

## Wandi Nerida Model of Care

Wandi Nerida is a 13 bed private hospital facility that operates under a residential model of care for the treatment of those affected by eating disorders.

Evidence-informed, outfitted-for-purpose

Provides holistic, person-centred care in a beautiful, homelike setting

Equips participants for successful transition to regular life

Exceptional, highly trained staff with high client to staff ratio

A large portion of staff have lived experience which helps to instill hope for participants

Clients welcomed from all states and nations

Sex/gender inclusive

Accepts private health insurance

High success rate

### Referrers:

enquiries@wandinerida.org.au

### Participants:

wandinerida.org.au



## Wandi Nerida is a service provided by Butterfly Foundation

### About Butterfly

Butterfly Foundation is Australia's national charity of people impacted by eating disorders and body image issues, and for the families, friends and communities that support them.

### Butterfly National Helpline

Free to anyone in Australia.  
8am – midnight (AEST/AEDT)  
7 days a week

### Referral Database

Butterfly's online database of clinicians who treat people with eating disorders or body image concerns, screened by our health professionals.

-  Bfoundation
-  the-butterfly-foundation
-  thebutterflyfoundation
-  thebutterflyfoundation

Wandi Nerida is a registered charity  
ABN 99635346833  
Every donation helps



# WANDI NERIDA

*gather together to blossom*



## Residential Treatment Centre for Eating Disorders

wandinerida.org.au



## Our Vision

To help make recovery a reality.

## Our Mission

To provide a therapeutic space to change the experience of those affected by eating disorders by engaging participants and making recovery a reality.



Participants report 86% satisfaction with the quality of care at Wandí Nerida.

Carers report 90% improvement in the relationship with their loved one because of Wandí Nerida.

Wandí Nerida's approach is multi-disciplinary:



Meal support



DBT, CBT-E, individual, group and family therapies



Real life skills training

### Complementary therapies include:

- Equine assisted therapy
- Art therapy
- Yoga
- Drama
- Music
- Permaculture and nature based therapies
- Exercise physiology



## Eligibility criteria

Primary DSM-5 diagnosis of Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Other Specified Feeding or Eating Disorder (OSFED).

BMI >13.5kg/m<sup>2</sup>  
(>75% IBW for adolescents)

No current significant self-harm/suicidal ideation

No active substance dependence

Manageable dietary restrictions

Classified as a voluntary patient



"The thing that really set it apart for me, personally, was the people and the non-punitive approach. I think that's what made the difference."

"I think it was the personalised approach. It was, you know, talking to me about things other than my eating disorder."

"Wandí Nerida is the best experience we have had, and the best experience my daughter has had. She came home and she was not bulimic."