



## Victorian Eating Disorders Strategy: Online Workshop (May 2023)

Workshops facilitated on behalf of the Mental Health and Wellbeing Division of the Department of Health (Vic), in partnership with VMIAC, Tandem, SHARC, EDV and CEED

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### [Overview of Victoria's new eating disorders strategy](#)

In response to the increasing prevalence and impact of eating disorders on the Victorian community, work is underway to develop a new Victorian eating disorders strategy (the Strategy), to guide high quality, safe and evidence-informed practice in promotion, prevention, early intervention and treatment to support Victorians with or at risk of developing an eating disorder and their families, carers and supporters.

People at risk of or with lived or living experience of eating disorders and their families, carers, and supporters are at the centre of designing this work, ensuring the Strategy reflects the diverse needs and experiences across the Victorian community.

To support this, the Department of Health (the department) is collaborating with Eating Disorders Victoria (EDV), the Centre for Excellence in Eating Disorders (CEED), Tandem - the Victorian peak organisation representing family and friends supporting people living with mental health issues, the Victorian Mental Illness Awareness Council (VMIAC), the Self Help Addiction Resource Centre (SHARC) and the National Eating Disorders Collaboration (NEDC), amongst many other organisations.

### [Overview of upcoming workshop opportunity](#)

53 suggested "ideas" have been developed based on insights gathered to date and available evidence following an extensive consultation process with individuals with lived or living experience of an eating disorder, families, supporters and carers, health services, clinical experts and advocacy groups. A summary of the engagement findings can be found in the ["What we heard report"](#).

The Mental Health Policy and Strategy team at the department, will test and validate these ideas through a series of co-design workshops, involving people with lived and living experience of an eating disorder and their families, carers and supporters. Outputs of these workshops will inform the actions for the Strategy.

## Workshop information

The Mental Health Strategy and Policy team will host **three online workshops** (details below) which will include a combination of individuals with personal lived and living experience of an eating disorder and those who care for or support a person with an eating disorder. Each of the three workshops will be identical, so participants will **only be required to attend one of the workshops** to support a broad range of perspectives being heard and contributing to the Strategy. **Workshops will be conducted online**, with parts of the conversation being recorded and transcribed to ensure participant contributions are captured accurately.

The workshops will focus on strategic discussions around system design considerations and will include detailed discussion related to ideas identified through previous stakeholder engagement, for possible inclusion within the Strategy. Outputs from these workshops will contribute to the development of the Strategy by identifying opportunities that will result in the greatest benefits for people with lived and living experience of an eating disorder and their families, carers and supporters.

### Workshop schedule

- Tuesday 16 May 2023, 10am – 1pm – online via Zoom
- Thursday 18 May 2023, 10am – 1pm – online via Zoom
- Wednesday 24 May 2023, 10am – 1pm – online via Zoom

### How to get involved

If you are available on these dates and interested in participating, please complete the [registration form](#) by **9am on Monday 1 May 2023**.

Please note that, due to limited workshop capacity, submitting an application does not guarantee participation. Participants will be selected based on their overall suitability, as determined by a shortlisting panel consisting of representatives from Tandem, SHARC, VMIAC, EDV and the department. As the project lead and key stakeholder respectively, final selection decision-making authority will sit with the department and EDV.

We value the insights people with lived and living experience of eating disorders and their families, carers, and supporters can offer to inform our work and understand there are many passionate voices that want to help redesign the eating disorders system in Victoria. Feedback and suggestions for the new strategy can be provided directly to the Mental Health Policy and Strategy team at [mentalhealthpolicy@health.vic.gov.au](mailto:mentalhealthpolicy@health.vic.gov.au)

## What else you might like to know

### Peer support

Peer support services, provided by EDV, will be available to participants prior, during and post workshop participation.

### Pre-briefing information

#### Pre-briefing pack

Participants will be provided a pre-briefing pack to read (approx. 10 minutes reading time) before the online workshop. The document will give further context to the development of the strategy, workshop structure and content and relevant safety and support information. Participants will also be invited to attend an optional pre-briefing meeting.

#### Optional pre-briefing meeting

The department will arrange a pre-briefing meeting for participants in advance of the workshop. The purpose of this session will be to provide participants with an opportunity to access relevant information to establish a safe and effective workshop environment for all participants.

The **session will be optional** for participants but will provide important information across a range of areas including the pre-workshop survey, the workshop structure and content, and remuneration, so participants are encouraged to attend.

The indicative date for the pre-briefing meeting is **Wednesday 10 May from 2pm – 2:30pm**.

### Pre-workshop survey

Before the workshop, participants will receive a pre-workshop survey. The purpose of this survey is to help the Department of Health understand some of the key priorities' participants have identified through prior consultations, to help guide discussion. The department will use this information to undertake a thematic analysis, which will be presented back to participants as part of the workshop.

The survey will provide information on ideas generated from prior consultation and ask participants to prioritise ideas based on which outcomes are likely to provide the greatest benefit for Victorians with or at risk of developing an eating disorder and their families, carers, and supporters. In addition, participants will be invited to provide commentary on any ideas that have not yet been included as part of consultations and may be relevant for the Strategy.

### Post workshop evaluation

Following the workshop, participants will be asked to evaluate their experiences of the workshop providing an opportunity for participants to support continuous improvement of workshop design and facilitation. This evaluation will be in the form of a survey, which will pose a series of questions to participants to share their feedback on workshop content and format, including areas for improvement and an opportunity to share additional information that could help to inform outcomes from the workshop.

The survey will be arranged by the department and will be sent via email. If participants wish to provide feedback, but do not wish to do so directly, information on contacting peak organisations with feedback will also be provided.

### Data collection and privacy

The department is committed to protecting your privacy. The information you provide to us in the registration form will be used only for the purposes of the eating disorders consultation workshop. Your information will be shared directly with EDV and the peak organisation (SHARC (through its APSU service), Tandem or VMIAC) identified in your expression of interest for the purpose of shortlisting participants and enabling payment processes for individuals selected to participate. De-identified information may be shared with CEED for the purpose of ensuring diversity of representation across all workshops. Responses provided in the pre-engagement survey will be collated by the department and used to guide meaningful discussion in the online workshop.

If you have any questions regarding this engagement, please contact [mentalhealthpolicy@health.vic.gov.au](mailto:mentalhealthpolicy@health.vic.gov.au). For more information on the department's privacy practices, please refer to the department's privacy policy, available on our website at <https://www.health.vic.gov.au/department-of-health-privacy-policy>

### Remuneration

All participants will be reimbursed for their time in line with the Pay Scale developed in agreement between the Department of Health, Tandem, SHARC and VMIAC. Remuneration will be paid by the peak organisation that most accurately reflects the perspective the participant is bringing to the session.

All participants will be remunerated at the 'Involve' rate, as per the Participation Register Pay Scale developed by the Department of Health, Tandem, SHARC and VMIAC:

- \$175.00 – Half-day rate (up to 4 hours) per workshop.
- Payment includes the scheduled workshop, as well as any pre-session preparation and any post-session contribution/feedback.
- Each participant will be able to contribute to only one of the three workshops.

The peak organisations are:

- Victorian Mental Illness Advisory Council (VMIAC) – the peak Victorian organisation for mental health consumers or people with lived experience of mental health challenges, trauma or emotional distress.
- Tandem – the Victorian peak organisation representing family and friends supporting people living with mental health issues.
- Self Help Addiction Resource Centre (SHARC) – the Victorian peak organisation representing people who experience substance use or addiction.

In the registration form, prospective participants are asked to identify the peak organisation from which they would like to receive payment. This information will also assist in identifying the perspectives that participants will bring to the session to ensure a diversity of viewpoints.

## Contact

**If you have any questions about this workshop opportunity, please do not hesitate to contact the department or any of the partner organisations, using the details below:**

### **Mental Health Policy team**

Email [mentalhealthpolicy@health.vic.gov.au](mailto:mentalhealthpolicy@health.vic.gov.au)

### **Eating Disorders Victoria (EDV)**

Phone (03) 9994 03454 | Email [hub@eatingdisorders.org.au](mailto:hub@eatingdisorders.org.au)

### **Tandem**

Phone (03) 8803 5555 | Email [mhcregister@tandemcarers.org.au](mailto:mhcregister@tandemcarers.org.au)

### **VMIAC**

Phone (03) 9380 3900 | Email [consumerregister@vmiac.org.au](mailto:consumerregister@vmiac.org.au)

### **SHARC**

Phone (03) 9573 1700 | Email [info@sharc.org.au](mailto:info@sharc.org.au)