

## FREED - First Episode Rapid Early Intervention for Eating Disorders

Vincent Square Eating Disorder service have recently piloted a new scheme.

“FREED is First Episode Rapid Early Intervention for Eating Disorders. It is a service for 16 to 25-year-olds who have had an eating disorder for three years or less.

Young people getting help for their eating disorder through FREED are given rapid access to specialized treatment which gives special attention to challenges we know young people face during these years of their life, and in the early stages of an eating disorder.

FREED is a flexible evidence-based treatment approach focused on early intervention; making it much more effective than traditional treatments at reversing the changes to brain, body and behaviour caused by eating disorders.”

The service will make contact with anybody in this criteria and will normally offer a face-to-face assessment, or in some cases a telephone triage assessment for individuals who may not fit nicely into the criteria. The service provides advice with no commitment to longer term therapy for those individuals who are reluctant to address the eating disorder at present. Treatment is fairly prompt, with the aim to start treatment in 2 weeks.

The only exception may be an individual who has recently finished treatment in the last 6 months, and they prefer a gap in treatments before restarting another.

The link is useful for both professionals and students if you have concerns or wish to provide them with psycho-education: <https://freedfromed.co.uk/>

### **Referrals to service:**

- Ideally a GP would refer to the service with height / weight – possibly bloods if frequent vomiting.
- No BMI threshold.
- They do accept from other professionals; however, ideally a GP due to the medical history they can provide.
- The service provide advice and treatment – there is no obligation for individual to commit to therapy; this is explained during initial contact with Vincent Square FREED.