
Skipped: 1



ANSWER CHOICES	RESPONSES	
LMFT	42.86%	9
LCSW	28.57%	6
Physician/Psychiatrist	0.00%	0
Psychologist	0.00%	0
Nurse	0.00%	0
Other (please specify)	28.57%	6
TOTAL		21

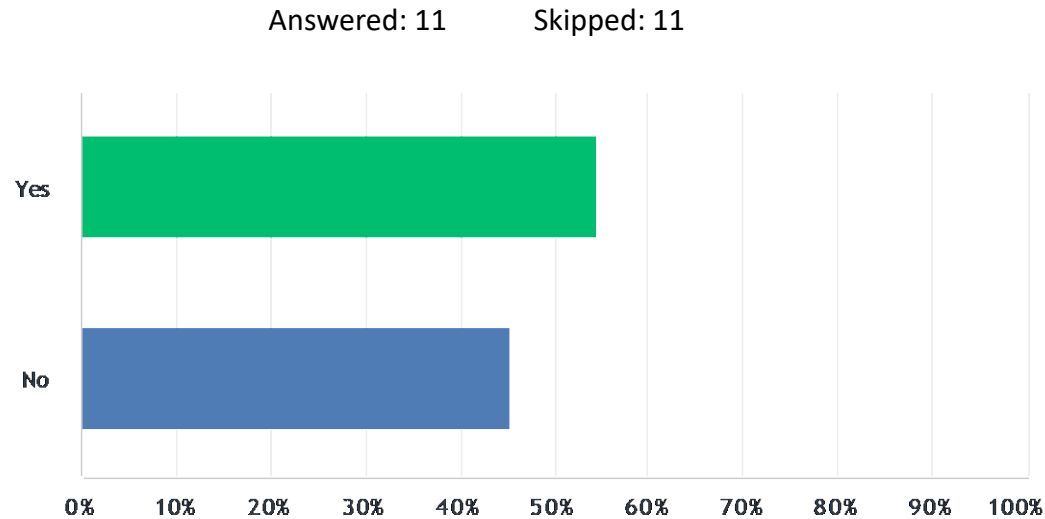
# Question 10. Is it part of the BHRS Treatment Plan?

Answered: 18 Skipped:4



ANSWER CHOICES	RESPONSES
Yes	50.00% 9
No	50.00% 9
TOTAL	18

# Question 11. Would you like to be a part of a specialized Eating Disorder team?



ANSWER CHOICES	RESPONSES	
Yes	54.55%	6
No	45.45%	5
TOTAL		11