This service is for women with complex needs, primarily with an eating disorder (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED). We specialise in treating people with more than one diagnosis which may include Personality Disorder (PD), Obsessive Compulsive Disorder (OCD) or complex Post Traumatic Stress Disorder (PTSD).

This unit uses a recovery focused pathways model made up of seven branches, including physical monitoring, physical activities, meaningful living, psychological, meaningful eating, self-catering and leave. The model has been designed to allow patients to work collaboratively with the team and be active in decision making in their own care, enabling them to set goals, plan, and evaluate their progression through recovery to meaningful living. It is firmly based on cognitive behavioural therapy principles.

Eligibility Criteria

• Working age females.
• Meet the diagnostic criteria for an eating disorder.
• Has a Care Co-ordinator from the Community Mental Health Team (CMHT).
• We also treat individuals with an eating disorder who have been diagnosed with:
  • Obsessive Compulsive Disorder (OCD).
  • Post Traumatic Stress Disorder (PTSD).
  • Personality Disorder (PD).
  • Mood and anxiety disorders.

Exclusion Criteria

• Psychotic disorders.
• Moderate to severe learning disabilities.

We do work with patients who are detained under the Mental Health Act, however the patient must be willing to work towards being discharged from section.
Interventions which may be provided:
• Cognitive Behavioural Therapy (CBT).
• Family work.
• Distress tolerance and emotional regulation skills.
• Interpersonal skills development.
• Practical and psycho-educational groups.
• Dietetics.
• Occupational Therapy.
• Physiotherapy.

Outcomes:
• Improved quality of life.
• Reduction in eating disorder symptoms.
• Improved mood.
• Reduced anxiety.
• Improved self esteem.
• Reduced Body Dysmorphic Disorder (BDD).
• Reduced Obsessive Compulsive Disorder (OCD).
• Reduction in dissociation.
• Reduction in self harm.

Special Features
Our eating disorders service has been accredited to January 2017 (excellent) by the Quality Network for ED Adult Inpatient Standards (QED), part of the Royal College of Psychiatrists Centre for Quality Improvement.

The eating disorders team also won the Royal College of Psychiatrists 2014 "Psychiatric Team of the Year Award" for Working-age adult services.

Testimonial
"A very unique and special opportunity for people with eating disorders to have a real chance of recovery. There probably isn't another place in the country like it. I feel so lucky to have been one of those people given the chance." Patient.

"I have been in eating disorder treatment programmes before, but never experienced a place like The Retreat. I feel blessed to have a place at The Retreat. It is an amazing recovery focussed community. I felt very alone, hopeless and trapped before coming to The Retreat. Now, thanks to the community on the Naomi unit I can glimpse a future for myself which I thought would never be possible. The programme has been fantastic at adapting and adjusting to meet my individual needs and personal recovery, particularly in relation to my autism. As a patient I feel respected, listened to and very involved in my own care and recovery here at The Retreat." Patient.

"The Naomi unit at The Retreat is a fantastic place to recover, as it's so holistic and addresses every aspect of a person's life. It has saved my life and I've learnt so much, not just from the programme but from the other patients here and have made some amazing friends who I hope I will keep in touch with for a long time." Patient.

To make a referral please contact:
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