



WELCOME TO TODAY'S WORKSHOP!

TRIGGER WARNING

This will be an open and honest conversation and it's possible that triggering topics may arise. Please use your own discretion in terms of what is a healthy, challenging conversation, and what could cause harm. Body Brave Clients will be able to access the session recording on Careteam.



KIDSHELPPHONE

text WELLNESS to 741741 to access 24/7 support with any issue on your mind, big or small



National Eating Disorder Information Centre

www.nedic.ca to connect you with support options or The NEDIC helpline (1-866-NEDIC-20 and 416-340-4156 from 11am to 7pm M -Th and F from 11 am -5pm.)

**Body Brave's Recovery Support Program
is powered by**

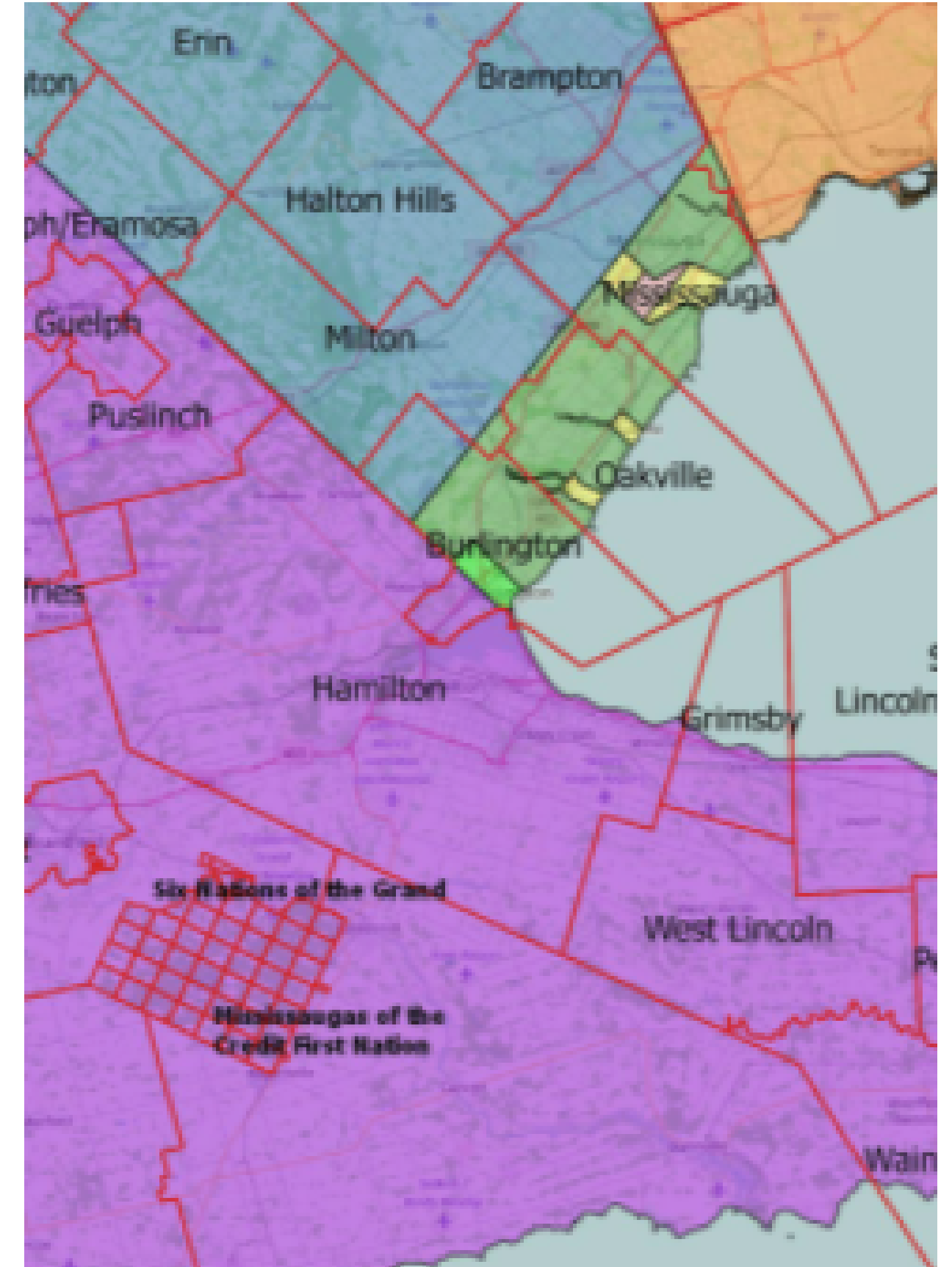


RBC Future Launch

LAND ACKNOWLEDGMENT

As an eating disorder organization, we would like to acknowledge the importance of traditional and country foodways to Indigenous culture, and we need to acknowledge how food has been weaponized historically.

It is our responsibility to work towards decolonizing these spaces and create supportive environments for Indigenous peoples who desire support.



Housekeeping



Live Transcript

CLOSED CAPTIONING

Turn on closed-captioning by clicking the 'CC Live Transcript' on your Zoom toolbar



Chat

CHAT

Access and close the chat by clicking the 'Chat' on your Zoom toolbar.



Q&A

Q&A

You can ask questions by clicking the 'Q&A' on your Zoom toolbar.



SURVEY

Please fill out the survey at the end of the session! This helps us so much!

Exploring Eating Disorder Treatment Options

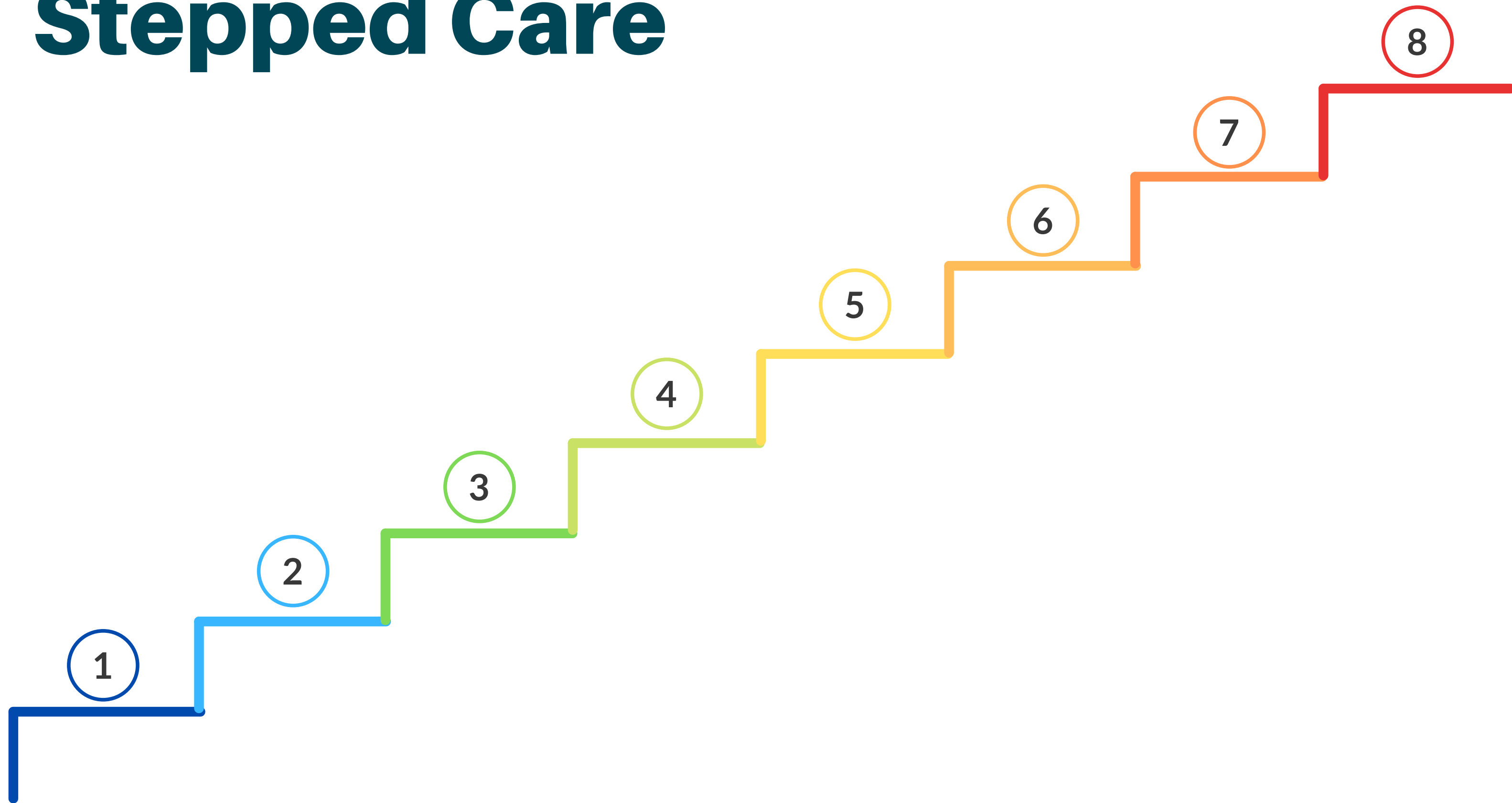


Today's Objectives:

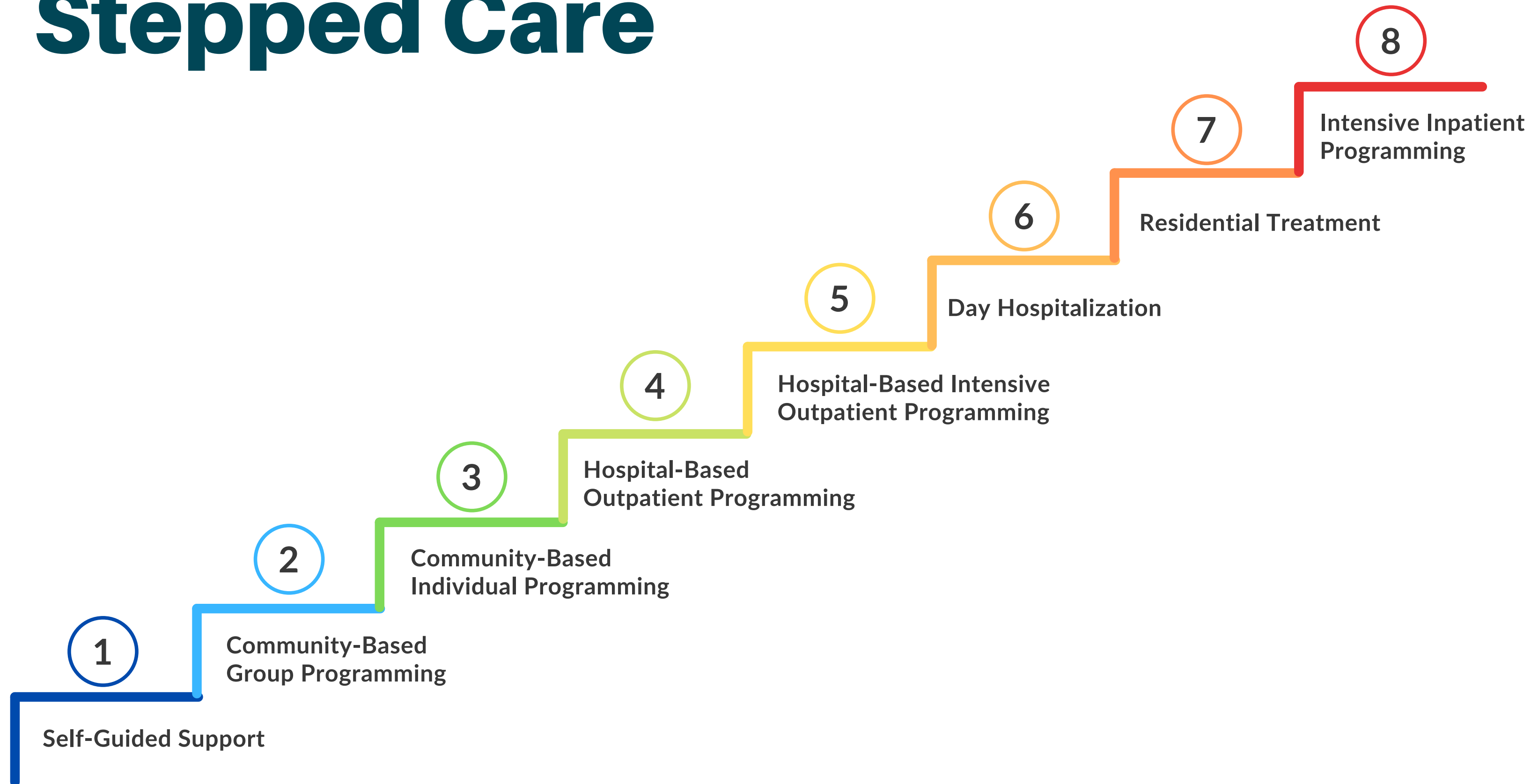
- Explore levels of care for eating disorder treatment and support and learn about the differences between these levels and for who they might be most appropriate for
- Look at different types of support that folks with eating disorders might explore and why
- Reflect on what to consider when deciding on the best treatment option or approach for yourself

Treatment Options as Steps

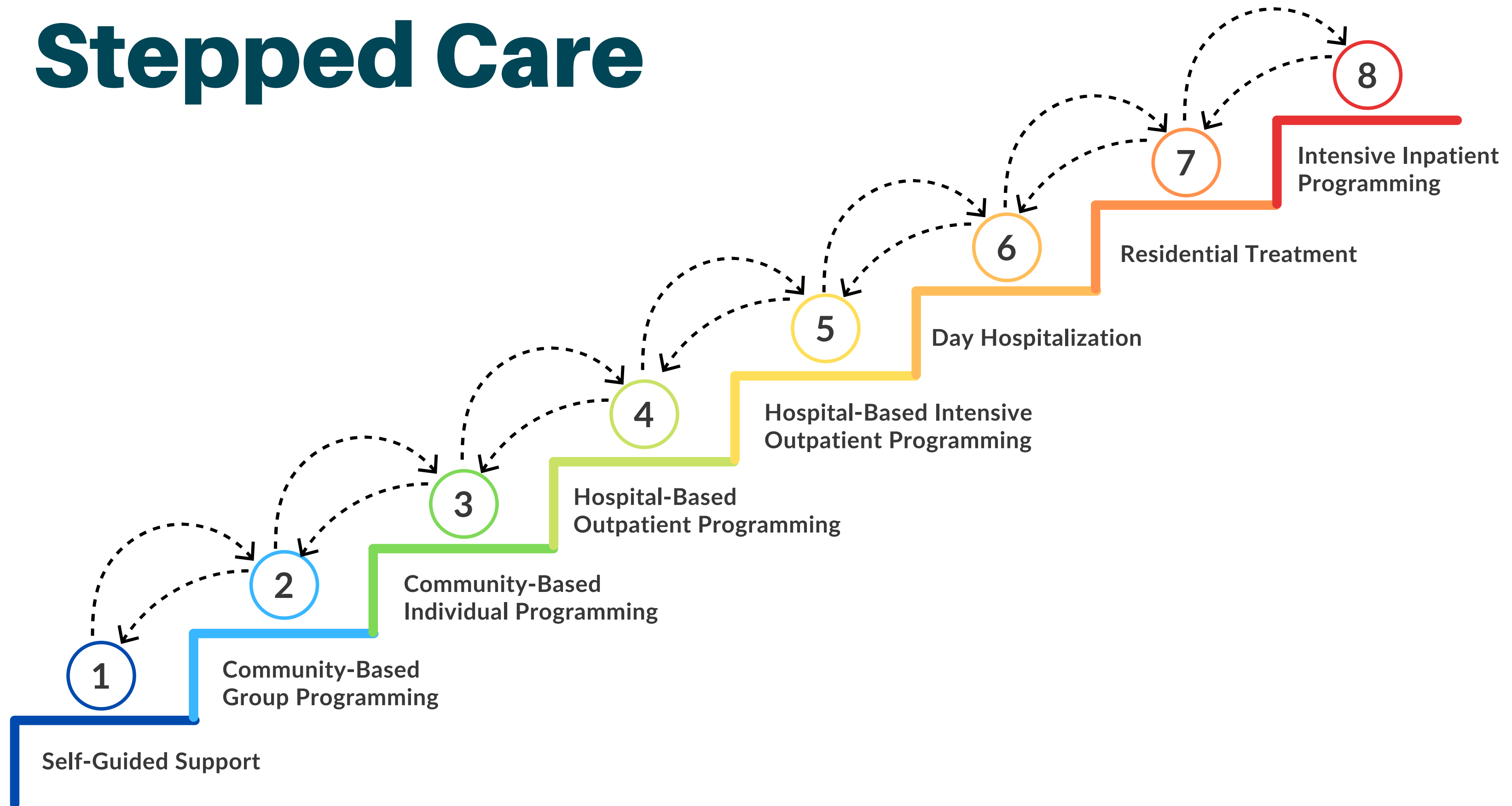
Stepped Care



Stepped Care



Stepped Care



Self-Guided Support

- Broad category that can look different from different organizations
- Generally refers to support that is available that an individual can explore at their own pace

Self-Guided Support

- Broad category that can look different from different organizations
- Generally refers to support that is available that an individual can explore at their own pace

A great option for folks who:

- are unsure of if their disordered behaviours are 'bad enough'
- aren't ready to talk about their experience or experience barriers in being able to talk to others about their experience
- are looking to explore what support might look like
- have received other treatment/support and want additional support in recovery maintenance

Community-Based Group Programming

- Typically more financially accessible than hospital/private group support
- Many are facilitated by professionals or folks with lived experience
- Options of drop-in or weekly/monthly supports

Community-Based Group Programming

- Typically more financially accessible than hospital/private group support
- Many are facilitated by professionals or folks with lived experience
- Options of drop-in or weekly/monthly supports

A great option for folks who:

- want to experience support in a group setting and are in a place to hear other's lived experiences
- want to talk about their experience, or reflect on their experience with others
- are interested in a community aspect of recovery

Community-Based Individual Programming

- May involve individual support with a professional support (psychotherapist, dietitian, social worker, etc) or clinical guided one-on-one self-help

Community-Based Individual Programming

- May involve individual support with a professional support (psychotherapist, dietitian, social worker, etc) or clinical guided one-on-one self-help

A great option for folks who:

- want the space to explore their experience one-on-one
- are ready to think about making changes to their behaviour and learn more about recovery
- want more structure in the support they receive

Hospital-Based Outpatient Programming

- Hospital run support and treatments that may include psychological treatment, nutrition support, and medications
- Offers evaluation, treatment and potentially rehabilitation on a regularly scheduled basis or in response to crisis in a professional medical setting

Hospital-Based Outpatient Programming

- Hospital run support and treatments that may include psychological treatment, nutrition support, and medications
- Offers evaluation, treatment and potentially rehabilitation on a regularly scheduled basis or in response to crisis in a professional medical setting

A great option for folks who:

- want or require medical evaluation and support but do not require supervision
- need more support in different aspects of recovery (nutrition support, therapy, medication, etc.)

Hospital-Based Intensive Outpatient Programming

- Designed for individuals who need more structure and intensive treatment than they are receiving from standard treatment options such as one-on-one therapy, medication, and support groups on their own
- Just offers a bit more support than other hospital-based outpatient programs

Hospital-Based Intensive Outpatient Programming

- Designed for individuals who need more structure and intensive treatment than they are receiving from standard treatment options such as one-on-one therapy, medication, and support groups on their own
- Just offers a bit more support than other hospital-based outpatient programs

A great option for folks who:

- want or require medical evaluation and support but do not require supervision - with a bit more intensive care
- need more support in different aspects of recovery (nutrition support, therapy, medication, etc.)

Day Hospitalization

- An outpatient facility where a client attends for assessment, treatment or rehabilitation during the day and then returns home or potentially spends the night at a different facility

Day Hospitalization

- An outpatient facility where a client attends for assessment, treatment or rehabilitation during the day and then returns home or potentially spends the night at a different facility

A great option for folks who:

- want or require medical assessment or treatment
- want or require increased structure and supervision to support their recovery efforts (structured eating sessions, etc.)

Residential Programming

- Offers long term (differs between programs and organizations), 24 hour support
- Includes group homes and institutional or semi-institutional residences

Residential Programming

- Offers long term (differs between programs and organizations), 24 hour support
- Includes group homes and institutional or semi-institutional residences

A great option for folks who:

- want or require medical assessment or treatment
- want or require consistently available structure and supervision to support their recovery efforts (structured eating sessions for all meals, etc.)

Intensive Inpatient Programming

- Offers the most intensive form of mental health support
- Folks reside at the treatment centre where they not only go about daily life in a supportive environment alongside peers, but also receive frequent support from specialized medical staff, therapeutic support and other mental health experts

Intensive Inpatient Programming

- Offers the most intensive form of mental health support
- Folks reside at the treatment centre where they not only go about daily life in a supportive environment alongside peers, but also receive frequent support from specialized medical staff, therapeutic support and other mental health experts

A great option for folks who:

- want or require the highest intensive mental health support available
- want or require consistently available structure and supervision to support their recovery efforts
- have a recent history of or are at risk of being in crisis as a result of their disordered eating

BODY BRAVE SERVICES

- Stepped-Care Support for Clients
 - One-on-One Treatment (Ontario 17+)
 - Group Treatment (Ontario 17+)
 - Self-Guided Support (Canada 17+)



- ONE-ON-ONE TREATMENT
- MEDICAL ASSESSMENTS
 - PSYCHOTHERAPY
 - 10-WEEK GUIDED SELF-HELP WITH HEALTHCARE PROVIDER

- GROUP TREATMENT
- DROP-IN GROUPS
 - 10-WEEK CLOSED GROUPS



- SELF-GUIDED SUPPORT
- PSYCHOEDUCATIONAL WORKSHOPS
 - RECOVERY SESSIONS
 - SELF-GUIDED SUPPORT PROGRAM

PUBLIC EDUCATION & PREVENTION



Stepped Care Information

www.bodybrave.ca/stepped-care

Information and Resources

National Eating Disorder Information Centre (NEDIC) - Find a Provider Tool

Types of Support in ED Recovery

Nutrition Support

- provided by a Registered Dietitian (anti-diet or HAES aligned)
- Services might include:
 - nutrition plans that are personalized
 - nutrition education/counselling
 - nutrition rehabilitation

Therapeutic Support

- provided by a Mental Health Clinician (social worker, psychotherapist, etc.)
- Services might include:
 - individual or group therapy (CBT, DBT, ACT, FBT, etc.)
 - coping and life skill development
 - promotion of emotional resilience

Additional Therapeutic Support

- provided by other therapeutic specialists (Occupational Therapists, Physiotherapists, Dance/Art/Movement/Equine Therapists, etc.)
- Services might include:
 - support in development life skills
 - building a life outside of disordered behaviour and maintaining a sense of self
 - Land-Based Healing, especially for Indigenous peoples struggling with disordered eating and mental health concerns

Medical Support

- provided by a Primary Care Provider (physician, paediatrician, NP, etc.)
- Services might include:
 - medical monitoring, especially physical health related to disordered behaviours
 - assessment and diagnostic support (including referrals to specialists, etc.)
 - medication-based support, especially for co-morbid mental health symptoms

Personal Support

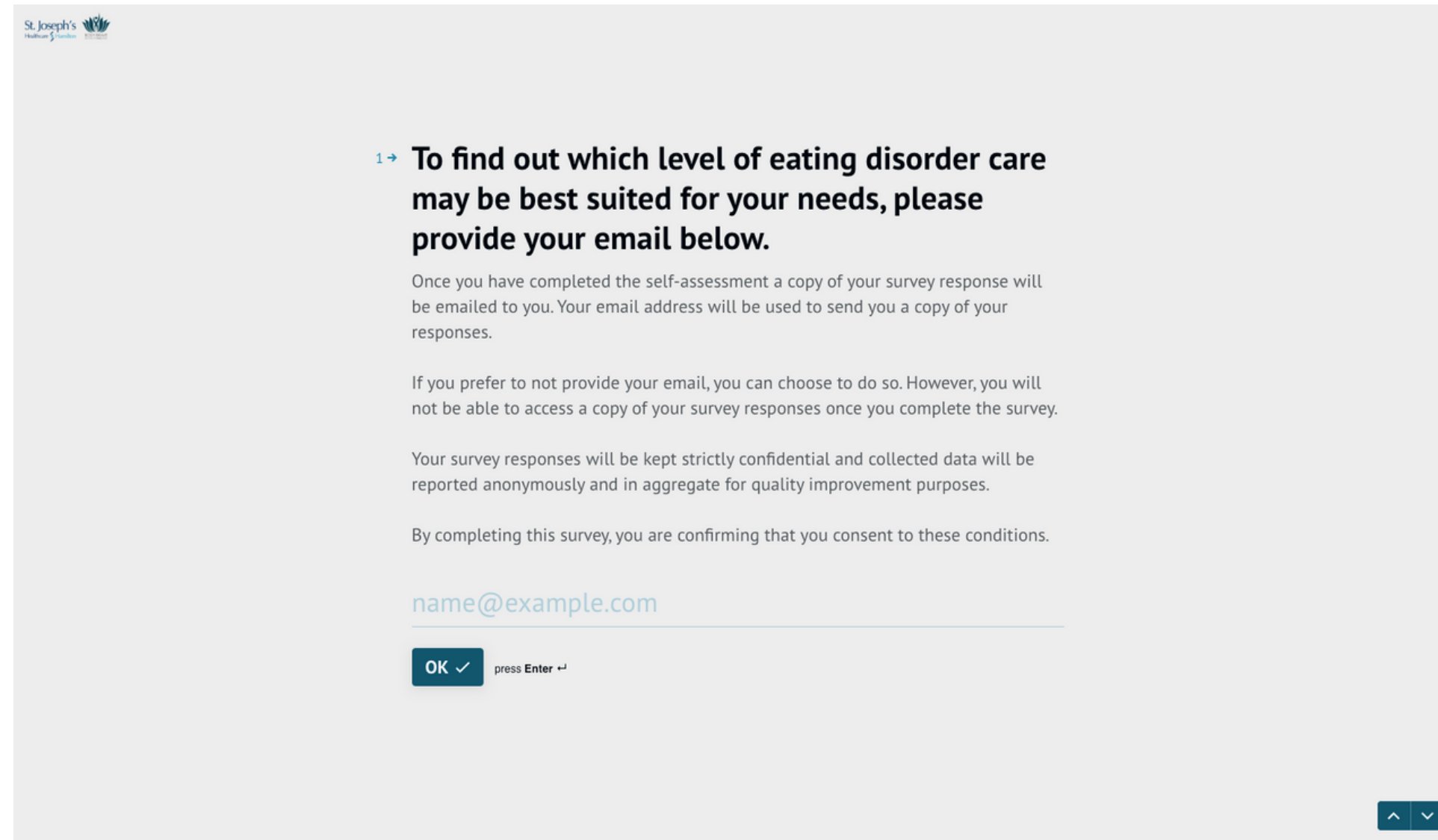
- provided by family, friends, loved ones, spiritual leaders, coaches, etc.
- Support might include:
 - daily support and encouragement
 - championing recovery
 - help in understanding and recognizing symptoms in your day to day life
 - support in holding you accountable to your recovery

Choosing ED Treatment or Support

Things to Consider:

- Medical Risk
 - might be higher if you: have been hospitalized recently, have Type 1 Diabetes, are pregnant, are using substances in a way that interfere with eating, are experience suicidal thoughts or ideation, have self-harmed, have a low heart rate, have experienced weight fluctuations)
- Co-morbid Concerns or Neurodivergence
 - depression, anxiety, PTSD, OCD
 - autism, ADHD
- Level of Support
 - to make changes in your thoughts and behaviour necessary for recovery, do you believe you'll benefit from daily support, weekly guidance, or a more hands off support option (like self-guided)?

Self-Assessment



St. Joseph's
Healthcare Foundation

1 → **To find out which level of eating disorder care may be best suited for your needs, please provide your email below.**

Once you have completed the self-assessment a copy of your survey response will be emailed to you. Your email address will be used to send you a copy of your responses.

If you prefer to not provide your email, you can choose to do so. However, you will not be able to access a copy of your survey responses once you complete the survey.

Your survey responses will be kept strictly confidential and collected data will be reported anonymously and in aggregate for quality improvement purposes.

By completing this survey, you are confirming that you consent to these conditions.

press Enter ↵

^ v

[Self-Assessment Link](#)

[Self-Assessment Questions](#)

Resources

NEDIC's Find a Provider Tool

- Provides information, resources, referrals, and in-the-moment support to Canadians affected by eating disorders
- Connect with a trained support worker through their helpline and instant chat service to chat through service options

Helpline: 1-866-NEDIC-20 (416-340-4156 in Toronto)

Instant Chat: www.nedic.ca

Monday to Thursday, 9:00 am – 9:00 pm EST

Friday, 9:00 am – 5:00 pm EST

Saturday & Sunday, 1:00 pm – 7:00 pm EST (Instant Chat only)

Resources

Pathways to Care

- Created by Black Health Alliance
- A Project aimed at removing barriers and improving access to mental health and addictions services for Black children, youth and their families in 6 cities across Ontario
- You can explore mental health resources for Black folks using their Interactive Map and ConnectMe tools.

Questions?