




# Next Steps Outpatient Program



## Virtual, intensive support for people transitioning out of inpatient care

Next Steps is a virtual, intensive program that can provide interim care after inpatient treatment for an eating disorder, aiming to help reduce relapse and readmission after leaving hospital or residential programs to aid long term recovery.



The program is free to eligible Australians and provides a minimum of 3 hours support per day, 3 days a week, for 8 weeks via a multidisciplinary team, including:



Weekly individual psychology, dietetic and peer worker sessions



Structured meal support and group programs



Weekly psychoeducational sessions and support groups for carers.



Nursing support and regular case conferencing with a GP or psychiatrist to ensure there is continuity in your treatment plan

**Participants need to undergo a medical assessment by their GP, followed by a psychosocial and dietetic assessment by our Next Steps team prior to admission.**

**Visit [Butterfly.org.au/nextsteps](https://butterfly.org.au/nextsteps) for more information**