medicare Mental Health

INSIDEOUT Institute for Eating Disorders

Brief BEeT Binge Eating eTherapy

Is my client eligible?

What:

Brief BEeT is a brief, four or 10 session, supported, online eTherapy for binge-eating that can be utilised as a waitlist treatment before commencing face-to-face sessions or employed as an adjunct to ongoing treatment for co-occurring issues. It is available to clients as a pure self-help option, or a self-help supported by a clinician option. You can refer a client to InsideOut to be supported, or you can train to become a guide on the InsideOut eClinic.

Who:

This program is aimed at people who might be experiencing mild to moderate symptoms of binge-eating disorder and/or bulimia nervosa. Specifically, this would involve some frequency of binge-eating episodes and/ or compensatory behaviours.

Eligibility checklist:

- Some frequency of binge-eating and/or compensatory behaviours (i.e., purging, laxative use, or overexercise).
- Not underweight.
- 12 years and over.
- Have access to internet, and digital device with a video camera.

Exclusion checklist:

- Not known to meet DSM-5 criteria for: Anorexia nervosa, other specified feeding and eating disorder (i.e., atypical anorexia nervosa), or avoidant/restrictive food intake disorder.
- Current risk of suicide, suicidal ideation, plans or intent or self-harm behaviours.
- A history of psychosis.
- Serious medical instability.

Referral pathways:

- Age group 12 and above can refer to InsideOut Institute for the supported self-help option (online).
- Age group 16 -25yrs can also refer to certain headspace centres or eheadspace for supported self-help (in person or online).
- Age group 16 and above can refer to pure self-help option on the InsideOut eClinic.

To refer to InsideOut Institute (12yrs and above)

- Go to the InsideOut eClinic - https://eclinic.insideoutinstitute.org.au/
- Create a Health Professional account
- Select ‘Medicare Mental Health’ ‘PHN’ or ‘IAR’ during onboarding
- Select ‘Invite a Client’ in top menu
- Select ‘Refer to InsideOut’ tile and fill out form

To refer to headspace (16-25yrs)

- Refer your client to https://headspace.org.au/online-and-phone-support/self-guided-activities/binge-eating-etherapy/
- Here they can see which centres offer support sessions with a headspace clinician in person, over telehealth or through eheadspace.

To refer to the eClinic (16yrs and above)

- Give your client the link https://eclinic.insideoutinstitute.org.au
- Client is required to create an account (approx. 10-15mins) and can then start the pure self-help version of Brief BEeT.