PEACE

Pathway for Eating disorders and Autism developed from Clinical Experience

KING'S College LONDON

PEACE huddles: Why do we need them?

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The Health Foundation

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Maudsley Charity Backing Better Mental Health.

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THE BIGGER PICTURE

frontiers in Psychiatry

ORIGINAL RESEARCH
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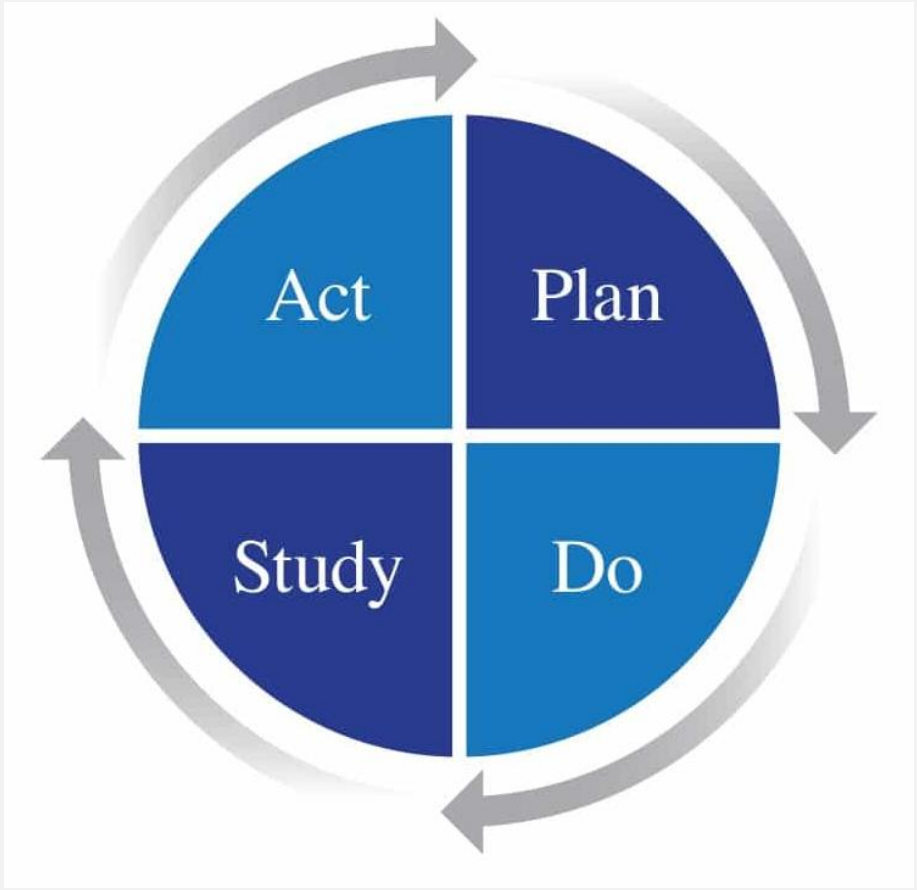
Towards an Improved Understanding of the Anorexia Nervosa and Autism Spectrum Comorbidity: PEACE Pathway Implementation

Implementation:

- Clinician training & support
- Identification / screening
- Addressing sensory sensitivities
- Adapting psychological treatments

Implementation Challenges:

- Clinical teams need training and constant support,
- Space to reflect and develop pathway further



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WHAT IS A PEACE HUDDLE?

- The PEACE huddle is a meeting that happens once a week to discuss anything related to PEACE.
- We meet every Thursday at 11:00-11:30am and for us this is held over teams.
- Everyone within our service is invited – from all branches of the service (inpatients, outpatients, day services, ETT) and all disciplinaries (Psychologist, medics, nursing team, dieticians, peer support workers, researchers with lived experience, OTs) as well friends of our PEACE pathway.
- We encourage people to join as often as possible though understand people have busy schedules so aren't always able to join on a weekly basis.
- We have input from people with lived experience when possible
- We have experts/professionals from ADHD/Autism field sharing their experience (sometimes it can be extended sessions e.g Professor Franchesca Happe; Professor Edmund Sonuga-Burke)



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HOW IS THE HUDDLE USED?



Case studies and reviews



Service evaluation and improvement



Research ideas



Lived experience



Sharing learning + techniques



PEACE progression + implementation



Collaboration + Academic input

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WHY IS THIS HELPFUL?

We can continue to learn from each other and others with lived experiences with Autism and eating disorders, and carers with loved ones who are autistic with eating disorders

We can make plans for the dissemination and implementation of PEACE across our service and other services through research, conferences, and networking.

We discuss and gather feedback on the PEACE website and resources and continue thinking about how we can improve this for our service and others, including making it more user friendly

Extended to PEACE + ADHD pathway (Work in progress)

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IN 2025…

- Huddles have been used to reflect on the work and the bigger pictures of the work. We have extended PEACE to PEACE plus with ADHD friendly resources.
- Lived experience and guest speakers sharing their journeys and all the positives that we can continue working on and areas that still need work.
- We have taken feedback on board and have made PEACE resources editable when downloaded from the PEACE website. We have also been gathering feedback on the PEACE website to think about further changes that can be made.
- We have had many case discussion on the service users that we support within SLAM
- There have been several publications directly linked to PEACE including one that focuses on influencing policies. (details www.peacepathway.org)
- We have been involved in conferences both nationally and internationally as well as training.
- PEACE champions from across the service have attended many conference and training to share more about our pathways implementation and think about ways to continue growing and improving.
- When we have time, we use the space more causally to just catch up on how things are going, reflect and support one another.







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DEVELOPING A ROAD MAP – WHAT NEXT?!

Resources

Communication passport
Sensory screen
Sensory workshop
PEACE website
PEACE book
PEACE on socials

Adapt

Language
Session pace & structure
Sensory adaptations
Watch past training recordings

Explore further

PEACE huddles

Consider:

- Developmental history
- Sensory sensitivities
- Quality of social relationships
- Body language/eye contact
- Evidence of special interests/repetitive behaviours

Refer

Formal assessment

- The screeners alone would **not** give a formal diagnosis
- GP referral
- Risks and benefits

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PEACE HUDDLES

Brief, time-limited, frequent, focused meetings to help organize and support clinical teams

Open to the whole team to support best practice

Client focused, flat dynamic / structure

Pathway updates, new research, new resources

Case discussions, clinical queries

Regular 'induction' slot for new starters

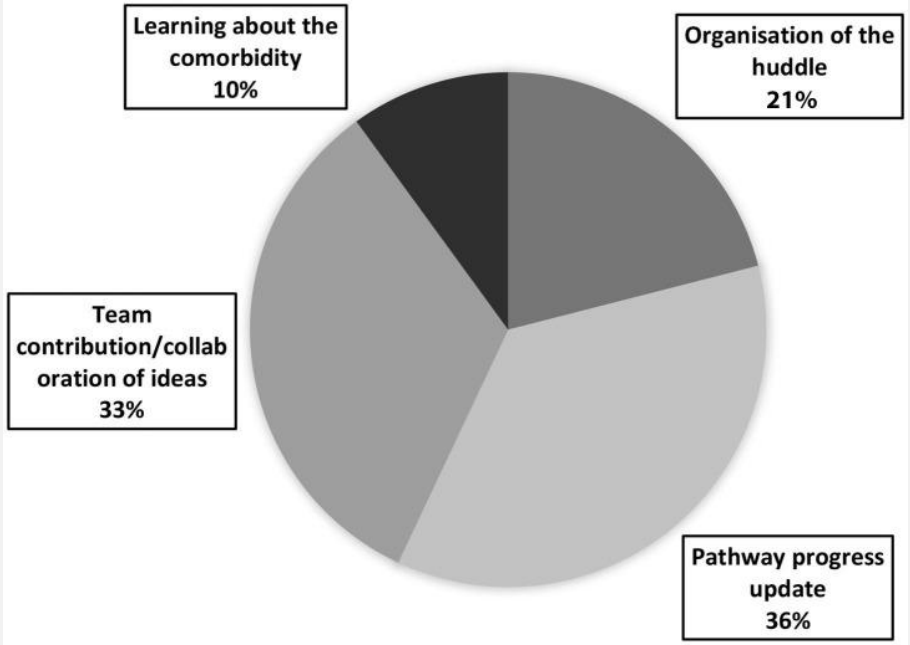
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Front Psychiatry. 2020 Nov 5;11:593720. doi: 10.3389/fpsyt.2020.593720

Are Huddles the Missing PEACE of the Puzzle in Implementing Clinical Innovation for the Eating Disorder and Autism Comorbidity?

Katherine Amanda Smith [1], Kate Tchanturia [1,2,3,*]



HELPFUL RESOURCES

PEACE Pathway – Home

PEACE Pathway - Resources for those with an Eating Disorder and Autism

PEACE Pathway – Clinician Resources

PEACE Pathway - Carers Resources

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THANK YOU
ANY QUESTIONS?

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