



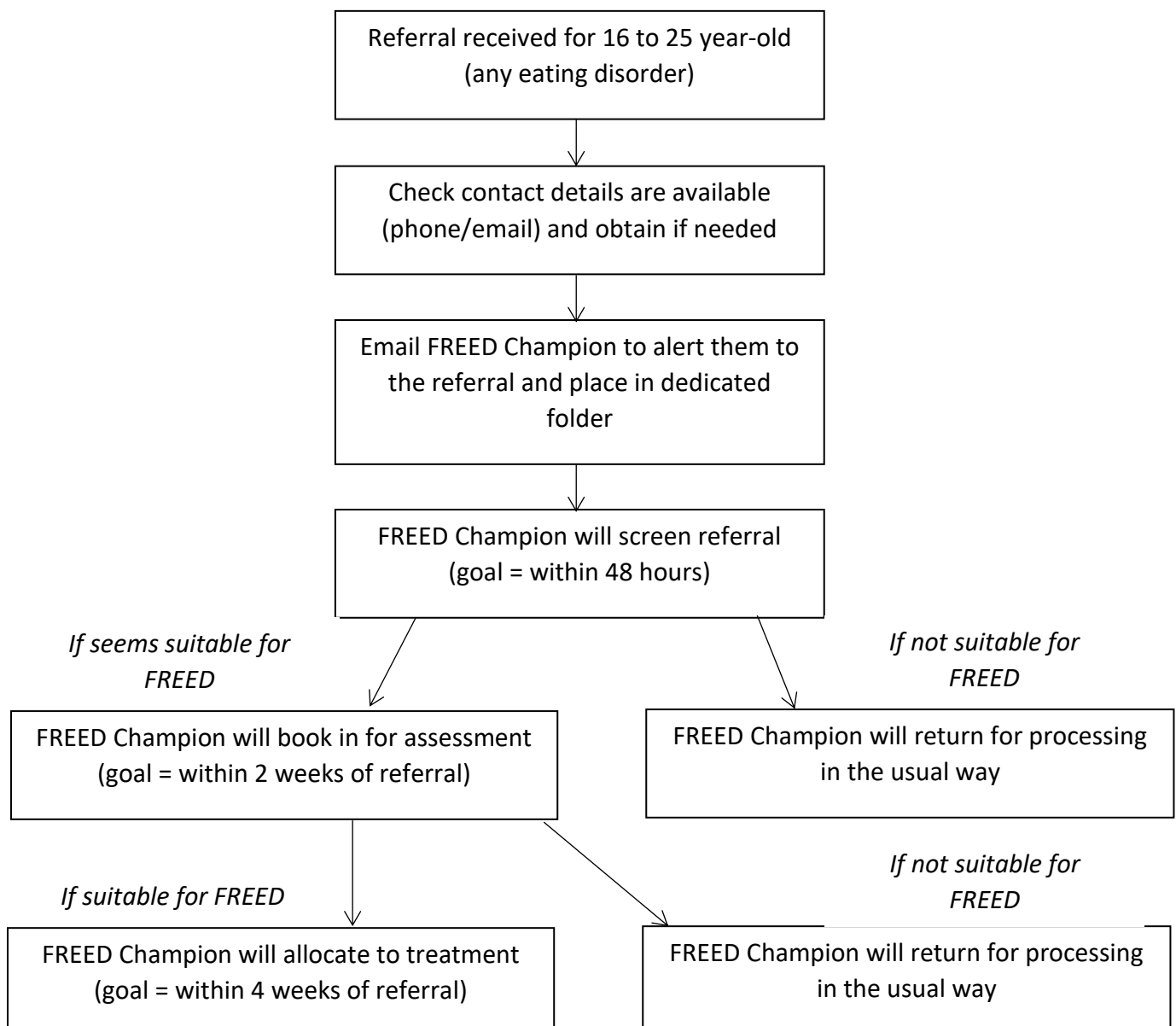
FREED Information and Protocol for Administrative Staff

What is FREED and how is it different?

FREED (First episode Rapid Early intervention for Eating Disorders) is an innovative, evidence-based care package for 16 to 25 year-olds with an eating disorder of up to three years duration. FREED provides rapid access to treatment and tailors treatment to the specific needs of young people and their families.

Administrative staff play a huge role in making FREED successful. This document outlines how FREED patients are managed compared to usual processes.

The diagram below summarises FREED referral processes. A more detailed description of each stage is included overleaf.



Referrals for young people aged 16 to 25

All referrals for 16 to 25 year-olds should be passed to the FREED Champion for processing. A core part of FREED is a 48 hour engagement call, made by the FREED Champion to the young person within 48 hours of the referral being received.

To make the engagement call possible, please pass on referrals as soon as they are received. However, if there are no contact details on the referral it would be helpful to obtain these first (via GP or Spine), whilst still letting the Champion know about the referral by email.

Other teams have found it helpful to have a dedicated folder for FREED referrals. It can also be helpful to have a different coloured front sheet for referrals aged 16 to 25 so that these stand out from the rest.

Please pass all referrals for 16 to 25 year-olds to the FREED Champion for processing, regardless of the referral details. It is really important that all referrals in this age bracket are passed over, as the Champion will keep a record of all of these.

Assessments for young people aged 16 to 25

If a young person seems suitable for FREED, the Champion will book them in for assessment directly. The goal is to offer an assessment within 2 weeks of referral. This means that the Champion will need to 'hold' assessment slots that are kept for FREED patients. If a slot is not filled within a few days of the assessment date, it can be returned for use with other, non-FREED patients.

If someone might be suitable for FREED, the Champion will try to contact them in multiple ways and may be more flexible about how many times they try to reach them compared to usual processes.

If a young person is not suitable for FREED after referral screening, the Champion will pass them back to the administration team for processing in the usual way. The patient can then be booked in for assessment in the usual fashion.

Treatment for young people aged 16 to 25

After assessment, if a young person is suitable for FREED, the Champion will take responsibility for allocating them into a treatment slot. The goal is for treatment to start within 4 weeks of referral.

If a young person is not suitable for FREED after assessment, the Champion will pass them back to the administration team to go on the treatment waiting list in the usual way.