

Windsor- Essex Eating Disorders

Centralized Intake Referral Form

(Fax completed referral forms to INTAKE at (519) 969-0227)

Incomplete or illegible forms will be returned for completion

*We **do not** offer inpatient or hospitalization services*

Name: _____ DOB: _____

Preferred Name: _____ Gender Identity: _____

Pronouns: _____

Address: _____

Phone: _____ OHIP: _____

Permission to call: Yes/No Permission to leave message: Yes/No

Reason for referral/Diagnosis:

Previous Eating Disorder diagnosis: _____ Date of diagnosis: _____ Diagnosis provided by: _____

Eating Disorder Signs/Symptoms over last 3 months:

Fasting/Restricting Intake Binge Eating

Self Induced Vomiting Laxative/Diuretic Use

Diet Pills Misuse of prescribed medications (i.e. stimulants)

Excessive Exercise Chewing and Spitting food

Other (i.e. food rituals/hiding food/body dysmorphia)

General Frequency of Symptoms per week: _____ per month: _____

VS: BP: / HR:

Current Wt: _____ Current Ht: _____ BMI: _____ Any significant weight fluctuations within the last 3 months? Y/N

If patient is a child/teen, has there been failure to gain expected weight/height, or a delay in development? Y/N

*please attach Growth Chart

Medical History:

Surgical History:

Chronic, physical, and mental health condition stable: Y/N/Other _____

List of Current Medications: _____

- Please attach a copy of **blood work and ECG completed within last 3 months**, in addition to any pertinent reports and consultation notes.

Treatment is not guaranteed and will be offered if appropriate. Interventions are time sensitive, prioritizing normalized eating and reducing eating disorder behaviours. The Windsor-Essex Eating Disorders Program is not a fit for everyone.

Date of Referral: _____

Referring Provider: _____

Are you the patient's Primary Care Provider: Y/N

Address: _____

Phone: _____ Fax: _____ Referring Provider's Signature: _____

Before forwarding your referral, please consider the following eligibility criteria:

- **BMI of 16.5 or above** (*if BMI < 16.5, please refer to links below for intensive treatment options)
- Stability of chronic conditions, as well as physical and mental health
- Cannot be heavily dependent on substances that result in cognitive impairment/sedation, which would render the patient unable to participate in program content
- Ready to work on recovering from the eating disorder, with patient agreeing to regular medical monitoring and eating food while in program
- Must be able to actively engage in activities of daily living
- Cannot be currently incarcerated, in hospital, residential or day treatment
- Cognitive, language or daily functioning impairments may limit patient ability to engage in program content

Note: The primary health care provider remains responsible for all medical management until the patient has started treatment. Once in treatment, medical monitoring during the program will be limited to concerns related to the eating disorder only.

Thank you for your referral. If you require any further information, please do not hesitate to contact Windsor-Essex Eating Disorders Centralized Intake at: Ph: (519) 969-2112 Fax: (519) 969-0227

For intensive treatment options (CHILD/ADOLESCENCES)

- London Health Sciences Center - <https://www.lhsc.on.ca/child-and-adolescent-mental-health-care-program/eating-disorders>
- McMaster Children's Hospital - <https://www.hamiltonhealthsciences.ca/mcmaster-childrens-hospital/areas-of-care/services/eating-disorder-program/>
- Sick Kids - <https://www.sickkids.ca/en/care-services/clinical-departments/adolescent-medicine/>
- North York General - <https://www.nygh.on.ca/areas-care/maternal-newborn-and-paediatric-care/paediatrics/paediatric-outpatient-clinics/child-and-adolescent-eating-disorders-program>
- CHEO - <https://www.cheo.on.ca/en/resources-and-support/eating-disorders.aspx>
- Ontario Shores Centre for Mental Health Sciences - <https://www.ontarioshores.ca/services/eating-disorders-unit-edu>

For intensive treatment options (ADULTS).

- Credit Valley - <https://www.mississaugahaltonhealthline.ca/displayservice.aspx?id=91132>
- Toronto General - https://www.uhn.ca/MentalHealth/Clinics/Eating_Disorder
- London Health Science Centre - <https://www.lhsc.on.ca/adult-eating-disorders-service-aeds/the-adult-eating-disorders-service>
- Ottawa General Hospital - <https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/programs/regional-centre-for-the-treatment-of-eating-disorders/>

We are not a crisis service, if your client is in crisis, please direct them to their nearest emergency room, or contact one of the two crisis options in Windsor-Essex or Canada's National Suicide hotline:

- **Distress Centre Windsor Essex County:** 519-256-5000 (operates noon to midnight)
- **Community Crisis Centre Windsor Essex County:** 519-973-4435 (operates 24 hours)
- Canada Suicide Prevention Service toll-free number: 1.833.456.4566 (operates 24 hours)