

QuEDS Eating Disorder Day Program

Information for Patients

The QuEDS Day Program is a state-wide non-residential **recovery focused** group program for people with an eating disorder seeking a higher level of community support to reduce eating disorder behaviours and restore weight if needed. The **publicly funded program** runs four days a week (Mondays, Tuesdays, Thursday, and Fridays) for 8 weeks. In this **voluntary program** participants attend evidence based therapeutic groups and supported meals, facilitated by a specialised multidisciplinary team. Family and carer involvement is strongly encouraged including access to family consultation sessions, newsletters and skills based workshops.

Do I need a referral?

Yes. The referral form can be located on the QuEDS website (Google "QuEDS"). Participants must be **above a BMI 16** and **medically stable** to be referred to the Day Program. Please note QuEDS requires a **fully completed referral** (including recent bloods and postural observations) to proceed with the Day Program assessment process.

QuEDS accepts referrals for participants aged **16 years and above**.

- If over 18 years, referral should be attended to by the treating General Practitioner (GP).
- If between the ages of 16 to 17 years, referral is required via the local Child and Youth Mental Health Service (CYMHS) or a private Child and Adolescent Psychiatrist. A treating GP is also required to provide ongoing medical monitoring.

Is there a cost?

The QuEDS Day Program is publicly funded, however there may be minimal out of pocket expenses, such as transportation costs to and from the program.

What to expect following referral to the Day Program

- Once your referral has been processed a staff member from the Day Program will contact you to discuss the program in greater detail and answer any questions you may have.
- Ongoing medical monitoring should be attended to as clinically indicated, while waiting for your assessment to take place.
- You will be offered an appointment for assessment with the QuEDS Day Program Psychiatrist. This appointment will last for approximately one hour. A family member or support person may accompany you to this appointment.
- Following the assessment, a member of the Day Program staff will contact you to discuss the outcome.
- QuEDS requires a weekly medical clearance from your GP for the duration of the Day Program.

Will I have to wait?

The QuEDS services are time limited and the Day Program has limited places available. Individual participants may have to wait for a place in the next available program. Participants are given information about what to do during the waiting time, as well as the expected start dates. There are four programs run per calendar year.

Day Program Overview

The Day Program requires availability to attend full days on Mondays, Tuesdays, Thursdays and Fridays for eight weeks as well as entry and exit appointments two weeks before and after program completion. The day program involves group and individual work, including supported meals. Each program includes:

Two Week Entry Period	This includes individual appointments with a dietitian and key worker. These appointments are mandatory and will help familiarise participants and their families with the program and enable staff to understand individual needs before the group work starts.
Weeks 1-4	Participants attend therapeutic groups and supported meals facilitated by a specialised multidisciplinary team including members from psychology, dietetics, occupational therapy, nursing, and social work. Therapeutic groups focus on practical (e.g. food preparation), psychological (e.g. challenging food rules) and nutritional (e.g. improving variety in eating) aspects of recovery. All participants have a key worker and their own individual recovery plan. Family involvement is strongly encouraged. Family and carers are connected to community support and further resources.
Break Week	One week break from active program (includes attendance at team case review)
Weeks 5-8	Continue with therapeutic groups and supported meals.
Two Week Exit Period	Participants attend individual discharge appointments with the dietitian and key worker to assist transition back to the community. These appointments focus on helping participants transition from the day program to other therapeutic services, further community options, and ongoing recovery goals.

Further Information

For more information please contact QuEDS:

- Website: Google “QuEDS” <https://metronorth.health.qld.gov.au/rbwh/healthcare-services/eating-disorder>
- Email: queds@health.qld.gov.au
- Phone: 3114 0809. Office hours are Monday to Friday 9am to 4pm (excluding public holidays)
- Address: 2 Finney Road Indooroopilly Qld 4068

