

Child & Youth Eating Disorders: Resources & Peer Support

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COVID-19 Webinar Series, UBC CPD April 14, 2021





Eating Disorders PREVENTION, EARLY INTERVENTION & PEER SUPPORT in BC



https://keltyeatingdisorders.ca/get-involved/prevention-resources/





Jessie's Legacy $\underbrace{\bigcirc}$ $\underbrace{\bigcirc}$

educators & health professionals



https://jessieslegacy.com/





Looking Glass Foundation for Eating Disorders

A non-profit foundation that supports individuals of all genders, aged 14+, at all stages of recovery. Services include confidential one-to-one and small group peer support programs, scholarships, and support for caregivers. These low barrier programs are available province-wide, and no clinical diagnoses or referrals are required.

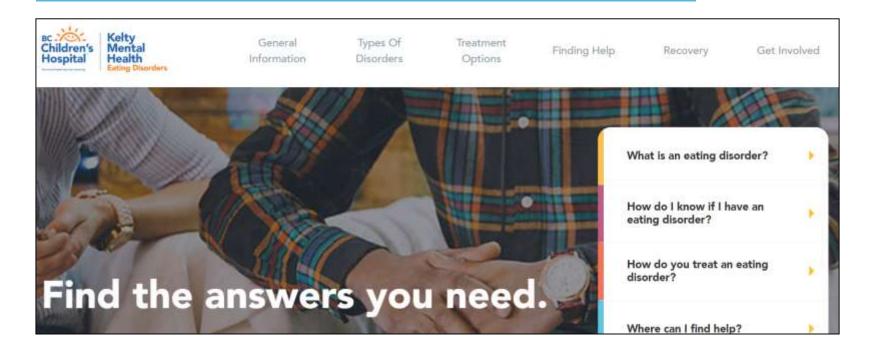
https://www.lookingglassbc.com/





Kelty Eating Disorders





https://keltyeatingdisorders.ca/



Kelty Eating Disorders



A website that provides free eating disorders educational resources and service navigation support to individuals, families & care providers across BC.



(Note: this video can also be viewed in 6 separate chapters from the Kelty Mental Health Resource Centre youtube channel).



Kelty Mental Health Resource Centre

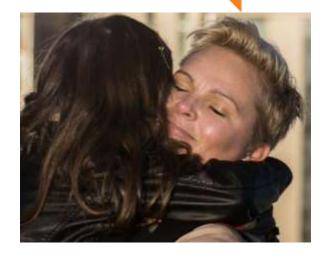
- Provides peer support, information, and resources for a variety of mental health and substance use challenges, including eating disorders
- Support families in understanding and connecting to treatment options and support services in their communities
- Services are offered provincially, by phone (toll-free), email, or zoom video call
- No wait times, no referral required





Parent Peer Support for families concerned about an Eating Disorder in their family

- Three trained parent peer support workers work at the Kelty Centre through a collaboration with FamilySmart.
- Peer support workers offer non-judgemental, compassionate support to parents/caregivers concerned about their child/youth





Have seen an increase in the number of contacts related to eating disorders since COVID began, compared to the previous year



Additional Resources for Parents/Caregivers

- Website: https://www.canped.ca/ (CHEO)
 - Website of support for those caring for a youth with an eating disorder
- Book: Help your Teenager beat an eating disorder (Lock & Le Grange, 2015)
 - https://www.guilford.com/books/Help-Your-Teenager-Beat-an-Eating-Disorder/Lock-Grange/9781462517480





Resources for Health Care Providers



Eating Disorders Toolkit for Primary Care Practitioners

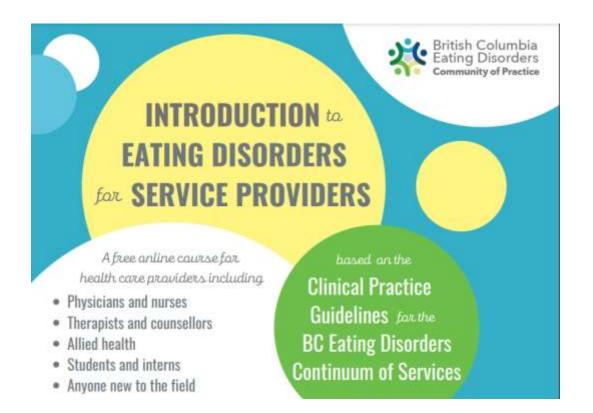


https://divisionsbc.ca/sites/default/files/Divisions/Langley/Eating%20Disorders%20PCP %20Toolkit%20Color.pdf





Resources for Health Care Providers



Learning Hub course: https://learninghub.phsa.ca/Courses/23901/introduction-to-eating-disorders-for-service-providers





Thank-you!

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