**Supporting Adults with Eating Disorders: Improving Access and Spreading Hope**

**Dr Giulia Di Clemente**

Senior Counselling Psychologist and FREED Co-Lead, Eating Disorders Outpatients Service, South London and Maudsley NHS Foundation Trust

**Abstract:**

This presentation will summarise learning from the development, evaluation, and widespread implementation of an early intervention service model for first episode eating disorders: First Episode Rapid Early Intervention for Eating Disorders (FREED). FREED was developed at the Maudsley Hospital in South London, UK, in 2014. FREED operates as a ‘service within a service’, with a service model and care package that complement rather than replace existing evidence-based treatments. It was developed for 16 to 25 year-olds with an eating disorder of up to 3 years duration.

FREED promotes the NICE recommendation that people with a suspected eating disorder are referred to an eating disorder service to start assessment and treatment at the earliest opportunity. It was adopted for national roll-out by the Academic Health Science Networks and is now running in 54 sites around England.

Quantitative and qualitative data have been collected from FREED patients, their families and clinicians and highlight the success of the model. This presentation will share these findings and consider benefits and challenges when engaging ‘emerging adults’ in early intervention; creative ways to reach out and engage this patient population; and work improving access and tackling inequalities in access to early eating disorder care.

[www.FREEDfromED.co.uk](http://www.FREEDfromED.co.uk)