




2022 Annual Report



No one has to face an eating disorder alone.



My heart is full knowing that my child—and our community's children—will be able to access eating disorders care from your organization. You are making waves and I haven't seen that kind of passion in the eating disorders world in a while.

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.

Message from the **Board Chair**

It was my honour to serve as Board Chair again in 2021-2022. Eating Disorders Nova Scotia continues to listen to and respond to the needs of our community and this year was no different. With new and innovative ways of connecting with people and supporting them throughout their recovery journey, I know that we are having a real impact.

Our health-care system, fragile pre-pandemic, is under incredible strain. Across Canada, we hear stories of hospital programs closing, increasingly restrictive criteria, and

heartbreakingly long waitlists. I am so proud of

our approach. Between our chat program, peer support group and workshops, people are able to connect with real time support almost every day of the week. For those needing more intensive support, our clinical team is here for them.

Our hope is that no-one will have to wait more than a day to connect with a real person.

Thank you to everyone who donated and supported the work of Eating Disorders Nova Scotia this past year. You are all champions for recovery.



I am blown away by the devotion and engagement of our board of directors. I've never seen so much dedication and commitment amongst a group of volunteers in all my years on a board.

The largest shout-out goes to our Executive Director, Shaleen Jones, and the cohesive team of superstars she has brought together to create this powerhouse organization. Eating Disorders Nova Scotia has grown so much in the three years since I've joined the board and you are all at the heart of that.

It's so exciting to see this organization reach new heights and deliver the support that so much of us wish we had had when we needed it.

Thank you,

A stylized orange signature of Cara Pfeffer.

Cara Pfeffer

WORDS FROM THE COMMUNITY

"Thank you
for the
incredible
work
you do!"

"I am feeling
less alone
and more
understood;
less shame."



Message from the **Executive Director**

We created Eating Disorders Nova Scotia because we believe that everyone deserves access to the supports and resources they need for recovery.

Living with an eating disorder is challenging and the recovery journey is not an easy one. But being free of the ED voice, and the rules, pain, shame, and secrecy is absolutely amazing. Recovery isn't perfect or all sunshine and lollipops, but being able to move beyond the eating disorder frees up so much space and energy for life. Being able to witness folks fight an eating disorder and come out the other side is an incredible privilege.



Our role at Eating Disorders Nova Scotia is to listen, create supports and resources, and help folks access what they need at every step of their recovery process.

This year we launched our Counselling Program and expanded our Nutrition Counselling Program, providing access to clinicians who understand eating disorders and recovery. To reduce barriers and allow for more equitable access to services, generous subsidies are available for anyone without insurance or financial means.

We also learned more about the experience navigating recovery among the 2SLGBTQ+ community, and have created educational materials for health care providers to build capacity in their roles. We heard about the value of peer support, and co-designed and launched a Two-Spirit, Trans, and Nonbinary Peer Support Group.

Our range of programs now include anonymous, text-based chat, Peer Support groups, workshops, and working with a Mentor, Clinical Therapist and/or Dietitian. When folks are ready, we are here for them.

Everyone on our team has personal experience with an eating disorder and that knowledge is invaluable to our approach. While everyone's experience is different, we understand the struggle and the triumphs because we've been there.

None of this would be possible with the so many special people. Thanks our staff team:

Debra Wells-Hopey, Isa Wright, Kathryn Fraser, Nikki Olguin, Rania el Soury, and Scott Ellis, to our Board of Directors with the leadership of Board Chair Cara Pfeffer, and of course, our Peer Mentors.

For so, so many years we've been speaking about the chronic underfunding for eating disorders research, training, support and treatment. My hope for this coming year is that we see real, structural, systematic and individual changes. More collaboration. Less weight shaming. More education. Less silence and shame. More hope.

I am looking forward to what we can create together.

Yours in recovery,


Shaleen Jones

"[This] has been a year of exceptional growth, with the addition of professional services and expansion of virtual programming to support Nova Scotians on their road to recovery. I was proud to see our organization and Executive Director be recognized for their incredible work."

HANNAH, BOARD MEMBER



A Peer Mentoring success story

I have been accessing the mentoring program through Eating Disorders Nova Scotia since December 2020. It was actually one of the first steps I took towards my recovery.

At the time, when I submitted my application I remember feeling very apprehensive as this would be the first time I would be talking to someone—in a non clinical environment—about my ED. I worried I would lack the words or just not know how to communicate about something so personal, something that had been just mine for so long. The application was very detailed and gave me pause. It made me really reflect on what this experience might be like and what I really wanted out of it.

When I was connected with my mentor, Delaine, I recall being so worried that she may not be able to relate, that my current life circumstances (being a mom) would make it hard to understand, or worse that I was too far gone to help. The additional complication was that we lived provinces apart. I worried about how in actuality this would work. Delaine and I spoke on the phone and she instantly made me feel at ease, reassuring me that we will set goals and use language that I understood and that we shared. We set boundaries around our mentorship to help better understand it's purpose. But most importantly she shared that she did understand my struggles and that we were

not only both on a path of recovery but also in our lives we shared other similarities that made talking openly right off the bat so much simpler.

Fast forward to a year later. I now consider Delaine to be a friend as well as a mentor. The time, care, wisdom and compassion Delaine has given me have been absolutely invaluable in my recovery. There were times when our talks were the only thing keeping me on track. And other times where I was able to share my successes and breakthroughs with her, knowing she would truly understand the magnitude of these moments.

Having her as a mentor has changed my life, which sounds dramatic but I truly believe having someone who shares my language has been one of the keys to my recovery and better understanding my ED.

This program is incredible, and I am grateful to Eating Disorders Nova Scotia and especially Delaine for all that you have done for me. I hope to someday be in a place to be a mentor for someone in their recovery journey as I know first-hand what a difference that partnership can make.

Thank you.

MEGAN CROWELL

WORDS FROM THE COMMUNITY

“My Mentor understood what I was going through but was several steps ahead of me, so it was incredibly inspiring to be reminded that there’s more to my journey than where I was at right then. I can’t recommend this program enough for people who are struggling.”

Individual Peer Mentoring

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

- ❖ Provided 671 individual peer mentoring sessions
- ❖ Matched 65 people with a Peer Mentor
- ❖ 116 new peer mentor requests

Virtual Workshops

These free, virtual workshops dive into topics related to eating disorder recovery are led by facilitators from a variety of backgrounds. This year:

- ❖ 1267 people registered for a workshop
- ❖ We hosted 40 workshops
- ❖ We had 25 different facilitators with diverse backgrounds

Trans+ Peer Support

This drop-in group is a supportive space for two-spirit, trans, nonbinary, and gender-diverse folks explore our relationship with food, eating, bodies and more. This space is facilitated by trans and nonbinary people who have experienced eating disorders. This brand-new program started in January and already there were:

- ❖ 55 program participants
- ❖ 11 group sessions held

Virtual Peer Support

Our weekly 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 30 groups
- ❖ There were 228 registered for the group sessions (an increase of 163)

Peer Support Chat

Our online, text based 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 154 sessions (an increase of 49)
- ❖ 213 new peer support chat requests

Family and Friends Peer Support

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 offers hope for recovery.

- ❖ 110 loved ones received support (an increase of 40)
- ❖ 10 group sessions were held
- ❖ 120 hours of individual support provided

"The resources available have helped me feel less alone in my struggles. The peer chat and workshops keep me pushing forward and motivate me to continue the journey to recovery. The workshops are very valuable and the variety of topics has helped me learn countless things to help with my recovery."



Outreach Initiatives

This year we expanded our outreach efforts, increasing knowledge of eating disorders and resources available through information packages, workshops, and information sessions.

- ❖ 20 outreach presentations/workshops occurred throughout the year
- ❖ Approximately 400 people took part in our outreach workshops and presentations.
- ❖ Over 1700 people connected with us through phone, email and social media
- ❖ Over 300 information packages were provided to community groups, libraries, colleges, universities, resource centres, constituency offices and others. Almost 100 of them were delivered as part of our tour through Nova Scotia, meeting people in person and sharing resources.

Accessing Care

With the additional of a Therapist and Dietitians to our team, those looking for more intensive support are able to access care. A diagnosis or a referral is not needed, and care is delivered virtually.

Nutrition Counselling

- ❖ 52 clients supported
- ❖ 536 sessions provided

Counselling

- ❖ 59 clients supported
- ❖ 383 sessions provided

Peer Support 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 28 newly trained Peer Mentors to our team this year.

WORDS FROM THE COMMUNITY

“They have helped me a lot with practical strategies, but also working through some of my feelings and beliefs which is really essential to healing my relationship with food. I feel very understood and supported, and Kathryn helps me have more compassion for myself and what I’m dealing with.”

eating
disorders
Nova Scotia

A Mentor's story

"As soon as I learned about peer support, I knew how much I would have benefitted from it when I was in the depths of my eating disorder. I became a mentor with Eating Disorders Nova Scotia because I wanted to use my experience to help others and was happy to see an organization prioritizing this service. Being a mentor has helped me put my previous experiences into context and given me a great sense of purpose. It means so much to me when peers let me know that by sharing my experience, I am giving them hope for their future and helping them feel less alone. By far, my favourite part of being a peer mentor is providing a safe space where people can let out their feelings and learn they are not alone as I know how hard it can be to find that space."

JAIME

A Donor's story

"I started making donations to Eating Disorders Nova Scotia almost immediately after coming across their website. I volunteered with them once during Eating Disorders Awareness Week, which showed me how much time and energy the team puts into their events. I continue to support the organization because eating disorders are not talked about enough and Eating Disorders Nova Scotia does a wonderful job at spreading awareness, advocating for people with eating disorders, and educating community members on the topic. I want people struggling with eating disorders to have access to a supportive community, and that is exactly what Eating Disorders Nova Scotia is."

When I developed an eating disorder in grade 10, I did not want to talk about it with friends, family, or professionals. I did not know anyone else with an eating disorder, so I felt embarrassed to ask for help. Years later when I found out there were many other individuals in similar situations, it made me want to get better and heal my relationship with food. Eating Disorders Nova Scotia is a wonderful resource for people with/without eating disorders who want more information on potential eating disorders resources and for those who do not know how to access the support they need. Thank you for all the work you do, Eating Disorders Nova Scotia!"

VICTORIA

WORDS FROM THE COMMUNITY

"The shared experiences and just having someone who has lived with an ED and can speak the same language makes me feel understood and supported. The care and time they put into helping suggest resources, brainstorming different strategies and validating my feelings and experiences has been invaluable."



We are sought out for our expertise with recovery, e-mental health, and peer support.

At the Provincial and National levels, Eating Disorders Nova Scotia works to advocate for person-centred design and care, increased access to support and treatment, and measuring outcomes that are meaningful—while raising awareness of the prevalence and impact of eating disorders.

Eating Disorders Nova Scotia is a member of

- ❖ Eating Disorders Steering Committee (Nova Scotia)
- ❖ Eating Disorders Family and Patient Advisory Committee (Nova Scotia)
- ❖ Stepped Care 2.0 Collaborative (Nova Scotia)
- ❖ Quality Mental Health Care Network (Mental Health Commission of Canada)
- ❖ E-Mental Health Care Collaborative (Mental Health Commission of Canada)
- ❖ E-Mental Health and Apps (Mental Health Commission of Canada)

Eating Disorders Nova Scotia has consulted on

- ❖ Nova Scotia's e-MHA Action Plan – Nova Scotia Department of Health and Wellness
- ❖ Assessment Framework for Mental Health Apps in Canada

- ❖ E-MH Implementation E-Modules – CAMH and Mental Health Commission of Canada
- ❖ Quality Mental Health Care Framework – Mental Health Commission of Canada and Health Care Canada
- ❖ Canadian Quality and Patient Safety Framework – Health Standards Organization (HSO) & Accreditation Canada
- ❖ Peer Support for Youth Mental Health project – CADTH
- ❖ Routine Outcomes Monitoring, Policy & Planning, Mental Health and Addictions – Nova Scotia Health Authority
- ❖ Structural Stigma in Health-Care Settings from the Perspective of Service Users – Mental Health Commission of Canada and Dr. Heather Stuart
- ❖ Navigation of Mental Health and Substance Use Services – Canadian Institute for Health Information
- ❖ Early Intervention for Mental Health and Substance Use among Children and Youth – Canadian Institute for Health Information

WORDS FROM THE COMMUNITY

“A simple thank you for a superb, succinct, and engaging presentation to our board of directors.

MICHEL RODRIGUE,
PRESIDENT & CEO, MENTAL HEALTH
COMMISSION OF CANADA

“I appreciate the amazing people who work for Eating Disorders Nova Scotia. They have made me feel heard and have been very patient and non-judgemental.”



Eating Disorders Nova Scotia has presented to

- ❖ CAPA International Conference
- ❖ Eating Disorders Association of Canada
- ❖ Public/Private Health Insurance Forum
- ❖ Mental Health Commission of Canada's Board of Directors
- ❖ FRAYME Canada's Learning Institute

Eating Disorders Nova Scotia is currently involved in several research studies including:

- ❖ Considerations when supporting people experiencing disordered eating in the LGBTQ2S+ community (Change Lab Action Research Initiative)
This was the impetus for the Safe, Seen, Supported Project.
- ❖ Understanding and Mitigating the Impact of the COVID-19 pandemic on Children, Youth, and Families living with an Eating Disorder: A National Implementation Study of a Virtual Parent-Led Peer Support Intervention (Canadian Institutes of Health Research)
This resulted in the new Family Peer Support Project.
- ❖ The increase in economic and social costs for eating disorders in youth across Canada: How much did the COVID pandemic cost youth, families, and the system? (Canadian Institutes of Health Research)

Safe, Seen, Supported Project

Following the learnings from our research project and co-designed by our community we launched our new Trans+ Peer Support Group. This drop-in group is a supportive space for two-spirit, trans, nonbinary, and gender-diverse folks explore relationships with food, eating, bodies and more.

Family Peer Support

In addition to developing and delivering the training program, Eating Disorders Nova Scotia will be one of three sites across Canada to pilot this new program. A hybrid of peer support and education, this new program is set to launch Fall 2022.

Growing Peer Support Across Canada

Eating Disorders Nova Scotia supported Silver Linings Foundation in Alberta to develop and deliver their own Peer Support Program, training their brand new Peer Supporters with an adaptation of our virtual Peer Mentor Training.

WORDS FROM THE COMMUNITY

"Whenever I was overwhelmed Anne Marie was the one I turned to. She listened. She understood. She provided me with that boost of energy that I needed to continue the fight. She gave me the encouragement and strength to BELIEVE . . . this battle with ED can and will be beaten."



671

one-on-one **peer mentor sessions** provided

583

nutritional counselling sessions

383

therapy sessions

286

people registered for **peer support groups**

40

virtual workshops delivered

120

hours of **friends & family peer support** provided

28

new **peer mentors** trained

213

new **peer support chat** requests received

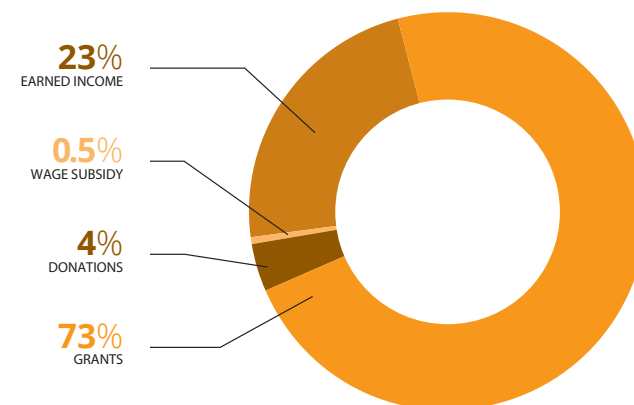
more than

1700

new people **connected** with us

Revenue

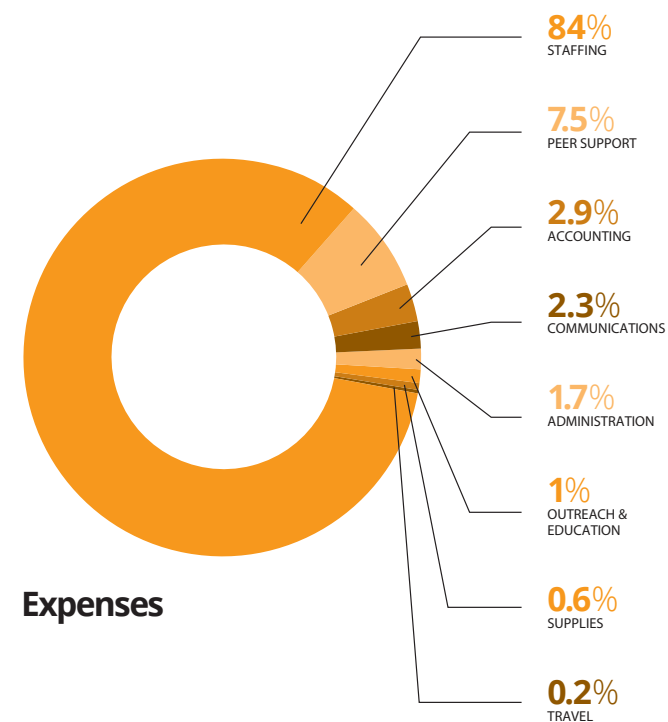
	2020-2021	2021-2022
Grants	\$ 217,904	\$ 266,150
Donations	\$ 23,438	\$ 14,379
Earned Income	\$ 5,559	\$ 83,679
Wage Subsidy	\$ 72,203	\$ 1,912
Total	\$ 319,104	\$ 366,120



Revenue

Expenses

	2020-2021	2021-2022
Administration	\$ 4,447	\$ 6,102
Accounting	\$ 8,113	\$ 10,344
Communications	\$ 15,610	\$ 8,302
Outreach and Education	\$ 4,205	\$ 3,638
Peer Support	\$ 17,396	\$ 26,965
Staffing	\$ 187,264	\$ 301,060
Supplies	\$ 4,050	\$ 1,978
Travel	\$ 216	\$ 835
Total	\$ 241,301	\$ 359,224



Expenses

Board of Directors

BOARD CHAIR

Cara Pfeffer

PAST CHAIR

Anne Marie Coolen

VICE CHAIR

Collette Deschenes

TREASURER

Mark Thibodeau

MEMBERS AT LARGE

Becca Bishop

Clarisse Nga Fouda

Hannah Baillie

Jennifer Brady

Matthew Moulton

Ruth Shelton

Advisors

Dr. Marriam Abou el haj

Dr. Hali Bauld

Family Peer Support

Anne Marie Coolen

Kelly Peckham

Staff

EXECUTIVE DIRECTOR

Shaleen Jones

PROGRAM MANAGER

Debra Wells-Hopey

PEER SUPPORT COORDINATOR

Nikki Olguin

SAFE, SEEN, SUPPORTED PROJECT COORDINATOR

Isa Wright

OPERATIONS COORDINATOR

Scott Ellis

CLINICAL THERAPISTS

Christina Gentile

Rania ElSouri

PROFESSIONAL DIETITIANS

Breanne Hopkins

Kathryn Fraser

DEVELOPMENT COORDINATOR

Sarah White*

PROGRAM COORDINATOR

Raquel Griffin*

Summer Students

Sade Stacey

Maria McGrath

Lauren Griffin

Peer Mentors

Abbey Miller

Abbygail Lefebvre

Alex Galperin

Alicia Broughm

Andrea Ewer

Andréa Lussing

Breagh Christie

Brianna Comeau

Candle Kozak

Caroline Fraser

Cat Robinson

Catherine Moleskii

Chasity St. Louis

Christopher Brown

Delaine Tiniakos-Doran*

Dustin Linden Smith*

Emily Barry

Emily Chaytor

Emily Gaudet

Emily Stevens

Hannah "Hazel" Sparling

Isa Wright

Jade DeCoste

Jaime Delaney

Jeffrey Sotto

Kathryn Fraser

Katie Lamarche

Kelsey Chiasson

Kristiana Grace

Kristina Pappas

Krysten Rutherford

Lanxi "Jo" Wang

Lee Thomas*

Maiah Munro

Makenzie Dunn

Maria McGrath

Matthew Moulton

Megan Patton

Meghan "Meg" Cahill

Nat Quathamer

Nicole "Nikki" Olguin

Rachel MacDonald

Sally Wolchyn-Raab

Sarah Beckwith-Byrne

Sarah Currie

Slaven Tizic*

Sydney Meagher

Sydney Patterson

Yaejin Kim

*retired in 2022.

"I am so proud of the determination our team has shown in moving forward with new initiatives to support more Nova Scotians. Despite the increases in demand for our services, we have found ways to create more capacity, which will ensure all individuals who come our way are supported."

SCOTT, OPERATIONS COORDINATOR



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!

ANA + ZAC
Ainsley Lloyd
Alexis Jones
Alison Zimmer
Alissa Pencer
Allan McDiarmid
Allyson Marsh
Amy MacFarlane
Andrea Lussing
Andrea Paul
Anna McDonald
Anne Marie Coolen
Breagh Christie
Breanna Peters
Breanne Hehir
Briana Hess
Brianna Comeau
Brianna Kean
Brogan Regier
Cara Pfeffer
Carolyn McDiarmid
Cassidy Bradley
Catherine Littler
Catrina Barnes
Cori Bradley
Craig Gorveatt

Darcie Nickerson
Dawn Miller
Elizabeth Carreiro
Elizabeth Hallett
Ellen Hughes
Emily Orr
Emily Stevens
Emma Sanders
Erin O'Flaherty
Gabrielle Smith
Geraldine Wells
Gina MacDougall
Hali Bauld
Hannah Baillie
Heather Reynolds
Jacquelynn Furzeland-Gentles
James Armour
Janet McCleave
Jay Hopey
Jeehan Javed
Jennifer Gauthier
Jennifer McCarthy
Jessica Inkpen
Jessie Harold
Jessie Johnston
Joanne Gusella

John Kuehn
Katherine Amber
Kathleen Naylor
Kathleen Thompson
Katie Amber
Katie H.
Katie Lamarche
Kaya McKergow
Kayla Murphy
Kelly Christie
Kelly Peckham
Lisa Burns
Lisa Yould
Lori Harrop
Lynnette Babin
M Adams
Mark Thibodeau
Maryse Pelletier-Hibbert
Mathew Moulton
Matthew Seccafien
Megan Ginter
Melanie Hayne
Melissa Corsini
Michele Kempf
Michelle Lemieux
Morgan Scott

Morgan Sears
Natalie Regier
Nicky Otto
Nora Richter
Olivia and Sarah Dobson
Peeranut Visetsuth
Rachel Crosbie
Regan Maloney
Renee Newell-Boucher
Robyn Starkey
Room 152
Rowena Nunn
Sandra Crowell
Sara Densmore
Sarah Polley
Sarah White
Shaleen Jones
Sonia Kumar
Tammy Puddester
Tammy Turple
Tara Grude
The Armview Resteraunt
The Practice
Tracy Curwin
Venus Envy
Victoria Taylor

WORDS FROM THE COMMUNITY

"Getting support has motivated me to be more creative and open to my one-on-one therapy."

"Eating Disorders Nova Scotia has played a very helpful part in my recovery."

"Thank you for the incredible work you do!"

"I love all the programs! :)"



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

Platinum Supporter

Nova Scotia Department of Health and Wellness

Gold Supporters

Mental Health Foundation of Nova Scotia
Community Foundations of Canada

Silver Supporters

Employment and Social Development Canada
Youth Dividend Fund
Innoweave
Healthcare Excellence Canada

Bronze Supporters

Community Health Boards
Nova Scotia Department of Labour and Advanced Education
Frayme

WORDS FROM THE COMMUNITY

"It's very helpful to have an outlet and a safe place to share on good days and bad. It's great to know you have somewhere to turn to and can share with people who understand."

"Being anonymous (no video) helped me be more vulnerable."

"Just knowing someone was there."

eating
disorders
Nova Scotia

Hope. Understanding. Encouragement.

Thank you for being
a part of the journey.

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