

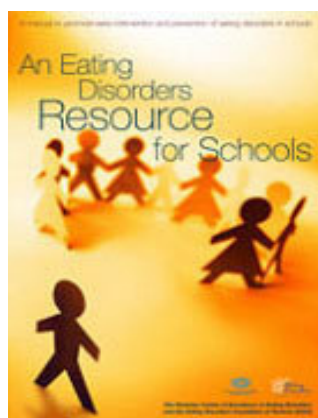
Eating Disorders Resource and Training for Schools

Early Intervention and Prevention of Eating Disorders

School teachers are in a unique position to be involved in the identification and support of students at risk of an eating disorder. Due to the prevalence of disordered eating and its consequences, prevention and early intervention is an important goal.

The Eating Disorders Foundation of Victoria (EDFV) assists schools to develop and implement strategies for the early intervention and prevention of eating disorders.

Eating Disorders Resource for Schools



The Eating Disorders Foundation of Victoria and The Victorian Centre for excellence in Eating Disorder developed this manual in response to increasing requests from teaching and other school staff for accurate information about eating disorders in relation to intervention, treatment and prevention.

Current information about eating disorders

- Types of eating disorders and causes
- Warning signs and consequences
- Types of treatment

Prevention

- Why focus on prevention in schools
- A whole school approach
- Out line of prevention programs

Early intervention

- Facilitating early intervention in schools
- Monitoring and evaluating students at risk
- Developing early intervention programs

Intervention

- Roles and responsibilities
- Duty of care and confidentiality
- Communication and support

Restoring wellbeing

- Supporting students returning to school
- Teaching students with eating disorders

Additional resources

- Curriculum based resources
- Models of intervention

This resource can be ordered by phone, over our website, or alternatively you may download a free copy off our website:
<http://www.eatingdisorders.org.au/documents/schoolResource.pdf>

Eating Disorders Training for Schools

The Eating Disorders Foundation of Victoria has developed a comprehensive training package for school staff and professionals working in a non-clinical capacity within the youth sector, endeavouring to minimise risk factors leading to eating disorders in school students. Workshops can cover:

- Understanding Body Image
- Disordered Eating and Fad Dieting
- Warning Signs and Early Detection
- Understanding Eating Disorders and their causes
- Approaching and Supporting
- Referral and Treatment Options
- Whole School Approaches

While we recommend a comprehensive 4 hour training workshop, more intensive training can be tailored to meet time or budget constraints. An experienced EDFV facilitator can attend schools at convenient times for participants.

Ongoing Support for Schools

The Eating Disorders Foundation of Victoria provides ongoing support to school teachers, coaches, counsellors and other staff, including information, referrals, consultation and support.

For further information, please contact the Eating Disorders Foundation of Victoria Education Officer, Natasha Jeremiejczyk

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Or visit our website for more information:
www.eatingdisorders.org.au