

MEDIA STATEMENT



Eating Disorders Queensland.
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Eating Disorders QLD Recipient of the Mental Health Program Community-Based Eating Disorder Supports Grant

Eating Disorders Qld is very excited and grateful to announce that we have successfully applied for the grant and have been awarded \$2 million over 4 years.

The Hon. Mark Butler MP, Minister for Health and Aged Care, in conjunction with the Hon. Emma McBride MP, Minister for Mental Health and Suicide Prevention, has announced \$70 million in grants for innovative programs to research and treat mental ill-health and eating disorders, improve services, educate health professionals and support patients, their families, and carers. \$20 million of this funding has been dedicated to programs that address gaps identified by people with lived experiences of eating disorders and other experts in the field.

[Read their media release in full here.](#)

Eating Disorders Queensland (EDQ) will receive \$2 million across four years to implement a brief structured eating disorder treatment program, available in-person at several locations in Queensland or online across the state. The program, **bITE (Brief Intervention/Therapy for Eating Disorders)**, is an innovative structured combination of evidence-based interventions and support elements delivered in a community setting to provide clients with:

- An introduction to eating disorder treatment, setting a foundation for longer-term treatment.
- Support for clients while they are on a long waitlist to access longer-term treatment.
- Faster intervention for individuals with an early onset eating disorder, preventing the development of a severe and enduring illness.
- An introduction to community meal support.

At **EDQ**, we are passionate about providing the best possible client-centred, lived experience informed support and treatment. As per our 25-year track record in working with clients and their key supports, we take the allocation and spending of public funding seriously to allow for an equitable distribution of service for population groups, especially those marginalised by society and prevailing stigma.

EDQ IS PASSIONATE ABOUT ERADICATING DIET CULTURE AND WEIGHT STIGMA

Belinda Chelius, CEO, highlighted that, "The bITE program is **not just an** addition to our exciting QLD state-funded service; it will be meaningfully integrated and be part of our evidence-informed suite of community services we offer, in line with our culture of Community, Connection, Social Justice & Inclusivity and Sustainability".¹

The program will be evaluated in partnership with Queensland University of Technology (QUT) and Associate Professor Yvette Miller. The evaluation will encompass an assessment of measurable outcomes and process measures to determine the impact and effectiveness of the program in increasing access to community-based treatment and supporting eating disorder recovery at the state level before a national rollout of the program manual. This evaluation process will align with the Equity of Access priority of the National Research Centre’s Top 10 Research and Translation Priorities by evaluating place-based and telehealth models.

EDQ will collaborate with signature organisations to assist with referrals into the bITE program, transitioning out with a multi-disciplinary team approach across other services. For organisations that would benefit from rolling bITE out in other states, EDQ will support feasibility with training, resources, and supervision.

Our Support and signature organisations are:

Brisbane South Primary Health Network
Brisbane North Primary Health Network
QLD HEALTH
Gold Coast Primary Health Network
North Queensland Primary Health Network
Central Queensland, Wide Bay, Sunshine Coast Primary Health Networks
Butterfly Foundation
Neami National
Queensland Alliance for Mental Health
Queensland Eating Disorders Service
Stride Mental Health
Wandi Nerida (Butterfly Residential Care)
Eating Disorders Victoria
InsideOut Institute

**This list is not exclusive; we will collaborate across the Mental Health Sector and all our current partners*

EDQ Lived Experience Workers Michelle and Felicity applauded this investment: “This program will introduce people to meal support in a community setting, therefore providing an alternative to the highly structured hospital-based meal support which often leaves clients feeling disempowered to manage their mealtimes.” “Accessing meal support in a community setting can be a game-changer for some people, and seeing these options becoming part of the standard practice is exciting.”

EDQ is looking forward to working with the other grant recipients (listed) to create a cohesive continuum of care for all affected by eating disorders.

- The University of Sydney (InsideOut Institute)

- National Eating Disorders Collaboration
- headspace National
- The University of Sydney (InsideOut Institute)
- Butterfly Foundation
- Eating Disorders Families Australia
- Medical Research Future Fund

Belinda Chelius, CEO, Eating Disorders Queensland

-ENDS-

Media Contacts

Eating Disorders Qld wishes to ensure that evidence-based information and appropriate spokespeople are always available. Eating Disorders Qld has a range of spokespeople available, including eating disorder practitioners, people with lived experience, and EDQ's CEO.

Media Contacts

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Editor and producers note: Please include the following support line details in all media coverage of this story and refer to the [Mindframe Media guidelines](#) for safe reporting on eating disorders.

Please include the following helpline message:

Help and Support

Anyone needing support with eating disorders or body image issues is encouraged to contact:

- Butterfly National Helpline on 1800 33 4673 (1800 ED HOPE) or support@butterfly.org.au
- For urgent support, call Lifeline at 13 11 14
- To connect with a public mental health service, contact 1300 MH CALL on 1300 642 255 (Queensland only)
- Eating Disorders Queensland (EDQ) Non-Crisis support – admin@edq.org.au (07) 3844 6055

¹ EDQ Clinical Guidelines page 12-13