

Extending PEACE to Young People: The BOB PEACE Project

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PEACE



Pathway for eating disorders and autism developed from clinical experience



NHS



Overview of BOB PEACE Project

Key achievements to date

Next steps



Extending learning from London PEACE to young people in a community setting

Children often present with an eating disorder first **before autism is recognised**

In common with adults, this group have **poorer outcomes and experiences of care**

CAMHS pathway models can **disadvantage those with overlapping needs/silo expertise & experience**

3-year project with NHS Innovation Funding (2021-2024)



Overview of BOB PEACE Project

PEACE



Pathway for eating disorders and autism developed from clinical experience



Workforce: The Clinical & Operational Team

**Consultant
Clinical
Psychologist** Overall Clinical Lead

**Clinical
Psychologist**
Berkshire PEACE
Champion

**Clinical
Psychologist**
Buckinghamshire
PEACE Champion

**Occupational
Therapist**
Oxfordshire
PEACE champion

**Educational
Psychologist**
Education Lead

Dietician
Dietetic Lead

**Assistant
Psychologist**
Oxfordshire

**Assistant
Psychologist**
Resources

**Assistant
Psychologist** Research Support

**Assistant
Psychologist**
Buckinghamshire

**Assistant
Psychologist**
Berkshire

**Implementation
Manager**
Business
Support

**Senior Project
manager**
Project
leadership

**Our Experts
by
Experience**



Upskilling workforce

Developing resources

Digital offer

Complex case panel

Stakeholder engagement





PEACE Consultations

Direct complex case work

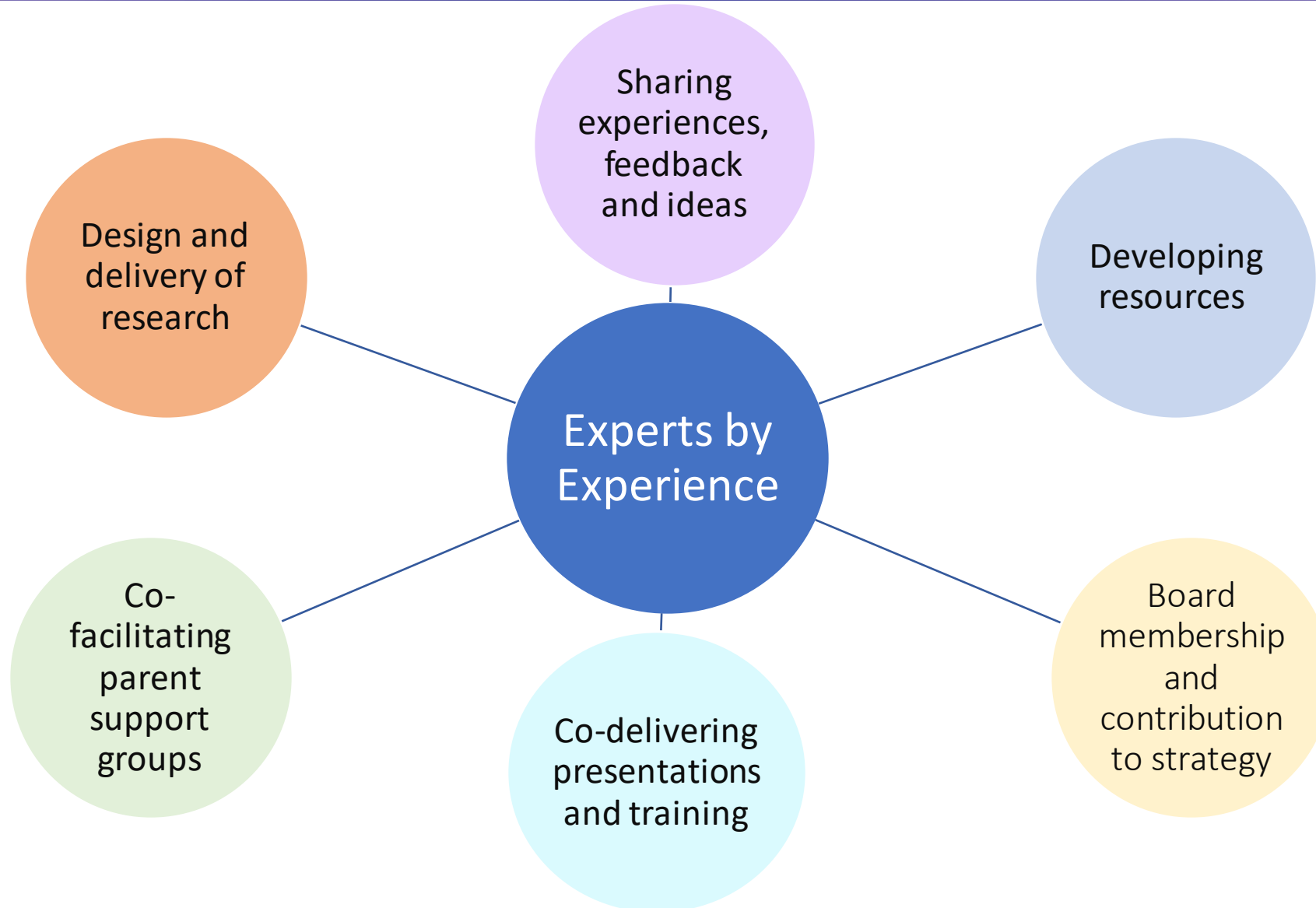
Low intensity Interventions

Strengthening connections between teams/partners

Promoting reasonable adjustments



By Frits Ahlefeldt



"What I Wished I Knew"

A mixed methods analysis on service user, clinician, and carer experiences of treatments for co-occurring eating disorders and autism

60-minute Interview



45 participants

(15 young adults, 15 carers, 15 healthcare professionals)

Questionnaire



150 participants

(50 young adults, 50 carers, 50 healthcare professionals)

"They [Eating Disorder and Autism] were kind of seen as separate. It was like we'll deal with the anorexia, and when you're well, we will think about if she has autism and deal with that"

"The timescale of my two-year inpatient admission could have massively reduced if my autism was recognised"

"Work with the autism not against it.. Autism can be a powerful positive influence in recovery if the correct adaptations are made."

Key achievements to date

PEACE



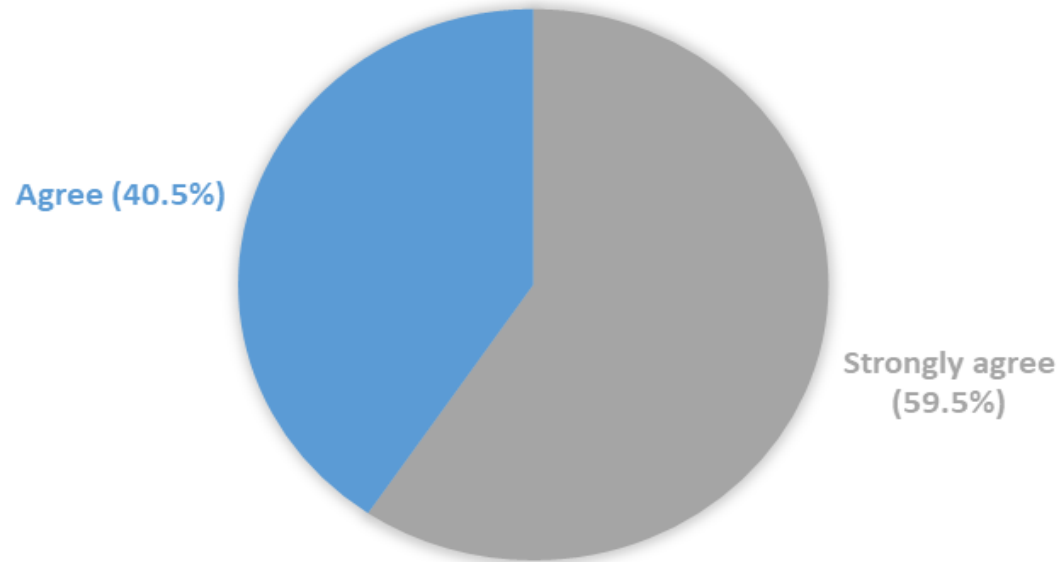
Pathway for eating disorders and autism developed from clinical experience





Consultation outcomes

PEACE input led to a better understanding of young person's needs



121 CYP to date

100% staff agreed that PEACE input has helped:

- Reduce length of admission or escalation to inpatient services
- Improve physical health
- Reduce risk to/from self and others
- Improve engagement

“Great to present my case and see it through the lens of neurodiversity. Sent me some good resources to look at how Eating Disorder treatment can theoretically be adapted. Resources highlighted for support back into school/SEND support”



Webinar feedback

- ✓ **Attendance: 65 – 150 people** per webinar
- ✓ **100%** of webinars **increased attendees' confidence** on the **webinar topic**
- ✓ **100%** of webinars **increased attendees' confidence** in **working with autistic people affected by eating disorders**

“The webinar was **absolutely amazing!** It was informative and [speakers] were brilliant! Have gained lots of **valuable knowledge** through the webinar!”

“Great to have **expert clinicians and researchers** presenting. So valuable listening to the **experts by experience** - brilliant contribution from them.”

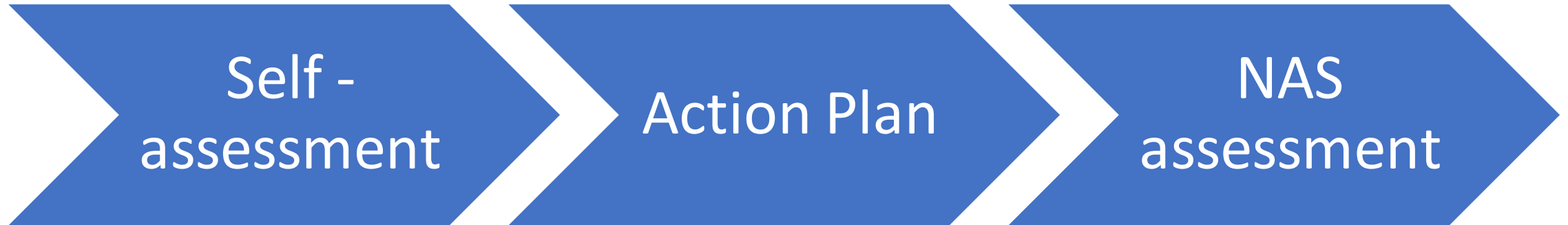
“**Amazing webinar, so informative, and well communicated,** with clear slides”

“It was really interesting, always great to get **lived experience** too”

“**Best training I've been on** that has brought in such **richness of insight** from neurodiverse YP themselves. This really helped us to try to step into their shoes and consider what **adjustments** we might need to be making to our treatments and our clinical environments.”

“**Thought-provoking,** I thoroughly enjoyed attending this webinar.”

“It was **fantastic,** very insightful and helpful towards my learning. Thank you so much.”



Accreditation demonstrates to key stakeholders that a service is committed to understanding autism and providing best practice.



Next steps

- **Achievements**

- First are to extend PEACE to Children and Young People
- Piloting of ICS/local model
- NAS accreditation, initial outcomes and interest

- **Challenges**

- Delayed start > benefits not yet fully captured
- Complex system (implementation/evaluation)

- **Next steps**

- Requesting 4th year project funding to fully realise benefits/outcomes
- Expansion potential significant alongside wider PEACE initiatives

