Introduction

Ellern Mede eating disorder service provides intensive inpatient treatment for children and young people, with four transition beds specifically for those up to the age of 25 years. We are the leading providers of high dependency services across the UK and can care for individuals with the most complex or chronic cases.

We have two hospitals; the first is Ellern Mede Ridgeway based in Mill Hill, North London a 26 bed hospital for children and young people up to 18 years with an eating disorder. Our second centre is based in Barnet, a 16 bed hospital for children, young people and young adults transitioning from CAMHS to adult services or back to the community or home.

Ellern Mede has the benefit of an independent school across both sites, which in 2018 was rated “Outstanding” By Ofsted. The school provides specialist education for children and young people, aged 8-18 years with eating disorders, who are either admitted as inpatients to Ellern Mede and to those whose needs require them to complete their education with us after being discharged. Following expansion, the school also serves children and young people locally who have been unable to attend their mainstream school due to illness or anxiety.

Philosophy of Care

Our goal is to help the patient to develop trust in the team and use us as a resource to gain the strength, esteem and confidence to challenge the illness. We help young people manage their disorder and live their life without the disorder controlling them.

Admission Criteria

We work in partnership with the NHS, families and other professionals and can advise and assist with NHS referrals or with those seeking private or self-pay options.

- Age 8-18 years
- Diagnosis of an eating disorder with or without co-morbidities
- Informal or Detained under the Mental Health Act
- Eating disorders not otherwise specified (EDNOS)
- Pervasive Withdrawal Syndrome (PWS) or Pervasive Refusal Syndrome (PRS)
Treatment Approach

Our treatment approach focuses on physical and mental stabilisation. Weight management and restoration is supported by an intensive therapeutic programme which includes working with families. Patients have personalised meal plans prepared by our team of dieticians in partnership with the patient. Home leave is incorporated in to the programme to allow the practice of skills gained prior to discharge.

Outpatients
We can arrange for an assessment with one of our Consultant Psychiatrists or Specialist Doctors for adults and children, at the North London clinics or at our Harley Street or Wimpole Street consulting rooms.

Day Patient
We offer day patient services for children and young people as part of their transition in rejoining the community and returning home.

Inpatient
The intensive programme provides inpatient treatment for patients with highly complex, challenging or chronic conditions. This includes those who are intensely resistant to treatment, severely medically compromised, have a history of serious self-harm or those who present with challenging behaviour.

The inpatient programme is focused on recovery and discharge and works on equipping your child with the tools they need to manage their eating disorder in their home environment.
Therapy

Ellern Mede offers a range of both individual and group therapy from our multi-disciplinary team. Each therapeutic approach is tailored to suit the needs of the patient and their individual stages of treatment. Therapies include but are not limited to:

- Family Therapy
- Cognitive Behavioural Therapy (CBT)
- Dialectic Behavioural Therapy (DBT)
- Cognitive Remediation Therapy (CRT)
- Integrative Therapy
- Psycho-education Therapy
- Art Therapy
- Integrative Psychotherapy

Family Support

Our team of Family Therapists offer the vital support needed to create positive dynamics within the home and family setting. We have an outstanding record of working alongside families to improve communications. Family involvement and group support are key in the recovery treatment process and our friendly professionals will work closely with you to tailor a programme which meets individual needs.

A critical component of recovery is the strong support offered to families from our social workers and dieticians. Every child and young person at Ellern Mede has access to an independent advocate.

Groups

We provide group sessions and activities which support individual therapies. These include:

- Healthy Eating Group
- Mindfulness
- Over-exercise Group
- Future Focus
- Social Eating Group
Education

Ellern Mede School is on site at each hospital and the teaching staff provide “Outstanding” education to the children and young people during their time as a patient. The education is relevant, complementary and consistent to the treatment programme being undertaken.

The school works in partnership with the young people’s home school to provide consistency at a difficult time. Every pupil in the school has an education plan to meet their needs. Teaching staff provide a curriculum consisting of the core subjects which are taught to GCSE and A Level. The breadth of the curriculum is enhanced through lessons in art, film studies, geography and PHSE to help engage pupils in discovering and mastering new information about themselves and the world in which they live.

Many young people when discharged, return to their own school with a fully funded Education, Health and Care Plan (EHCP), ensuring they get the support they need on their return. For a small number of those who are discharged from the hospital the school may remain their place of learning.

“The excellent leadership of the Head Teacher, supported by effective governance, ensures a culture of high expectations for all pupils. A cohesive partnership between health and educational professionals underpins this outstanding school.”

Ofsted 2018
The Team

The clinical and therapeutic team are led by our Medical Director and her team of Consultant Child & Adolescent Psychiatrists and Specialist Doctors.

The full multi-disciplinary team consists of:

- Clinical Psychologists
- Assistant Psychologists
- Family Therapists
- Social Workers
- Dietetic Team
- Physiotherapist
- Occupational Therapist
- Specialist Nurses
- Healthcare Assistants

Dr Hind Al Khairulla  
Consultant Child & Adolescent Psychiatrist & Medical Director.

Dr Hind has over 20 years’ experience in psychiatry, with a special interest in eating disorders. Working in partnership with the rest of the team she leads on treatment and is passionate about never giving up on any patient.

Nancy Maicoo RMN  
Head of Nursing and Hospital Manager.

Nancy has over 20 years’ experience as a senior nurse manager. She has managed inpatient and outpatient eating disorder services in both NHS and independent sectors. Nancy is the designated Safeguarding Lead and Accountable Officer for Ellern Mede.

Adel Shirbini  
Head Teacher Ellern Mede School.

Adel joined Ellern Mede School in January 2011 and has led the school through two consecutive “Outstanding” Ofsted inspections. Prior to joining the School Adel held the position of Senior School Improvement Professional at Harrow Council, during which time he served as an Attached Adviser to four “outstanding” secondary schools.
A child or young person is diagnosed with an eating disorder. They have been treated as an outpatient on various programmes over past three years.

Now a crisis: serious breakdown in communication with family, severely medically compromised, risk to self and others and risk of absconding.

Admission to Ellern Mede, assessed, personalised programme of therapy and family support. CRT chosen to help them regain control and work with therapists to manage the disorder. Young person able to see improvements, encouraged and cooperated in gaining weight.

Discharge planning begins on admission. After planned extended home leave, transition programme and liaising with Ellern Mede, young person is discharged with support from the community and the family.

Following discharge Ellern Mede offers various options tailored to the individual needs of each young person.

Pathway
Facilities

Ellern Mede Ridgeway is set in beautiful grounds and offers a 26 bed inpatient service. Bedrooms are homely and patients can keep personal items and photos to personalise their spaces. Facilities include dining areas and lounges with TV, music and DVD. There are communal therapeutic spaces which include extensive gardens, allotment, quiet room, activity room, music room, library, computer suite, therapy kitchen, family therapy suite and individual therapy room.

Ellern Mede Barnet is set within the community with good access to local shops, activities and transport links. There are 16 en-suite bedrooms for children and young people including 4 for young adults transitioning up to 25 years. Facilities include dining room, lounge, OT kitchen, family therapy room and individual therapy rooms, a garden and activity lounge.

Activities include tap dancing, yoga, arts and crafts as well as social outings such as swimming, walks and cinema are arranged for those who can and wish to take part.

Each Ellern Mede service is adapted to support those with limited mobility or more intense physical needs. We provide profile beds, assisted bathrooms, lifts, cardiac monitors, ECGs, phlebotomy and 24 hour medical and nursing care.
Discharge planning

From the point of admission we begin to plan and prepare for discharge. The team at Ellern Mede work closely with parents, family, school and the relevant community professionals throughout a patient’s stay. Multi-disciplinary team care plan reviews are held within individual CPA meetings every 6-10 weeks.

These meetings involve your child, the wider family, the local CAMHS team and commissioners. At each CPA joint decisions are made for further management with the overall objective of working towards discharge. Our social worker takes a lead role as our discharge co-ordinator and the discharge process is tailored to each child with extended periods of home leave.

We support you every step of the way at the transitional stage of discharge to ensure your child and family are prepared for the return home and have the confidence and tools to succeed. Ellern Mede offer various post-discharge support options tailored to the individual needs of the patient and family.

Outcomes and Quality

We are an approved NHS Qualified Provider which means that commissioning our services increases family and patient choice. Ellern Mede Eating Disorder Service is registered with the Care Quality Commission (CQC) and we observe best practice as endorsed by The National Institute for Clinical Excellence (NICE). We participate in peer review via the Royal College of Psychiatrists Quality Network for Inpatient CAMHS (QNIC). Our multi-disciplinary team hold regular academic meetings with both internal and external guest speakers. Ellern Mede work in partnership to make a valuable contribution to eating disorder research across the UK.

We accept the most complex and challenging of cases across the UK and we are proud of the progress and outcomes the children and young people achieve. We continually monitor outcomes and report to the NHS as part of our contract. The children, young people, families and staff participate in reviewing our services. Key measures are patient satisfaction, parent satisfaction, dietetic care reviews and health and safety. Recent satisfaction survey results indicated a satisfaction rating of 86% among parents and carers.

“Since her transfer to Ellern Mede, we have been overwhelmed by the level of care, communication and access to Dr Hind and the team.”

Mother 2018
“We get a real insight into the progress our daughter is making. We have a voice and great relationships with the team. We get fantastic weekly updates and can contact or visit any time. The social worker has really helped us too.”
Parents 2017

“When I first arrived my life was a mess. Beyond the physical consequences of my illness was the impact on my family. I didn’t want to be here and staff knew it. It was very difficult to have my eating disorder tackled and suppressed but living with my illness was not sustainable. Thanks to the team at Ellern Mede I have made a change that will save my life.”
A.T. Ex-Patient 2018

Enquiries

Ellern Mede Ridgeway
Holcombe Hill, The Ridgeway
Mill Hill, London
NW7 4HX
T: 020 3209 7900

Ellern Mede Barnet
2 Warwick Road
Barnet
EN5 5EE
T: 020 8906 6900

Ellern Mede School
At both centres
T: 020 3209 7909

E: Info@ellernmede.org
W www.ellernmede.org

Ellern Mede is the trading name of Oak Tree Forest Ltd. Registered Office: Studio 523, Highgate Studios, 53-79 Highgate Road, London