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# Victorian Eating Disorders Strategy: Visioning and Design Discussions

Engagement Opportunities – October to December 2022

*Lived and living experience discussions facilitated by the Mental Health and Wellbeing Division of the Department of Health (Vic), in partnership with VMIAC, Tandem, EDV and CEED*

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## Overview

The Royal Commission into Victoria's Mental Health System's interim report noted an 11.1 per cent annual increase in the number of reported eating disorders by public specialist mental health services between 2008-09 to 2017-18, the largest increase of all disorders. Eating disorder prevalence is likely to be under-reported, due in part to stigma, under-diagnosing and late diagnosis of eating disorders. Added to this, during the COVID-19 pandemic service use for eating disorders significantly increased.

In recognition of this, a new Victorian eating disorder strategy is being developed to guide high-quality, safe and evidence-informed practice in promotion, prevention, early intervention and treatment in order to support Victorians with or at risk of developing an eating disorder and their families, carers and supporters.

People with lived or living experience of eating disorders and families, carers, and supporters of people at risk of, or with an eating disorder need to be at the centre of designing this strategy. This is to ensure that the strategy is premised on contemporary evidence and reflects the diversity of needs and experiences across lived and living experience and families, carers, supporters of people at risk of, or with lived or living experience of eating disorders.

To support this, the Department of Health (the department) is collaborating with Eating Disorders Victoria (EDV), the Centre for Excellence in Eating Disorders (CEED), Tandem, the Victorian Mental Illness Awareness Council (VMIAC), Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and the National Eating Disorders Collaboration (NEDC), amongst many others.

The Mental Health Policy and Strategy team of the Mental Health and Wellbeing Division of the department want to hear the voices of people with lived and living experience of eating disorders and families, carers, and supporters of people with eating disorders to inform the development of the new Victorian eating disorders strategy.

## Engagement description

The department is hosting a series of engagements between October-December 2022. These engagements will all be approximately 3.5 hours and will be held online, unless stated otherwise in the schedule.

- **Roundtable discussions** (October and December), involving a broad group of stakeholders incl. people with living/lived experience of eating disorders, family, carer or supporter representatives and research, evidence and advocacy organisations
  - **Larger group discussions with up to 12 participants**

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- **Focused discussions** (November), involving smaller groups of people with living/lived experience of eating disorders, family, carer or supporter representatives and research, evidence and advocacy organisations
  - **Smaller, focused discussions with up to 6 participants**

### Engagements will explore:

- Participant's vision for the strategy
- Priority areas for action
- What success looks like for the strategy, considering different personas
- Key barriers, challenges or issues
- Opportunities and enablers for the future

### What else you might like to know

- The department is hoping for wide representation across feeding and eating disorder types, including from people with lived and living experience and families, carers and supporters for individuals who have met diagnostic criteria for an eating disorder in DSM-5, people with broader feeding or eating disorders as well as people experiencing / who have experienced distress related to body image, shape, size or weight
- Engagement discussions will explore the continuum of care, including promotion, prevention, early intervention, treatment and recovery
- All participants will be provided with appropriate support around the engagement as well as the opportunity to provide insights anonymously following the engagement, if you do not feel comfortable sharing in the engagement setting.
- We may try to voice record some of the online sessions to enable the team to capture the richness of discussions. If we do, we will seek your informed consent prior to recording the session.
- All participants will be reimbursed for their time in line with the Pay Scale developed in agreement between the Department of Health, Tandem and VMIAC.
  - Lived experience engagement at the 'Involve' remuneration rate: \$175.00 (up to 4 hours).

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### Engagement schedule for October to December 2022

#	Engagement topic	Engagement date and time	EOI close date
<b>October to November 2022 – Apply now</b>			
1	<b>Roundtable discussion</b> on promotion, prevention and health advocacy	<b>Thursday 27<sup>th</sup> October</b> 10:00am - 1:30pm	<b>10am, Thursday 13 October 2022</b>
2	<b>Focused discussion</b> on eating disorders and neurodiverse people	<b>Monday 7<sup>th</sup> November</b> 10:00am - 1:30pm	<b>10am, Thursday 20 October 2022</b>
3	<b>Focused discussion</b> on larger bodied people* with eating disorders  <i>*We recognise that people may use a variety of other terms to describe their bodies such as plus sized, fat, larger etc.</i>	<b>Thursday 10<sup>th</sup> November</b> 10:00am - 1:30pm	
4	<b>Focused discussion</b> on eating disorders and athletes and performing artists	<b>Thursday 17<sup>th</sup> November</b> 10:00am - 1:30pm	
5	<b>Focused discussion</b> on eating disorders and type 1 and type 2 diabetes	<b>Thursday 24<sup>th</sup> November</b> 10:00am - 1:30pm	
<b>December 2022 – EOI Applications will open in November 2022</b>			
6	<b>Roundtable discussion</b> on eating disorders and culturally and linguistically diverse communities	<b>Thursday 1<sup>st</sup> December</b> 10:00am - 1:30pm	<b>TBC</b>  <b>EOI Applications will open in November 2022</b>
7	<b>Roundtable discussion</b> on eating disorders and LGBTIQ+ communities	<b>Friday 2<sup>nd</sup> December</b> 10:00am - 1:30pm	
8	<b>Roundtable discussion</b> on eating disorders and females	<b>Monday 5<sup>th</sup> December</b> 10:00am - 1:30pm	
9	<b>Roundtable discussion</b> on eating disorders and males	<b>Tuesday 6<sup>th</sup> December</b> 10:00am - 1:30pm	
10	<b>Roundtable discussion</b> on eating disorders and youth and adolescents	<b>Friday 9<sup>th</sup> December</b> 10:00am - 1:30pm	
11	<b>Roundtable discussion</b> on people with severe and enduring eating disorders	<b>Monday 12<sup>th</sup> December</b> 10:00am - 1:30pm	
12	<b>Roundtable discussion</b> on eating disorders and rural and remote communities	<b>Tuesday 13<sup>th</sup> December</b> 10:00am - 1:30pm	