



# Please email completed forms to referrals@esuscentre.au

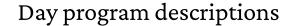
Referrer Details		
Referrer's Full Name		Date of Referral
Practice Details		Provider Number
Email		Phone
Patient Details		
Name		Date of Birth Sex
Email		Phone
Address		Postcode
Private Health Fund		Member Number
Clinical Information		
Reason for Referral		
Primary Mental Health Diagnosis		
Filmary Mentar Fleath Diagnosis		
Past Medical History		
rast Medical Flistol y		
Current Medications		
Current Medications		
Observations		
Height:	Lying BP:	Standing BP:
Weight:	Lying HR:	Standing HR:
Temp:	Please also attach: • FCG •	Recent pathology (including FBC, UEC, Mg, Ca, PO4, iron studies, BSL)
Please advise the programs you would like your patient to be considered for:		
Outpatient Consulting		
Psychology	Psychiatry	Have you completed an Eating Disorder Treatment Plan?
Dietetics	Specialist GP / Nurse Practition	oner Yes No
Day Patient Groups		
Adolescent Intensive Refeeding		Radically Open DBT (RO-DBT)
Adult Intensive Refeeding		Schema Therapy
Dialectical Behaviour Therapy (DBT) Skills		EmpowerED intergrative therapy for loss of control eating
Teen & Family DE	3T Skills	Unsure

Once the above is recieved it will be assessed by our Referral Assessment Service (RAS) and the patient will be contacted directly.





referrals@esuscentre.au





## **Intensive Treatment Program (ITP)**

Intensive 5-day per week program for patients over 18 years of age with a primary diagnosis of eating disorder who require nutritional rehabilitation and support. Program duration is six weeks or as clinically indicated.

## **Adolescent Intensive Treatment Program (AITP)**

Intensive 5-day per week program for high school aged patients with a primary diagnosis of an eating disorder who require nutritional rehabilitation and support. Program duration is six weeks or as clinically indicated and includes parent engagement, education and support.

## Dialectical Behaviour Therapy (DBT) Skills Program

Supports participants to develop skills to better regulate emotions, manage distress, and manage relationships. Groups run for half a day per week for 10 weeks. As a transdiagnostic program, participants do not require an eating disorder diagnosis.

## **Teen DBT Skills Program**

Adapted for adolescents aged 12 years and up for DBT informed skills training. Program runs for half a day per week for 10 weeks and includes parental engagement in some sessions. As a transdiagnostic program, participants do not require an eating disorder diagnosis.

## Radically Open Dialectical Behaviour Therapy (DBT) Group Program

A transdiagnostic program targeting underlying overcontrol, perfectionism and rigidity. Participants may present with comorbid conditions including depression, anxiety, OCD. The program runs for half a day per week for 10 weeks. As a transdiagnostic program, participants do not require an eating disorder diagnosis.

### EmpowerED Program – Integrative Therapy for Loss of Control Eating

EmpowerED integrates key cognitive and somatic therapies to support participants who experience loss of control eating and cognitive dysfunction, usually in the context of neurodivergence or complex trauma. The program runs for a full day per week for 10 weeks with an additional two follow-up groups. It includes comprehensive psychoeducation.

# **Group Schema Therapy for Eating Disorders**

This adapted schema program addresses the complex and underlying issues associated with the development and maintenance of eating disorders. Appropriate for individuals who have not adequately benefited from front-line treatments. The program offers a very supportive environment and runs for one full day per week for 20 weeks and includes additional follow up sessions. \*\* All day programs fully funded by Gold private hospital insurance with most major fund.

### **General Admission Criteria**

# Intensive Treatment Program (ITP) 16 years and up - Adolescent Intensive Treatment Program (AITP) 12 - 18 years

- Body mass index (BMI) ≥ 15
- Primary diagnosis of an eating disorder
- · Displays a capacity to engage in voluntary eating disorder treatment

#### Medical Admission Criteria for the ITP and AITP

## **Exclusion criteria:**

- Symptomatic postural tachycardia (e.g., dizziness, syncope with postural changes)
- Blood glucose level (BGL) < 3.0 mmol/L</li>
- Clinically significant electrolyte abnormalities (e.g., potassium < 3.0 mmol/L, phosphate < 0.6 mmol/L, or sodium < 130 mmol/L)</li>
- ECG abnormalities requiring acute medical attention (e.g., QTc prolongation > 500ms, bradycardia < 40 bpm)
- Any other medical condition that poses an immediate risk to patient safety in a non-inpatient setting

## Patients who may still be considered for admission include those with:

- Mild bradycardia (≥ 40 bpm)
- Orthostatic changes that are asymptomatic
- Minor electrolyte deviations that are being corrected
- Medically monitored conditions with low acute risk

All patients are reviewed prior to admission by our medical team, and suitability is confirmed based on clinical judgement and a comprehensive risk formulation. If there is any uncertainty, please contact our intake coordinator or Medical Director to discuss the case.