

2021 **Annual Report**



No one has to
face an eating disorder alone.

Our staff,
mentors,
volunteers,
donors and
supporters
shone.
You are
making a
difference.



Eating Disorders Nova Scotia works from Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. This territory is covered by the "Treaties of Peace and Friendship" with Mi'kmaq and Wolastoqiyik (Maliseet) Peoples. The Peace and Friendship Treaties did not involve First Nations surrendering rights to the lands and resources they had traditionally used and occupied. We are grateful to do our work on this land and thank the generations of people who have taken care of the land. We encourage everyone to consider how we are all treaty people and to undertake the suggestions put forward in 150 Acts of Reconciliation.

Contents

- 2 Board Chair
- 3 Executive Director
- 4 Program Highlights
- 12 Financial Report
- 13 Volunteers + Staff
- 14 Donors
- 15 Our Supporters

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Message from the **Board Chair**

The end of the year landmarks another phenomenal period for us at Eating Disorders Nova Scotia. The global pandemic presented many challenges, but we were ready to take them on and, in some ways, were ahead of the game. Instead of pushing pause and playing catch up, we were ready to take on the increased demand that the pandemic placed on mental health services with barely a disruption in services.

For us, this year was about breaking down barriers and working to ensure anyone living with an eating disorder knew they could reach out for support. We saw a substantial attendance increase in our programs. This was a direct result of the new isolation measures put in place to curtail the spread of COVID-19 and the stress isolation placed on the mental health of many people. Across the province, we “bubbled” to do our part to flatten the curve. It was both comforting and isolating. The beautiful perk of providing virtual outreach is that it proved to be limitless, allowing anyone needing support to join our bubble.



Eating Disorders Nova Scotia extended a bubble of hope, trust, love and light to those in need. By growing our “virtual” bubble each day to support recovery, it meant one less person facing an eating disorder alone. It meant one more person feeling safe and supported. Our growing bubble meant people could experience recovery.

I am so privileged to help lead this organization in building a future where no one has to face an eating disorder alone. Thank you to everyone who continues to donate and support the organization, and to everyone who is facing an eating disorder. I’m so glad that you’ve found us.

You can read more about the work of Eating Disorders Nova Scotia in this report to the community.

Thank you,

A handwritten signature in orange ink, reading 'Cara Pfeffer'.

Cara Pfeffer
Board Chair

Eating
Disorders
Nova Scotia
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Message from the **Executive Director**

This has been a year like no other. The challenges that have come with a global pandemic can have a silver lining though: people who have struggled in silence and shame are reaching out for help, and we've been there for them.

Our team of staff and Mentors help people find resources in their area, navigate the health care system, connect with others through our Peer Support programs, work with a Dietitian, learn more about eating disorders and recovery through our Virtual Workshops, and hold onto hope.

This year we widened our circle, supporting more people in more ways.

We quadrupled our virtual workshops, trained more Mentors, launched a new Virtual Peer Support Group and supported over a thousand people.



Recovering from an eating disorder can be really tough. Getting help should be easy.

Our approach—rapid access to low barrier support—was recognized by Healthcare Excellence Canada, winning a Priority Health Innovation Challenge award.

None of this would be possible without our phenomenal staff—Raquel, Sarah, and Breanne—and our Mentors. Your compassion and commitment inspire me.

I am so grateful for our supporters, partners, volunteers, and donors who share our belief that no-one should have to face an eating disorder alone.

I don't know what's ahead of us, but I do know that we are going to keep expanding our circle so that when someone is ready, we are here.

Yours in recovery,

A stylized, handwritten signature in orange ink that reads "Shaleen Jones".

Shaleen Jones
Executive Director

Everyone
deserves
access
to the
resources
and
supports
needed for
recovery.

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Program highlights

There is no textbook for how to respond to a global pandemic. Around the world, the impact of COVID-19 has had profound impact on those living with eating disorders.

Thankfully, because of donors, funders and other supporters, Eating Disorders Nova Scotia was able to quickly increase supports. We quadrupled our virtual workshops. We trained more Peer Mentors, and we offered virtual peer support groups—with no waitlists for support. In what has been a very challenging year, our staff, Mentors, volunteers, donors and supporters shone.



Individual Peer Mentoring

Eating Disorder Nova Scotia's peer mentoring program provides tailored, informal and non-judgemental support from someone who has recovered from an eating disorder and completed in-depth training. This year we:

- ❖ Provided 502 individual peer mentoring sessions
- ❖ Matched 61 people with a Peer Mentor (up from 31)
- ❖ Recruited mentors from the 2SLGBTQ+ community to better support the whole community we serve; 10% of our mentors are part of the 2SLGBTQ+ community



Virtual Workshops

These free workshops that dive into topics related to eating disorder recovery are hosted live on Zoom by a trained Peer Mentor—often with guest facilitators from a variety of backgrounds. This year:

- ❖ We hosted 39 workshops (up from 12)
- ❖ We trained 27 facilitators
- ❖ More than 50% of facilitators had lived-experience
- ❖ There were 1460 people registered (up from 250)
- ❖ 85% of respondents reported feeling “totally welcome and comfortable.”

PEER MENTORING

“It was helpful to talk openly about things I was struggling with without feeling like a burden.”

“I would not be where I am today without my mentor. She has made this process feel possible, where as before it honestly felt impossible.”

VIRTUAL WORKSHOPS

“For the first time in a very long time I feel like I have had a real chance at a successful recovery. All of that has been possible because of the amazing programming you offer and workshops like this that expand my toolbox for recovery.”

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Family & Friends Peer Support Group

This group is for anyone who cares for someone with an eating disorder. It provides a safe place for peer-to-peer sharing, support, education, guidance, encouragement and offer hope for recovery.

- ❖ We hosted 12 groups
- ❖ 70 loved-ones received support (up from 50)
- ❖ 188+ hours of individual support

Virtual Peer Support Group

New this year, our monthly group on *Zoom* is led by a trained Peer Mentor. Participants receive and give recovery support to one another in a casual, relaxed, and open environment.

- ❖ We hosted 11 groups
- ❖ There were 65 people registered

FAMILY & FRIENDS PEER SUPPORT

"Very thankful to have found this fantastic support for our family."

"The family support group saved my life at a very challenging time."

VIRTUAL PEER SUPPORT GROUP

"I really liked hearing everyone's stories, it made me feel less alone and gave me some great tools!"

"Loved seeing someone I saw last time I attended—made me feel like I was part of a supportive community."

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Peer Support Chat

Our online chat is for anyone experiencing disordered eating/eating disorders. No diagnosis or referral needed. Each free real-time chat session is moderated by a trained Peer Mentor.

- ❖ We hosted 105 chats
- ❖ There were 416 users (up from 151)
- ❖ We offered 131 hours of support



Nutrition Services

In February, we welcomed professional dietitian, Breanne Hopkins to our team. The Eating Disorders Nova Scotia Nutrition Counselling is for folks of all ages and backgrounds who are experiencing eating disorders or disordered eating. As with all of our programs, no diagnosis or referral is required.

- ❖ So far, 80 sessions have been provided for 28 people

ONLINE PEER SUPPORT CHAT

"I wouldn't be where I am without the weekly chats."

"This is just a really supportive place to come to."

DONORS

"I became a monthly donor because I understand how difficult recovering from an eating disorder can be and I want to help those who are struggling. I will continue to spread awareness and I hope that I can show others that there is a light at the end of the tunnel!"

—VICTORIA

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Safe Seen Supported Project

Eating disorders are often seen as an illness that primarily impacts young, straight, white women. This perception often impacts how programs are designed and promoted.

Thanks to funding from **CLARI** and a partnership with **Mount Saint Vincent University**, Eating Disorders Nova Scotia is undertaking a research project that gives us a better understanding of the LGBTQ+ community. The findings will help enhance our programs and supports.

Peer Mentor Training

Peer Mentors with Eating Disorders Nova Scotia play an essential role in supporting people who are working on recovery. They bring their expertise of working on their own recovery, managing relapses, and living their lives free from the confines of an eating disorder.

Our mentors complete a 30-hour training program comprising on-demand and live virtual sessions. We added 23 newly-trained Peer Mentors to our team this year.

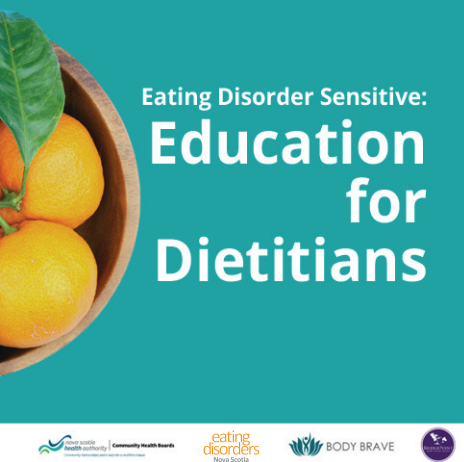


More to celebrate

PEER MENTOR TRAINING

“Everyone was so welcoming, and I felt supported in a way I haven’t felt in a while. There was amazing discussion and rarely an awkward moment which is hard to say when you’re on Zoom with people you’ve never met before! Seriously awesome job.”





Priority Health Innovation Challenge

In collaboration with **Body Brave**, Eating Disorders Nova Scotia was one of 7 national recipients of Healthcare Excellence Canada's Priority Health Innovation Challenge award for our work removing barriers to accessing support for people living with an eating disorder.

Share the Love Campaign

This campaign was a ray of light in the early days of social distancing orders. Many of us were experiencing anxiety, uncertainty, and a sense of disconnection from our support systems and routines. Over a hundred packages of specially created self-care items and personal notes of encouragement were shared, helping folks feel connected and supported while continuing their journey to recovery.

Eating Disorder Sensitive: Education for Dietitians

In collaboration with the **Body Peace Collaborative**, we launched educational training for dietitians that was created by dietitians, incorporated the best available evidence and was reviewed by experts in the field. It equips dietitians with practical information on eating disorders, how to support clients, and when and where to refer an individual.

More to celebrate

SHARE THE LOVE CAMPAIGN

"The thoughtful care package I found at my door after work still has me smiling. I love the gratitude cards especially. They will be taped on my wall by tonight. This is a wonderful initiative—like all of what Eating Disorders Nova Scotia has to offer!"





Creating our path forward

Eating Disorders Nova Scotia's direction as an organization has always been grounded in the needs and strengths of those with lived-experience. Throughout the year we've reached out to the communities that we serve to get a better understanding of what's working, what the challenges are, and how we can support people along their recovery path.

We asked, we listened, and with the support from the **University Consulting Group**, we created a plan and jumped into action with the support of our community of supporters and donors.

First on the list was increasing the frequency and types of support offered; more workshops, more topics, more mentors, and a new peer support group.

We heard that the financial cost of accessing supports was a major barrier to accessing support, as was finding a clinician who truly understood eating disorder recovery. We were so happy to add a registered dietitian to our team, and will be adding a therapist in the near future.

We continue to work on learning more about how we can support communities that are traditionally under-represented in eating disorder spaces. The findings from the Safe, Seen, Supported research project will help create more accessible, welcoming supports for members of the 2SLGBTQ+ community; as will recruiting and training new Peer Mentors to better reflect the whole community that we serve.

There is more work to be done. Inclusion, visibility, and easy access to recovery programs will continue to be themes for growth in the years to come.

More to celebrate

VIRTUAL PEER SUPPORT GROUP

"It has been such a huge source of support. I feel full of love toward all the people there"

PEER MENTORS

"Peer mentoring helped me a lot during recovery, it was so nice to be able to talk to someone that understood what I was going through."

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27

new **Peer Mentors**
were trained

764

attended
Virtual Workshops

116

Peer Mentor
requests
were received
(up from 31 last year)

105

Online
Peer Support Chat
sessions were held

1460

Virtual Workshop
registrants

502

Peer Mentors
provided
hours of
individual support
(up from 133 last year)

416

signed-on for
Online
Peer Support Chat
(up from 151 last year)

39

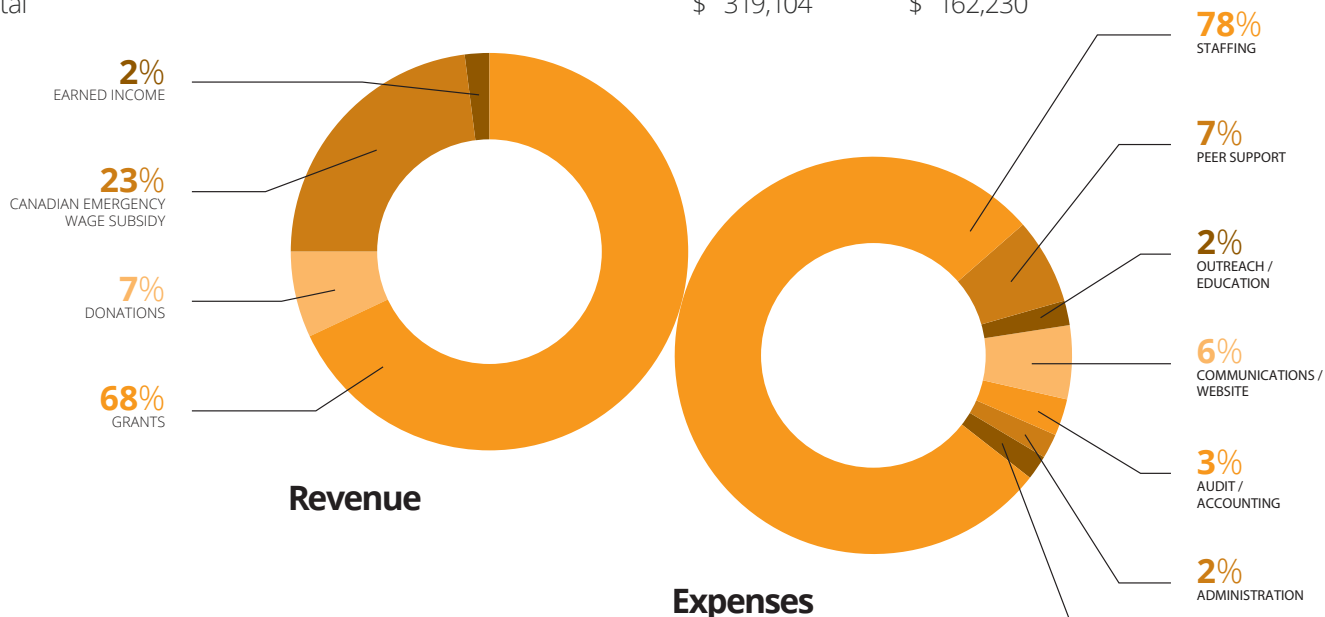
Virtual Workshops
delivered
(up from 12 last year)

91

registered for
Peer Support
Groups

Revenue

	2020-2021	2019-2020
Grants	\$ 217,904	\$ 147,266
Canadian Emergency Wage Subsidy	\$ 72,203	
Donations	\$ 23,438	\$ 13,749
Earned Income	\$ 5,559	
Other		\$ 1,215
Total	\$ 319,104	\$ 162,230



Expenses

	2020-2021	2019-2020
Administration	\$ 4,447	\$ 1,405
Audit/Accounting	\$ 8,113	\$ 3,882
Communications/Website	\$ 15,610	\$ 9,258
HST		\$ 4,483
Outreach/Education	\$ 4,205	\$ 13,682
Peer Support	\$ 17,396	\$ 25,250
Staffing	\$ 187,264	\$ 66,795
Supplies	\$ 4,050	\$ 2,886
Travel	\$ 216	\$ 3,882
Total	\$ 241,301	\$ 131,523

Board of Directors

BOARD CHAIR

Cara Pfeffer

PAST CHAIR

Anne Marie Coolen

VICE CHAIR

Collette Deschenes

TREASURER

Mark Thibodeau

MEMBERS AT LARGE

Breanne Hehir

Jenny Kierstead

Kelly Peckham

Ruth Shelton

Tyler Simmonds

Advisors

Dr. Marriam Abou el haj

Dr. Hali Bauld

Family Peer Support

Anne Marie Coolen

Kelly Peckham

Peer Mentors

Abbey Miller

Abbygail Lefebvre

Alicia Broughm

Andréa Lussing

Caroline Fraser

Catherine Moleskiki

Chasity St. Louis

Delaine Tiniakos-Doran

Dustin LindenSmith

Emily Chaytor

Emily Gaudet

Emily Stevens

Jade DeCoste

Jenna Shaw

Jo Wang

Kathryn Fraser

Krysten Rutherford

Lee Thomas

Matthew Moulton

Meghan Cahill

Nikki Olguin

Sally Wolchyn-Raab

Sarah Beckwith-Byrne

Sarah Currie

Sydney Patterson

Other Volunteers

Alexandria Smith

Amber Tucker

Collette Deschenes

Jillian McEwan

Natalie Ament

Victoria Taylor

Staff

This year our team welcomed some new faces who brought their wealth of talent and lived-experience.

EXECUTIVE DIRECTOR

Shaleen Jones

PROGRAM COORDINATOR

Raquel Griffin

FUND DEVELOPMENT COORDINATOR

Sarah White

REGISTERED DIETITIAN

Breanne Hopkins

SPECIAL INITIATIVES OFFICER

Becca Bishop

SUMMER STUDENTS

Emily Stevens

Ruth Shelton

Thank you to all of the amazing volunteers who have helped us to grow this past year.

Our volunteers are ambassadors for our shared vision: a future where all Nova Scotians impacted by eating disorders have access to support and the hope they need for recovery. Volunteers serve on our board, create and manage events and fundraisers, reach out on social media, lead our family peer support group, mentor others, and so much more.

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Donors

Your generosity provides programs, services, education, and helps to ensure that no one has to face an eating disorder alone. We are so appreciative of you—this work truly could not be done without your kindness. Thank you for being a champion for recovery!

Adam O'Brien
Al Abbass
Alannah Bowes
Alyssa Lynch
Amanda Marchak
Amanda Smith
Amy MacFarlane
Amy Schwartz
Anne Walker
Anne Marie Coolen
Bernard Hicks
Brickyard Health
Cara Pfeffer
Carissa Ainslie
Carmen MacDonald
Carolyn Humphreys
Catherine Armour
Charlie Vigneau
Charlotte MacIntyre
Chera Ripley
Chris Maltby
Chrisanna Doyle
Christina Budd
Christine Jamieson
Claire Sethuram
Colin MacInnis
Collette Deschenes
Craig Faulkner
Craig Gorveatt
Danielle Autran
Danielle Kerr
David Miller
Derek Cowie
Devyn Waidson
Donnie St Peter
Drew Hall
Elizabeth Carreiro
Elizabeth Hayward
Erin Kelly
Erinn Baillie

Evangelia Tastsoglou
For the Love of Fitness
Geraldine Dowling-James
Gina MacDougall
Good Robot Brewing Co
Hannah Gushurst-Jones
Hannah Hutchinson
Hannah Vlaar
Heather Simpson
Hilary Rankin
Hint of Vintage
Imagine Salon & Spa
Isaac Cormier
Isabelle Aube
Jackson Jones
Jade by the Ocean
James Byrne
Jamie Baillie &
Sandra Crowell
Janet Harley
Jeehan Javed
Jennifer Gauthier
Jessica Inkpen
Jessica Sundblad
Jill Whitehouse
Jim Armour
Joanne Doran
Justin McKiel
Karen Parker
Kathleen Thompson
Kayla Hamelin
Kelly Peckham
Kendal Blizzard
Kendra Belding
Kendra Coady
Kyra Parker
Kyrie Stoll
Laura Nolan
Lori Harrop
Lyndsay Armstrong
Margaret MacNeil
Maria Cain

Marian Pelletier
Marianne Beckwith
Marilyn McKinnon
Mark Thibodeau
Mary Morrison
Maryse Pelletier-Hibbert
Matthew Moulton
Matthew Thibodeau
Mia Lockhart
Michael Barry
Michelle Treasarden
Mindful Magazine
Nicole Mackay
Patrick Gass
Patti St. Peter
Paula Weiss
Rachel Hilts Nutrition
Robyn Starkey
Rowena Nunn
Rylan Parker
Sandra Clark
Sarah Byrne
Sarah White
Shaleen Jones
Sherry Gay
Stopaq SFL Canada
Suzanne McCarthy
Sylvie Nadeau
Tammy Frail
Tammy Turple Yoga
Nidra & Reiki
Therese Bombardier
Uncommon Grounds
Venus Envy
Victoria Taylor
Wanda St Peter

"I donate to Eating Disorders Nova Scotia because everyone deserves support and guidance in their recovery journey. It is so important that those impacted by eating disorders get the support and guidance they deserve and Eating Disorders Nova Scotia helps to provide that. I am proud to be a donor!"

—MATTHEW

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Thanks to the generosity of the community. When people reached out for support, we were there.

Our Supporters

100+ Women Who Care Halifax
Canadian Progress Club Halifax Citadel
Central Cape Breton Community Health Board
Central Kings Community Health Board
Cobequid Community Health Board
Dartmouth Community Health Board
East Cape Breton Community Health Board
Eastern Kings Community Health Board
Eastern Shore Community Health Board
Employment and Social Development Canada
Frayme
Healthcare Excellence Canada
Youth Dividend Program
Lunenburg Community Health Board

Mental Health Foundation of Nova Scotia
North Shore Community Health Board
Northside the Lakes Community Health Board
Nova Scotia Department of Health and Wellness
Nova Scotia Department of Labour and Advanced
Education
Pictou West Community Health Board
Shelburne Community Health Board
South Eastern Community Health Board
TELUS Atlantic Community Board
United Way Halifax
Victoria County Community Health Board
Western Kings Community Health Board



Hope. Understanding. Encouragement.

Thank you for being
a part of the journey.

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