

# Early intervention for young people with eating disorders

Victoria Mountford

Walid Mekni<sup>1</sup>, Professor Kosmas Pavlopoulos

Lead Consultant Clinical Psychologist & Eating Disorder Service Lead at Sage Clinics

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## ABSTRACT

Eating disorders represent serious mental health conditions that are associated with significant physical, psychosocial, and economic burdens. These disorders frequently emerge during adolescence, a critical period for brain maturation and psychosocial development. Early intervention is essential to maximize the likelihood of recovery. This presentation will outline the development and key findings of the First Episode Rapid Early Intervention for Eating Disorders (FREED) service in the United Kingdom. Evaluations of the FREED model have demonstrated promising outcomes, including reduced waiting times, improved treatment engagement, and enhanced clinical recovery compared to standard care pathways. Optimal care necessitates the involvement of skilled, multidisciplinary teams capable of addressing nutritional, physical, and psychological factors through individualized, lifespan-oriented approaches.