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# PROGRAM BOOKLET

PROVINCIAL EATING DISORDER PREVENTION & RECOVERY PROGRAM

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FALL 2019



women's  
health clinic

## **What We Do**

Our community-based treatment program serves all genders. It is most appropriate for adults who are medically stable, assessed for low medical risk, and don't require meal support or intensive programs for eating disorder symptoms. Some clients may require more intensive treatment before starting our program.

Our services include assessment and treatment for binge eating disorder, bulimia nervosa and anorexia nervosa and other types of disordered eating. We recommend people under age 18 seek treatment through the Child and Adolescent Eating Disorder Program at Health Sciences Centre: 204-958-9660.

We offer educational workshops for people over age 16 who want to have a more peaceful relationship with food and their body. We also offer support to family and friends of those with eating disorders as well as consultation to professionals.

All services are funded by Manitoba Health; there are no costs to participants.

## **Program Philosophy**

Our holistic view of health acknowledges the connections between the physical, social, emotional, and spiritual aspects of life. Our program addresses the total scope of the eating disorder, including body image, relationship with food, mental and physical health, and self-esteem.

Our approach to health is to facilitate empowerment, choice and action. Our services are based on a philosophy of acceptance, respect, accessibility, and responsiveness. We are particularly sensitive to diversity in ethnicity, race, body-size, sexual orientation, and gender.

Through our program, we work to end weight discrimination and challenge the cultural obsession with weight loss and thinness. We promote balanced and mindful eating, life-enhancing physical activity, and respect for diverse body shapes and sizes.

Client confidentiality is very important; we take great care to protect personal health information. When required, members of our program team may share client information between themselves to coordinate services and ensure continuity of care. We don't share information with other professionals outside our program, unless the client signs a release of information allowing us to do so. When it benefits treatment, we may communicate with a client's parents, family or partner, but only with the client's specific permission.

## **Staffing Model**

Our multi-disciplinary team includes counsellors, dietitians, a nurse practitioner, program assistants, and contract staff offering specialized services like yoga and expressive art therapies.

### ***Staff Team***

<b>Program Director:</b>	TBD
<b>Team Leader:</b>	Jan Krahenbil, MSW, RSW
<b>Program Assistants:</b>	Emily Peters
<b>Counsellors:</b>	Danna McDonald Lisa Naylor Lori Peters
<b>Dietitians:</b>	Ann McConkey Lauren Paquette
<b>Nurse Practitioner:</b>	Jennifer Carroll

### **Intake & Assessment Process**

You can self-refer to our treatment program. Our current wait list for treatment is 6-12 months. To learn more about our services, ask questions, or assess disordered eating behaviors and symptoms so you can be placed on our wait list or referred to other services, please call our program assistant at 204-947-2422 ext. 137 (in Winnipeg) or 1-866-947-1517 ext. 137 (toll-free outside of Winnipeg). They will arrange for a counsellor to contact you for a phone consult.

The counsellor will discuss your concerns and begin to assess if our program or other services are most appropriate for your needs. Alternatively, you may request a medical consult with our nurse practitioner who can assess behavior's and symptoms, and recommend the best treatment option, based on the American Psychiatric Association (APA) Guidelines and Medical guidelines used by Manitoba Health:  
[http://www.gov.mb.ca/healthyliving/mh/docs/eating\\_disorder.pdf](http://www.gov.mb.ca/healthyliving/mh/docs/eating_disorder.pdf).

After the phone consult or medical consultation, you can add your name to our wait list for treatment if our program staff recommends it. They can also give you information about other resources you can use while waiting for treatment.

Community-based treatment works best when people are engaged in their own care and willing to work to improve their wellbeing. Before the full program assessment, we'll invite you to an orientation session, where you and your chosen support person (friend/partner/family member) can:

- » learn about eating disorders
- » learn about our treatment program
- » learn about the recovery process
- » explore your own readiness for treatment and change
- » learn about additional treatment resources in the community

If you choose to continue the assessment process, we will contact you to make an assessment appointment when your name comes up on the waitlist. While you wait, we will invite you to attend a 6-week Skills for Recovery Workshop series. You must complete this series before being assessed to enter the program. The skills you learn in the workshops will support you while you are waiting.

Program admission is a team-based decision. We consider clients on an individual basis. While we accept people in various stages of recovery, at times we may delay admission and recommend they explore other eating disorder services at another facility before entering our program, such as inpatient or intensive day treatment to monitor medical stability and support symptom interruption and nutritional recovery. We may also recommend first seeking care for substance issues, self-harm, or other mental health issues before beginning eating disorder treatment.

## **Treatment Plan**

### ***Group Therapy***

Treatment is group-based; most clients will take part in one or more psycho-educational groups. We expect clients to fully participate in their treatment by completing readings, journaling, practicing new skills, and reflecting on their learnings between sessions. Group facilitators use various theories and therapy approaches: Cognitive Behavioral Therapy (CBT) skills, Dialectical Behavioral Therapy (DBT) skills, Feminist Therapy, Health at Every Size (HAES) methods, and expressive art and movement therapies.

### ***Medical Consultation***

Our nurse practitioner provides medical assessments, education, and resources to program clients. They also offer medical consultation and support to other community health care providers who serve clients in our program.

### ***Nutrition Education and Counselling***

Our dietitians use a non-diet approach to provide clients with individual nutrition education and counselling. Some treatment groups provide nutrition education; we also offer nutrition-focused workshops.

### ***Individual Therapy***

We provide individual therapy to complement group-based treatment. Clients may work on underlying issues, practice skills they learn in group, or address other aspects of their life related to the eating disorder.

### ***Post Treatment Program***

We provide group and individual follow up care to clients who have completed the recommended treatment groups, in later stages of recovery, or fully recovered. This includes opportunities to practice skills and coping strategies they learned in the program to support their recovery and prevent relapse.

### ***Services for Men***

We welcome men to use our full range of treatment services. All workshops are open to male clients unless otherwise indicated.

### ***Services for Rural Clients***

We offer treatment planning with rural clients on a case by case basis. Some may choose to commute to Winnipeg for groups and other treatment. For those living further away, we may do an initial assessment in Winnipeg and help them access resources in their local community.

## **Workshops**

### ***Workshops for Clients***

To supplement group treatment, we occasionally offer current clients special workshops on body movement or art therapy.

### ***Workshops for Community Members, Clients, Families and Friends***

Our workshops are open to all who may benefit from support to reach a balanced and peaceful relationship with food and body. They are also helpful for people interested in exploring our services but not yet ready to commit to a treatment program. Topic areas may include:

self-esteem, body image, perfectionism, emotional eating, mindfulness, and incorporating a non-dieting approach to wellness. For current workshop and registration information, please visit [www.womenshealthclinic.org](http://www.womenshealthclinic.org); click Eating Disorders under services.

## **Support for Family and Friends**

### ***Workshop for Family and Friends***

For family members or friends of someone experiencing an eating disorder. Join us to learn more about eating disorders and better understand your loved one's experience. This workshop offers:

- » general and specific strategies for helpful support
- » information about the referral process
- » time for your questions
- » resources and handouts for more information

### ***Coaching Session for Family and Friends***

A one-hour session for friends or family (sibling, parent, partner) of someone experiencing an eating disorder. You will meet with an eating disorder counsellor to discuss your concerns about your loved one's eating disorder. Sessions may include:

- » information about the referral process and available services
- » education about eating disorders
- » guidance on recommended strategies for helpful support

**Please note:** *your loved one does not need to be in treatment for you to access these services.*

## **Professional Education & Consultation**

### ***Consultation to Rural Service Providers***

Our provincial program strives to build capacity in rural regions. We offer telephone and email consultation to rural Manitoba families and health care providers (mental health, primary health, allied health professionals). To reduce stress and travel costs, we may provide an initial assessment in Winnipeg and support their access to treatment and follow-up care in their home communities.

### ***Professional Training and Consultations***

We provide workshops and/or consultation to dietitians, family physicians and nurse practitioners, mental health workers, and other care providers.

