



Kingston Health
Sciences Centre

Child and Youth Mental Health Outpatient Eating Disorders Treatment Guide

Welcome!

This introductory guide provides you with information about our program.

Eating disorders are a group of serious and potentially life-threatening mental health illnesses that can be associated with severe medical and psychosocial complications. Eating disorders can make it difficult to maintain a balanced and nourishing relationship with food and activity, which can lead to significant health risks. Caregivers and other family members are often highly involved in the treatment of their child's eating disorder.

While waiting for treatment it is essential to continue medical monitoring with a primary care practitioner to ensure your child's physical health does not become worse.

Important: We are not a crisis program and cannot provide last-minute appointments.

If you are in crisis, please:

- Call your primary care practitioner
- Kids Help Line 1-800-668-6868
- Access your nearest emergency department

Program Goals

- Restoring physical health
- Medication management
- Regulating eating patterns and improving nutrition
- Restoration and maintenance of weight to allow normal growth and development
- Provision of tools and skills to manage eating disorder behaviours
- Returning to age-appropriate developmental milestones
- Provision of tools and skills to promote body satisfaction

Eating Disorder Team

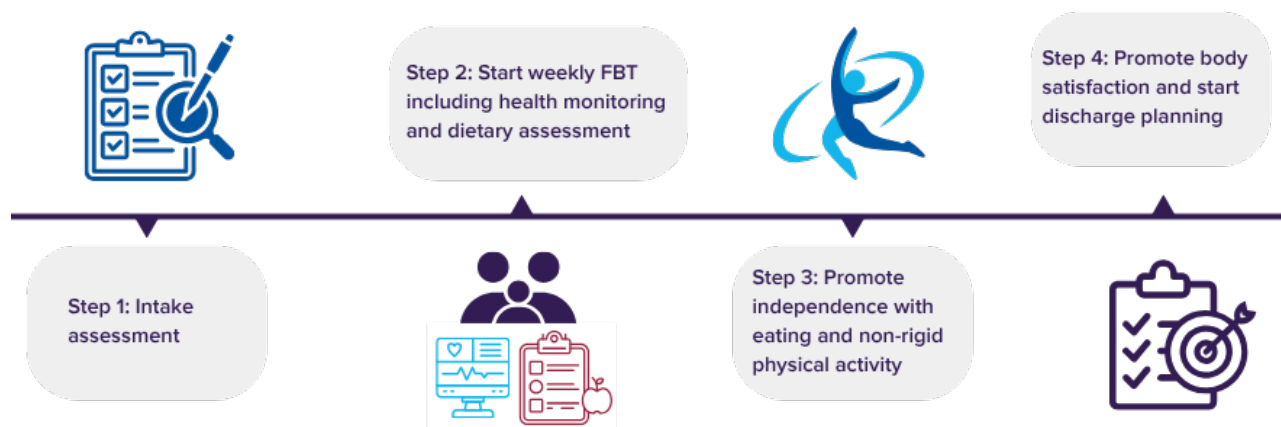
- Our multidisciplinary team consists of:
- Nurse Practitioner (NP): Responsible for overall health and medication management.
- Registered Dietitian (RD): Works with caregivers to promote normalized age-appropriate eating behaviours to return your child to their normal growth and development pattern. Food is your child's medicine!
- Regulated Clinician: Provides integrated family-based treatment (FBT) for the child, caregivers, and family members.
- Our program works consultatively with a pediatrician and psychiatrist as needed.
- Kingston Health Sciences Centre is a teaching hospital, and learners may be present during your appointments.

Early treatment is essential.

Being proactive in your child's treatment involves active participation in weekly FBT sessions and practicing learned skills regularly at home. Duration of treatment varies depending on your child's physical and mental health. Effective treatment requires commitment and willingness for changes to be made to daily routines and family relationships.



Program Structure



Step 1: Intake Assessment

- You will be contacted to schedule an intake assessment. At this appointment:
 - Your child will have a comprehensive assessment to clarify eating disorder diagnosis.
 - If deemed suitable for our voluntary program, your family will be given a start date.

Step 2: Weekly Treatment

- Any other psychotherapy for your child will be placed on hold while participating in our program to avoid mixed messages and ensure consistency in treatment.
- Your family will be provided with resources related to your child's eating disorder.
- Your family will start weekly FBT with an opportunity to have individual check-ins with the regulated clinician. Weekly sessions are scheduled for 1.5 hours on a specified day and time. FBT focuses on:
 - Learning skills and tools to manage eating disorder behaviours using therapy modalities tailored to individual needs.
 - Reversing physical and cognitive starvation.
 - Empowering caregivers to take charge of meal planning and food intake.
 - Separating the child from the eating disorder so you fight the eating disorder and not your child.
 - In-clinic food exposures.

- Your family will meet with the NP and the RD every 1-2 weeks as a part of your FBT sessions. These meetings will include a physical examination for your child to monitor their health status, and a dietary assessment to determine nutritional needs. Your child may need routine diagnostic tests during treatment. As your child's health and nutritional status normalizes, you will see the NP and the RD as needed.

Steps 3 and 4: Body Satisfaction and Discharge Planning

- Gradually shifting age-appropriate eating independence back to the child.
- Normalizing family meals.
- Promoting normal childhood development.
- Addressing thought patterns and behaviours that contribute to body dissatisfaction.
- Identifying and building skills to avoid behaviours that reinforce negative self-image.
- Learning strategies to prevent relapse of an eating disorder.
- Promoting a low-key approach to a variety of non-rigid physical activities
- A discharge summary will be sent to the referring practitioner and your child's primary care practitioner.
- It is encouraged that your child follow-up with their primary care practitioner 1-2 months after discharge for a check-in.
- Ongoing community or private support may be explored and discussed as a part of discharge planning.



Notes:

Notes:



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KHSC is located on the ancestral lands and
waters of the Anishinaabeg and Haudenosaunee.



Child and Youth Mental Health
Outpatient Eating Disorders Program

166 Brock Street, Kingston, ON Canada K7L 5G2
Tel: 613-544-3400 ext. 22541 www.KingstonHSC.ca

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Aussi disponible en français

QR codes:

1. <https://www.kingstonhsc.ca/about-khsc/who-we-are/khsc-indigenous-acknowledgement>
2. <https://www.kingstonhsc.ca/mental-health-and-addiction-care/eating-disorders-treatment/child-and-youth-eating-disorders>