



2019 Annual Report

Driving action
across Canada

Why NIED?

Eating Disorders are serious but treatable mental illnesses that can affect anyone regardless of gender, age, racial and ethnic identity, sexual orientation or socio-economic background. While it is well documented that mental illnesses are a leading cause of premature death in Canada¹, it is less known that Eating Disorders have the highest overall mortality rate of any mental illness, with estimates between 10-15%.

Co-Founders' Message

Go Big or Go Home! NIED has lived these words since we were founded in 2012. Like each year since, 2019 was no different. Last year was a year of strategic transition for NIED and creating sustainable impact across Canada. We continued to implement each of our six key priorities in our three-year Strategic Plan, and we were especially gratified to complete one multi-year priority: the finalization of Canada's first strategy dedicated to Eating Disorders.

With the publication of the Canadian Eating Disorders Strategy in November 2019, NIED, along with the Canadian Eating Disorders Association – L'Association des troubles alimentaires du Canada (EDAC-ATAC), the Eating Disorders Foundation of Canada (EDFC) and the National Eating Disorder Information Centre (NEDIC), completed over 4 years of work aimed at galvanizing support from stakeholders from across Canada to highlight the current state of Eating Disorders care and support in Canada.

To support the implementation of some recommendations in the Strategy, NIED also undertook a renewal of our successful educational symposia. Our new educational programming, called NIED Education, focuses on creating and producing educational resources to help people, caregivers, professionals and providers learn communication and collaboration skills that are critical to supporting recovery from Eating Disorders and related mental illnesses. Our new education programs build on our eight years of producing over 75 high-quality, in-person and virtual educational initiatives.

Last year, NIED also continued to focus on producing evidence-informed educational events, such as our 7th annual Honouring the Journey (HTJ) event. As in previous years, HTJ involved a panel of caregivers sharing their experiences caring for a loved one during their journey of healing. NIED's symposia and our Honouring the Journey event created connections

between people, allowing many to interact with and learn from others who have had similar experiences living with or recovering from an Eating Disorder.

In 2019, our track-record empowering stakeholders was also enhanced through new social media campaigns and our decision to co-host with Body Brave, a Hamilton, Ontario based charitable organization, a first-of-its-kind virtual Eating Disorders conference at the beginning of Mental Illness Awareness Week. NIED believes strongly in producing educational experiences that are inclusive and evidence-based. Based on the reactions we received from conference attendees in Canada and internationally, Body Peace 2019 exceeded our expectations!

As we look forward to 2020 and subsequent years, NIED is focused on establishing a new skills-based education program – called NIED Education – which aims to teach stakeholders how to communicate and collaborate more effectively at different stages of recovery from an Eating Disorder or related mental illness. A first draft of NIED Education was developed at the end of 2019. As we roll out an updated version of our evaluation matrix and logic model, and engage with academics in 2020 to support us, we look forward to reporting on how our NIED Education program is making a meaningful difference in people's lives in the years ahead.



Wendy Preskow, Patti Perry and Lynne Koss
CO-FOUNDERS, NIED

Mission

NIED assists people cope with the effects of Eating Disorders by providing access to educational, informational and other recovery-oriented resources related to the prevention and treatment of Eating Disorders and related mental illnesses in Canada.

Board Chair's Message

On behalf of my fellow Directors on the NIED Board, I am pleased to report that 2019 was a pivotal year for NIED, as we take important steps to “assist people in coping with the effects of Eating Disorders by providing educational, informational and other resources relating to recovery, mental illness and Eating Disorders” (NIED mission).

NIED's members, stakeholders and volunteers have played an integral role in sharing openly their experiences with NIED. By sharing their lived experience journeys, they have inspired NIED to update its educational programming and revise our organizational mission, confirmed by members in September 2019 at our Annual Meeting. We are grateful for their contribution and for sharing our enthusiasm in revitalizing our approaches to designing high quality education aimed at people with Eating Disorders, their caregivers, professionals and providers.

By focusing on education and training — two pillars in the Canadian Eating Disorders Strategy — NIED is confident that, over time, we will have meaningfully and measurably contributed to improving how Eating Disorders support and care are planned for and delivered.

Moreover, NIED will be establishing partnerships with external academics to further support the evaluation of our educational programming. These partnerships will also help us evaluate the effectiveness of communication and collaboration resources and tools we develop, to make sure they are making a difference in how people experience care and smoothing transitions between different settings and levels of care. In a few years, we will also want to determine how important different communications and collaboration skills are to improving well-being and supporting recovery from Eating Disorders.

Finally, following the NIED's Board's adoption, in late 2018, of an updated and streamlined organizational mission for our organization, the Board of Directors modernized its governance, by reviewing and adopting 11 new Board policies, and related guidelines. Inspired by Imagine Canada's better practices for not-for-profit and charitable organization governance, NIED renewed its commitment to volunteer management, financial oversight and transparent communications with stakeholders. NIED also modernized its approaches to developing partnerships, addressing complaints, managing conflicts and protecting personal information.

In 2020, with strong oversight, fabulous volunteers and a key focus to create life-changing educational programs for people involved in supporting and caring for people with Eating Disorders, NIED is well-placed to further our educational mission.



Mark Ferdinand
NIED CHAIRMAN

“The work that you [...] and other members of your team are doing at NIED is so important for a field like eating disorders, in which there is still such a lack of resources and understanding.”

- CANADIAN UNIVERSITY PROFESSOR

Purpose

NIED uses research, evidence and insights from people with lived experience and professionals to design high quality educational resources aimed at supporting improvements in well-being and recovery from Eating Disorders.

Strategic Plan Highlights (2019 to 2021)



SUPPORTING PEOPLE

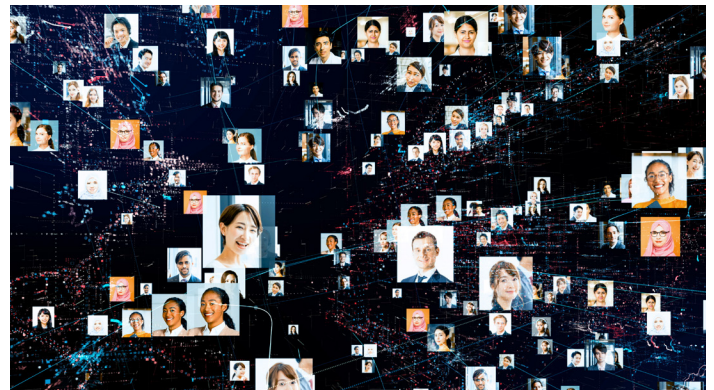
To help us drive further change in our programming in a meaningful and aligned manner, NIED established a Caregivers and People with Lived Experience Advisory Committee, who report to the NIED Board. Consistent with NIED's new Educational Program Design Principles, also adopted last year, NIED is working even closer with people with lived experience to ensure our new educational programs meet and hopefully exceed the unmet learning needs of stakeholders.



IMPROVING ACCESS...DIGITALLY

Building on our success developing and delivering close to 70 educational symposia since 2012, NIED made a strategic investment of \$15,000 in 2019 to help co-develop Canada's first e-learning platform

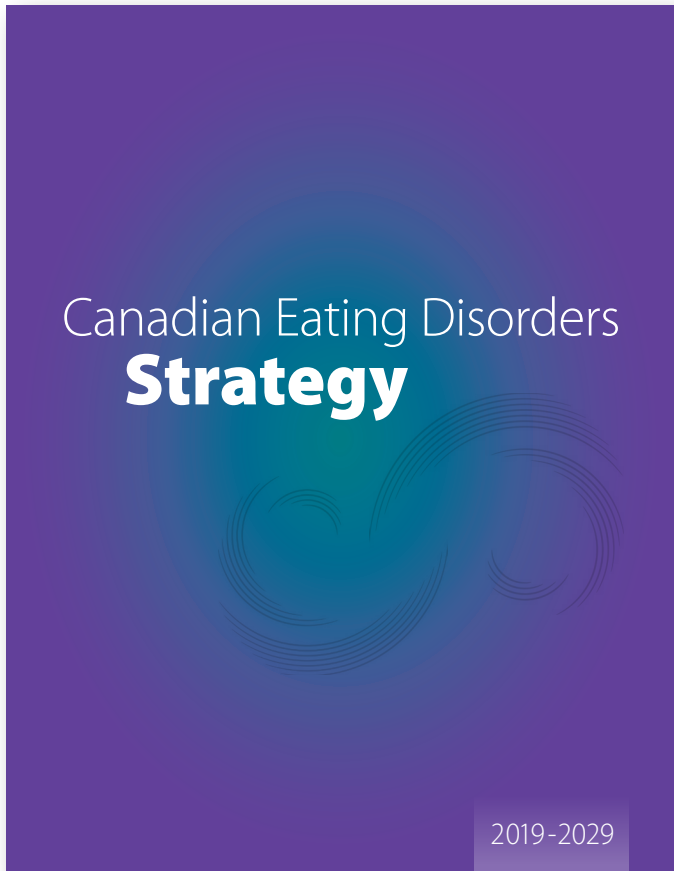
dedicated to high-quality Eating Disorders educational resources. Scheduled to launch in Q4 2020, NIED is proud to have contributed significantly to the e-learning initiative being led by Body Brave, a national charity helping people recover from disordered eating and eating disorders by providing the best in community treatment as well as breaking down systemic barriers to recovery.



ORGANIZATIONAL EXCELLENCE

After eight years and over 10,000 conversations with people looking for help, support and guidance related to addressing an Eating Disorder or related illness, NIED has updated its governance, developed a three-year strategic plan, co-developed a 10-year Eating Disorders Strategy for Canada and co-invested in developing an online digital learning platform that will offer life- and practice-changing educational courses and resources aimed at improving Eating Disorders outcomes in Canada. In 2019, NIED adopted a new evaluation and logic model to help measure the implementation of our mission over the next 10 years. Coupled with our new risk management framework (to be implemented in 2020), NIED will also enhance stakeholder engagement through multiple communications channels and increase partnerships to support the fulfillment of our strategic plan priorities and our educational mission.

Canadian Eating Disorders Strategy



A BLUEPRINT FOR IMPROVING OUTCOMES

With the publication of the Canadian Eating Disorders Strategy in November 2019, NIED, along with the Canadian Eating Disorders Association – L'Association des troubles alimentaires du Canada (EDAC-ATAC), the Eating Disorders Foundation of Canada (EDFC) and the National Eating Disorder Information Centre (NEDIC), completed over four years of work aimed at galvanizing support from stakeholders from across Canada to highlight the current state of Eating Disorders care and support in Canada.

The Strategy serves as both a blueprint for change and response to what we and our partners heard from stakeholders in 2016, when we asked some 500 organizations and individuals what gaps existed in Eating Disorders care and supports in Canada. The Strategy also represents our commitment to the caregivers we surveyed in 2017 and 2018 that NIED would start to identify concrete actions, based on caregivers' successes and challenges, to systematically and sustainably improve health and social outcomes for people directly affected by Eating Disorders in Canada across six pillars of action: Prevention, Public Education and Awareness, Treatment, Caregiver Support, Training and Research.

As announced at the launch of the Strategy in November 2019, NIED's priority actions will build on its strengths and track-record in education.

...serves as both a blueprint for change and response to what we and our partners heard from stakeholders...

NIED EDUCATION

PROGRAMS

DRIVING ACTION THROUGH EDUCATION

In late 2019, NIED developed NIED Education, a series of four educational programs that will focus specifically on improving the communications and collaboration skills of all team members involved in helping improve well-being and supporting recovery from Eating Disorders.

Communication helps people overcome important communication barriers that negatively impact helpseeking, support or care, or prevent the establishment and maintenance of a good relationship between care team members throughout the recovery process.

Collaboration teaches all shared-care members how to involve family members and caregivers in:

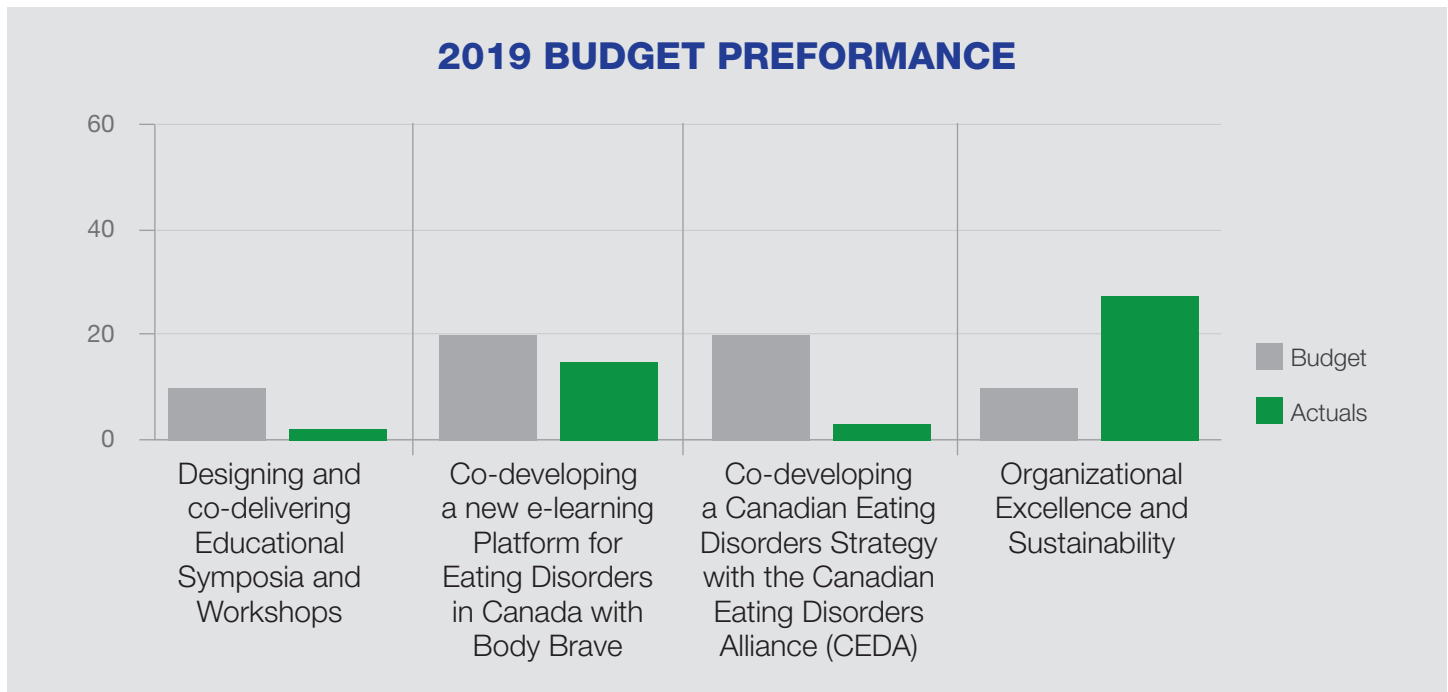
- care planning;
- transitions between levels of care; and
- transitions between child and adult systems of care.

Connections teaches stakeholders:

- how to navigate health care, social services and community care; and
- what to do and how to cope while waiting for referral to a specialist or appropriate, high quality care.

Quality – coming in 2021-2022. Based on new ED Quality Standards for Care and Support for Canada, this program teaches stakeholders how to design better Eating Disorders programs and services.

Budget Performance



FINANCIAL OVERVIEW

NIED started 2019 with our largest operating budget, notably due to a 77% percent increase in donations in the previous fiscal year. With these increased resources, NIED made a strategic donation of \$15,000 to Body Brave to help develop an online e-learning and community engagement platform dedicated to Eating Disorders education in Canada.

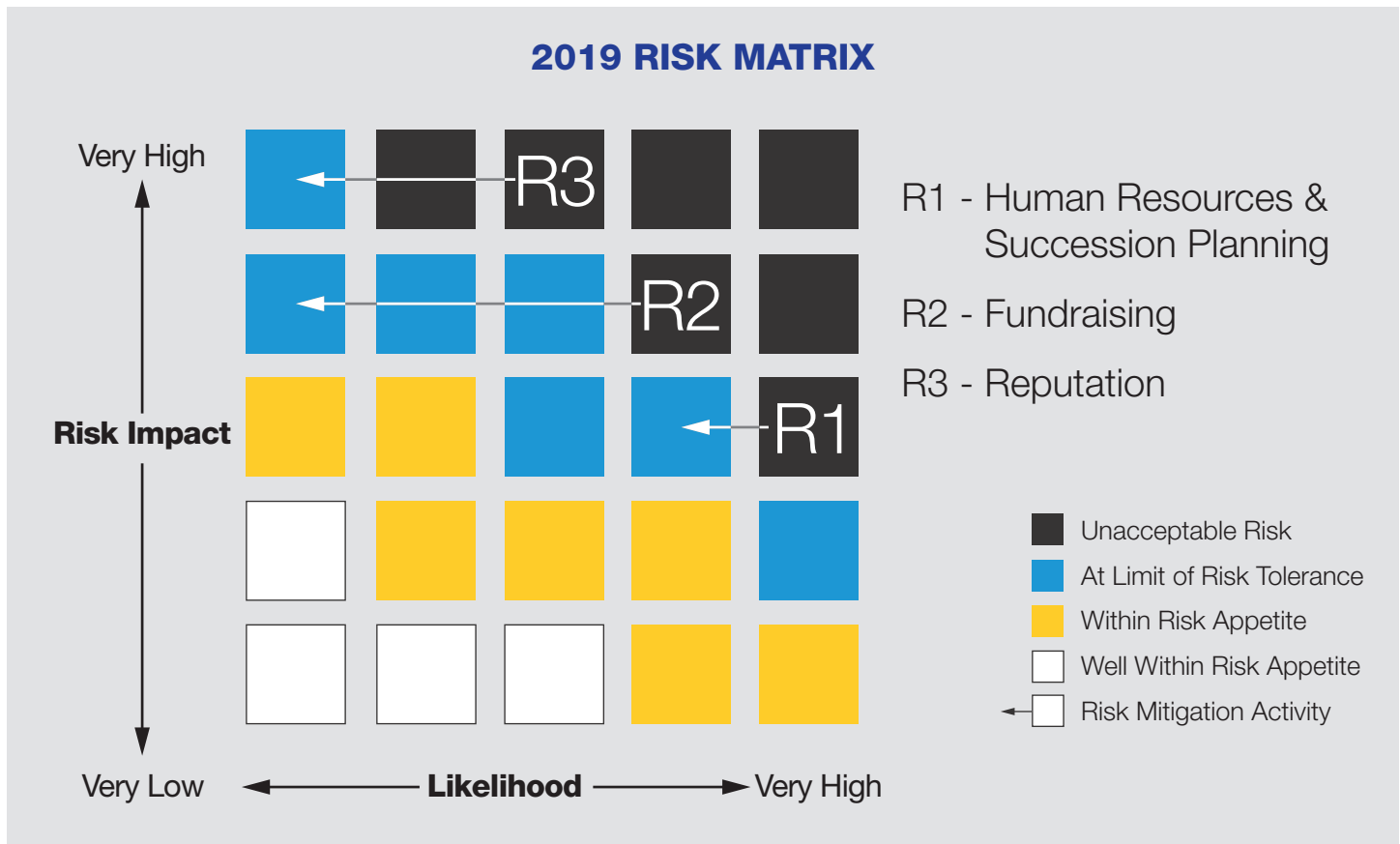
NIED’s overall budget for the 2019 was \$60,000. In addition to the strategic investment noted above, this budget supported expenditures related to our strategic plan key priorities (i.e. educational activities, finalizing the Canadian Eating Disorders Strategy, communications and fundraising). Approximately \$9,250 were recovered from partners involved in co-developing the Strategy. In Q4 2019, NIED spent \$7,500 to begin fundraising planning for its new educational programming.

Given an important shift in programming toward the end of 2019, NIED’s future financial reports will look different from the current report. Future reports will outline NIED’s performance on fundraising as well as program expenditures related to our four flagship NIED Education programs: Communications, Collaboration, Connections and Quality.

“It makes me ridiculously happy to know that there are organizations out there run by amazing people committed to making ED a priority and not just a topic of conversation but creating actual action”

- UNIVERSITY STUDENT

Key Risks



In 2020, NIED will adopt risk mitigation strategies for each key risk identified in its new risk matrix.

Human Resources, succession planning, and fundraising are key risks for NIED, which, if not addressed in 2020, will seriously impact NIED's ability to deliver on its updated educational programming. It would also represent a missed opportunity to leverage the strategic investment of \$15,000 NIED made in 2019 on the co-development of an online Eating Disorders e-learning platform. Finally, failure to implement new mitigation strategies will result in serious impacts on NIED's reputation in Canada, and likely, in other parts of the world.

“I am a doctor...and I have been struggling with [ED] for 6 years...the reason I am reaching out to you is because here in my country [...] we don't really have a center for treating Eating Disorders and I want to build one...”

- PROFESSIONAL AND PERSON WITH LIVED EXPERIENCE

First Symposium 2012

Do you think/know you have an Eating Disorder?
Do you have a family member/friend that needs help?
Are you finding it difficult to cope?
Are you frustrated with all the roadblocks?
What do you feel is missing from the health system?

Topic: Development and Management of Chronic Eating Disorders by
Loved Ones and Family Members
A Word about Compulsory (Involuntary) Treatment
Speaker: Patti Perry RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist
Location: Spring Garden Church, East Lounge,
112 Spring Garden Avenue, Toronto
Date: Monday May 7, 2012
Time: 7:00 pm Coffee — 7:30 pm — 9:30 pm Symposium

Our panel of experts will also include parents who will
describe their experiences with their loved ones, a recovered
ED patient and a nutritionist.

To find out more about NIED, become
involved and/or make a donation, please
contact us at:
NIED
www.nied.ca
647 347 2393
Twitter: @niedcanada.ca
Facebook: www.facebook.com/niedcanada

Please share this with anyone
who you know would benefit
from this forum.



Honouring the Journey

National Initiative for Eating Disorders
invites you to an evening of Tribute,
Hope, Celebration and Inspiration

Adath Israel Synagogue
Thursday February 28, 2013 at 7:30 pm

Guest Speaker
Personal Recovery Stories
Light Up the Night
Pastor Gene Templemyer
Rabbi David Seed

This FREE event includes a special guest and refreshments.
RSVP required.

647.347.2393 wendy@nied.ca

www.nied.ca

Wednesday, October 23, 2013

Awareness ~ Understanding ~ Action

Special Guest Speaker:

Carly Crawford, Find Your Voice Counselling
Panel of Guests

Topic:

Our view of ourselves: from hate to love.
Eating Disorders, Self Esteem, Body Image & Self Love
Open Q & A

Location: Iroquois Ridge High School, IRHS Theatre
1123 Glenaston Drive
Oakville, ON
L6H 5M1

Time: Refreshments 6.30pm Start: 7:00pm

All Welcome Free Event No Registration Required

www.nied.ca info@nied.ca 647 347 2393
www.facebook.com/niedcanada @niedcanada

Honouring the Journey
We invite you to an evening of
Hope, Tribute, Inspiration and Celebration



Sunday, February 23, 2014

Doors Open: 7:00pm
Event Starts: 7:30pm
Location: Adath Israel Synagogue
37 Southbourne Ave.
Toronto, Ontario
M3H 1A4
Free parking

This FREE event includes a special gift and
refreshments

RSVP: Wendy@nied.ca
or call 416-859-7571
www.nied.ca

Guest speaker:

Dr. Blake Woodside,
Director, Inpatient Eating Disorders
Program, Toronto General Hospital,
& Professor in the University of
Toronto's Department of Psychiatry.

Sharing personal stories:

Carly Crawford,
Psychotherapist, ED survivor &
NIED steering committee member

John Vandenburg,
Parent of a teenage ED sufferer

76 Educational Symposia in 8 years

NIED's 31st Symposium Welcomes:

Jennifer Schramm, Life Coach, Registered Professional Counsellor &
Equine Facilitated Therapist.

Jennifer has been coaching and counselling for almost 10 years and
has specialized in helping people make peace with themselves. She
has healed herself from an eating disorder, binge drinking and
drugging, depression, anxiety, very low self-esteem, toxic
relationships, perfectionism.

www.jenniferschramm.com



Please join us to hear more
about Jennifer and engage in an
interactive evening of hope an
healing.

First come first serve seating and free
parking is available.

NIED representatives will be available to
do a short presentation on NIED and
make themselves available for any
individual questions regarding Eating
Disorders and support before the event
starts between 6:30 and 7pm.

ALL WELCOME FREE EVENT NO REGISTRATION NEEDED WWW.NIED.CA

When: April 10th, 2014
Where: The Lions Club, 471
Pearl Street, Burlington

L7R 2N4
Time: Doors open 6:30pm
Event begins: 7pm - 8:30pm

info@nied.ca
www.nied.ca

OUR 64TH FREE
EATING DISORDER
SYMPOSIUM

Eating Disorders in Underrepresented Groups

SPEAKERS:



James Donaldson



Michelle Hawrylyshyn



Andrea Northcote



Michael Van Aragon



Jay Walker

When: **Monday, December 3, 2018**

Doors Open: 7:00 pm
Event: 7:30 pm - 9:30 pm

Where: **Spring Garden Church**

112 Spring Garden Avenue, Toronto, Ontario M2N 3G3
416-223-4593
(Free parking off Kenneth Avenue, behind Church)

For information and to RSVP, email wendy@nied.ca

ALL WELCOME - FREE EVENT - WWW.NIED.CA



SPECIAL HOLIDAY
SUPPORT GROUP

Need support through the Holidays around food and family?

Join us to learn *strategies* on how to cope
through the Holidays.

Guest Presenters:
Stephanie Griver MSW, RSW
Michal Goldreich OT

Free Event. But please
bring a non-perishable item
for the Food Bank.

When: **Monday, December 14, 2015**

7:00 pm - Refreshments
7:30 pm - Start

Where: **Spring Garden Church**

112 Spring Garden Avenue, Toronto, Ontario M2N 3G3
416-223-4593
(Free parking off Kenneth Avenue, behind Church)

For more information, email Wendy Preskow at wendy@nied.ca

ALL WELCOME - FREE EVENT - NO REGISTRATION NEEDED - WWW.NIED.CA

FREE
EATING DISORDER
EVENT

5th Honouring The Journey

An event of Hope, Tribute, Inspiration and Celebration

Circle of Understanding: You Are Not Alone



Special Guest Speaker

Shai DeLuca-Tamasi

Cityline Television Expert and
Design Personality.
Sharing his words of
encouragement, wisdom
and recovery.

This event will include a variety of experts who will
discuss and share how Eating Disorders impact those
diagnosed, along with those around them. It will provide
insight to parents, professionals and those struggling
to find hope, as to what this illness is really like.

Moderated by

Carly Crawford Registered Psychotherapist

SUNDAY, FEBRUARY 12, 2017

Doors Open: **1:30pm**

Event: **2:00pm - 4:00pm**

Location: **Adath Israel Synagogue**
37 Southbourne Ave.
Toronto, Ontario M3H 1A4

Free parking

Please RSVP a.s.a.p. to ensure seating for all guests.

ALL WELCOME - RSVP wendy@nied.ca or call 416 859 7571 - WWW.NIED.CA

NIED Educational Symposia (2012 to 2019)

Since 2012, NIED has worked with people with lived experience, professionals, as well as local and national organizations to produce over 70 free evidence-based and evidence-informed educational symposia about Eating Disorders care, support and recovery. Most symposia addressed topics from those who completed our evaluations.

2012

May 7

Development & Management of Chronic Eating Disorders by Loved Ones & Family Members. A word about Compulsory (Involuntary) Treatment

Speaker: Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

June 11

Significant Personal Healing Experiences

July 16

Families as an Integral Part of the Treatment Team

Speakers: Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; and Parents

August 13

Stresses, Strains & Developing Resilience

Speakers: Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; and Parents

September 24

Support for Eating Disorders: Options & Gaps

Speakers: Carly Crawford, Private Counsellor, Find Your Voice Counselling & NIED Steering Committee Representative; and Five Different Women with Five Different Experiences

October 22

The Genetic Component of Eating Disorders & Advances in Treating the Disease

Speaker: Dr. Blake Woodside, Director, Eating Disorders Program, Toronto General Hospital

November 12

Brain Stimulation: A New Kind of Treatment for Mood, Anxiety & Eating Disorders

Speaker: Dr. Jonathan Downar, Clinician-Researcher, Neuropsychiatry Clinic, Toronto Western Hospital

December 10

Unravelling Binge Eating Disorder: The Impact of Physiology & Psychology on BED

Speaker: Lauren Jawno, Author & Registered Holistic Nutritionist

2013

January 15

Perfectionism & Eating Disorders

Speakers: Dr. Heather Wheeler, Ph.D Clinical Psychologist Parents' Stories & Experiences

January 28

Eating Disorders in Youth: Warning Signs, Prevention & Treatment

Speaker-Panel: Carly Crawford, Private Counsellor, Find Your Voice Counselling & NIED Steering Committee Representative; and Natalie John-Carson, MSW, Pediatric Eating Disorders Program, McMaster Children's Hospital

January 31

Signs, Symptoms, Prevention & Treatment of Eating Disorders; Eating Disorder Parent Information Night

Speaker: Dr. Heather Wheeler, Ph.D, Clinical Psychologist

February 11

Family Based Therapy (FBT) & its Role in Treating Eating Disorders

Speaker: Dr. Blake Woodside, Director, Eating Disorders Program, Toronto General Hospital

February 19

Additional Therapies in Treating Eating Disorders

Speakers: Patricia Ki, Art Therapist; Michele Mihalik, Equine Therapist; and Hazel Newton, Drum Therapist

February 28

Honouring the Journey

Speakers: Dr. Traci McFarlane, Psychologist, Eating Disorders Program, Toronto General Hospital; Carly Crawford, Private Counsellor, Find Your Voice Counselling; Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; and Guests' Personal Recovery Stories

March 18

Family Based Treatment for Adolescent Eating Disorders

Speakers: Dr. Sandra Doyle-Lisek, Psychologist; and Cynthia Shea

April 9

Addressing Eating Disorders in Schools

Presentation to the Mental Health Committee, Toronto District School Board (TDSB), Toronto, Canada

April 11

Eating Disorders Demystified

Speaker: Lauren Jawno, Author, Speaker, Nutritionist & ED Survivor

April 25

Eating Disorders Demystified: Warning Signs & Prevention

Speakers: Lauren Jawno, Author, Speaker, Nutritionist, ED Survivor; F.E.A.S.T. Parent Representative; and Hopewell Representative

May 13

Book Launch: Eating Myself Crazy

Speaker: Treena Wynes, Counsellor, Saskatchewan

2013 cont/...

May 29

Beyond the Vision: Are You Ready to begin Your Life's Journey?

Laurel Crossley, BA, Life Coach

June 10

Emotion-Focused Family Therapy: Training Carers to have a Significant Role in their Loved One's Recovery from an Eating Disorder. A Lifespan Model Integrating Behavioural, Emotional, Motivational, Family & the New Maudsley Approaches

Speaker: Dr. Joanne Dolhanty, Ph.D., CPsych

July 8

How DBT is Transforming Care, Generating Hope & Helping Clients with Eating Disorders build a Life worth Living

*Speaker: Dr. Anita Federici, Ph.D., C.Psych, Director DBT Program, Waterstone Clinic **CANCELLED DUE TO WEATHER***

July 24

Eating Disorders Demystified

Speakers: Lauren Jawno, Author, Holistic Nutritionist, ED Survivor; and Patrick Brown, M.P.

August 12

Open Forum Q&A

Speaker-Panel: Therapist, Parent, Nutritionist

September 9

Perfectionism & Eating Disorders

Speaker: Dr. Heather Wheeler, Ph.D., Clinical Psychologist

October 16

Eating Disorders Demystified

Panel: Dr. Heather Wheeler, Ph.D., Clinical Psychologist; Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; Lauren Jawno, Author, Holistic Nutritionist, & ED Survivor; Wendy Preskow, Parent

October 23

Our View of Ourselves: From Hate to Love. Eating Disorders, Self Esteem, Body Image & Self Love

Speakers: Carly Crawford, Find Your Voice Counselling; and Guests sharing Personal Stories

November 18

How DBT is Transforming Care, Generating Hope & Helping Clients with Eating Disorders Building a Life Worth Living

Speaker: Dr. Anita Federici, Ph.D., C.Psych, Director DBT Program, Waterstone Clinic

December 9

Open Forum Q&A

Speaker-Panel of Experts: Therapist, Parent, Nutritionist

2014

January 13

Concurrent Eating Disorders, Alcohol & Other Substance Abuse

Speaker: Dr. Christine Courbasson, Psychologist

January 15

Treating Perfectionism in the context of Eating Disorders

Invited talk at Clinical Rounds, Eating Disorder Program, Toronto General Hospital

January 30

Eating at Camp: Preventing, Noticing, Intervening

Workshop presented at the Ontario Camps Association

February 23

Honouring the Journey

Speakers: Dr. Blake Woodside, Director, Inpatient Eating Disorders Program, Toronto General Hospital & Toronto's Department of Psychiatry; Carly Crawford, Psychotherapist, ED survivor & NIED steering committee; and John Vandenburg, Caregiver

April 7

Binge Eating Disorder

Speakers: Dr. Allan Kaplan, Senior Clinician-Scientist, CAMH Access & Transitions Program; and Laura Kaplan, Registered Dietician

April 10

Equine Therapy

Speaker: Jennifer Schramm, Life Coach, Registered Professional Counsellor & Equine Facilitated Therapist

May 28

What Happens in the Community: Surviving & Thriving before & after Intensive Eating Disorder Treatment

Speakers: Dr. Leora Pinhas; Ali Henderson MSW; Dr. Heather Wheeler, Ph.D., Clinical Psychologist; and Guests sharing Personal Stories

June 17

Perfectionism & Living without an Eating Disorder

Speaker-Panel: Dr. Heather Wheeler, Ph.D., Clinical Psychologist; and Guests sharing Personal Stories

July 14

Eating Disorders Open Forum

Speakers: Expert Panel

August 11

Spirituality Deflects the Bullet: How Spirituality can play a Role in the Recovery, Management & Treatment of Eating Disorders

Speakers: Guest Panellists

September 15

Renourishment to Recovery: Parents' Perspectives

Speaker: F.E.A.S.T. (Families Empowered & Supporting Treatment of Eating Disorders)

October 16

Male Body Image & Body Dissatisfaction: The Fitness Industry's Role & Experiences with Exercise

Speakers: Jay Walker, Certified Personal Trainer & an Eating Disorder Survivor; and Guests sharing Personal Stories

November 10

Emotion Regulation, Self-Harm, Substance Abuse, & Disordered Eating

Speakers: Dr. Heather Wheeler, Clinical Psychologist; and Dr. Michele Davis, Clinical Psychologist

December 8

Coping with the Holidays: How Families & Friends can Help Support Someone with an Eating Disorder and/or in Treatment during the Holidays

Speakers from Adult Eating Disorder Program, Toronto General Hospital: Michal Basch, OT; Gina Dimitropoulos, Ph.D, MSW; and Lisa Hoffman, MSW, RSW, RD

2015

January 12

Letting Bodies Be: Eating Disorder Recovery & the Body Beautiful

Speakers: Andrea LaMarre, MSc & PhD Student; and Dr. Carla Rice, Body Image Consultant, Speaker, Author, Canada Research Chair in Care, Gender & Relationships at the University of Guelph

February 2

Resources, Services & Support available in Ontario

Speakers: Connex Ontario, NEDIC, Sheena's Place, MEDACTT

February 22

Honouring the Journey

Speakers: Dr. Gail McVey, C.Psych, Senior Associate Scientist, Community Health Systems Resource Group, The Hospital for Sick Children, Toronto & Director, Ontario Community Outreach Program for Eating Disorders (OCO-PED); Andrea LaMarre, M.Sc. (Special digital stories presentation); and Sam B. Halevy/Bassam (Spoken Word)

February 24

Body, Mind, and Future

Dr. Heather Wheeler, Clinical Psychologist, Invited keynote speaker for Mental Health Day Conference, Halton Region School Board, Burlington, Canada

April 13

The Genetics of Eating Disorders: Current Research & Common Myths

Speaker: Tetyana Pekar, MSc

May 11

Family Based Treatment for Young Adults

Speakers: Gina Dimitropoulos, Ph.D.; Victoria Freeman, MSW, RSW; and Family's personal lived experience of hope and recovery

June 8

Eating Disorders Demystified: Signs, Prevention & Treatment

Speakers: Dr. Heather Wheeler, Clinical Psychologist; and Guests sharing personal stories of lived experiences of hope and recovery

July 13

Stigmas towards Individuals with Eating Disorders & Their Families

Speakers: Gina Dimitropoulos, Ph.D.; Victoria Freeman, MSW, RSW

August 10

The Role of Support in Helping Loved Ones Conquer Eating Disorders

Speakers: Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist; Stephanie Griver, BSW, MSW, RSW, Support Group Facilitator, NIED

October 5

Desperate to Recover & Terrified to Change: Understanding Ambivalence in Eating Disorder Recovery

Speaker: Courtney M. Watson, MSW, RSW

November 16

Recent Brain & Treatment Research on Eating Disorders

Speaker: Allan S Kaplan MSc MD FRCP(C)

December 14

Need Support through the Holidays around Food & Family? Join us to learn strategies on how cope through the Holidays

Speakers: Stephanie Griver, BSW, MSW, RSW, Support Group Facilitator, NIED; Michal Goldreich, OT

2016

February 28

Honouring the Journey: One Size fits all: A look at recovery beyond diagnosis

Speakers: Dr. Heather Wheeler, Clinical Psychologist, Carly Crawford, Psychotherapist; and Guests sharing Personal Stories

March 28

Family Involvement & the Challenges of Transition to Adult Care for Eating Disorders

Speakers: Dr. Jennifer Couturier, Child and Adolescent Psychiatrist Medical co-director, Paediatric Eating Disorders Program, McMaster Children's Hospital; Associate Professor, Departments of Psychiatry & Behavioural Neurosciences, Paediatrics, and Clinical Epidemiology & Biostatistics, McMaster University; and Guests sharing Personal Stories

April 25

Interpersonal Psychotherapy (IPT) for Binge Eating Disorder (BED) & Bulimia

Speaker: Cindy Goodman Stulberg, Psychologist, Director, Institute for Interpersonal Psychotherapy

May 18

Introducing "Alice": Ways to stop Binge Eating

Speaker: Deborah Berlin-Romalis, BSW, MSW, RSW, Executive Director of Sheena's Place. Adjunct Lecturer, Factor-Inwentash Faculty of Social Work, University of Toronto

July 11

"Aha" Moments: Turning Points in your Recovery Journey

Speaker: Panel discussion with people sharing their lived experiences. Facilitated by Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

October 14

Mindfulness, Eating, and Bodies

Speaker: Dr. Heather Wheeler, Clinical Psychologist University of Toronto, Scarborough Workshop presented at the 3rd Annual Mindfulness Summit

November 1

Co-design: What would Treatment look like if we asked patients what they needed to recover

Speaker: Dr. Leora Pinhas

November 22

The Female Athlete Triad: Navigating Athletics in Eating Disorder Recovery

Speakers: Carly Crawford, Registered Psychotherapist; Tessa Finelli, Personal Trainer, Fitness Instructor & Team Coach

2017

February 12

5th Honouring the Journey: Circle of Understanding: You are not Alone

Speaker: Shai DeLuca-Tamasi
Moderated by Carly Crawford, Registered Psychotherapist

June 5

It Takes a Village: A Team Approach to Recovery

Speakers: Jennifer Couturier, Geetha Rao, Sara Wolfe, Stephanie Griver
Panel discussion moderated by Carly Crawford, Registered Psychotherapist

September 11

Missed Connections: The Role of Faulty Wiring in Anorexia

Speaker: Amy Miles, MA, PhD Candidate

November 22

Real Talk: Eating Disorders Demystified

Panel discussion moderated by Carly Crawford, Registered Psychotherapist
Speakers: Sara Wolfe, Andrea LaMarre, Alexandra Franceshini

April 20

Ways to Stop Binge Eating: Introducing "Alice"

Speaker: Deborah Berlin-Romalis

2018

February 11

6th Honouring the Journey: It Takes a Village

Panel discussion with people sharing their lived experiences;
Guest Speaker: Shai DeLuca-Tamasi
Moderated by Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

June 11

Optimizing Bone Health in Children & Adolescents with Eating Disorders

Speaker: Debra K. Katzman, MD, FRCPC

October 22

Diverse Cultural Expressions of Eating Disorders

Speakers: Panel discussion with people sharing their lived experiences.
Moderated by Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

December 3

Eating Disorders in Underrepresented Groups

Speakers: James Donaldson, Michelle Hawrylyshyn, Andrea Northcote, Michael Van Arragon, Jay Walker

August 13

Eating Disorders in Adults 40+

Speakers: Leslie McCallum, B.Comm, MSW, RSW, Ph.D Candidate; Individuals in midlife share lived experiences insights on other Eating Disorders

2019

February 11

Current Transformative Innovations in Eating Disorders & Body Positivity

Speakers: Jill Andrew, Suzanne Philips, Sonia Seguin & Helen Vlachoyannacos
Facilitated by: Marie Tomeoki, NIED Education Committee

April 7

7th Honouring the Journey: Care for the Caregiver

Speakers: Panel discussion with parents
Moderated by Patti Perry, RN, MSN, Clinical Nurse Specialist, Nurse Psychotherapist

July 22

66th Town Hall on Eating Disorders panel

At its September 12, 2019 meeting, NIED's Board of Directors unanimously appointed one of its co-founders, Patti Perry, RN, MSN, Nurse Psychotherapist, as a Lifetime Officer of NIED

“in recognition of her unparalleled and steadfast contributions to the educational mission of NIED, NIED's educational symposia and Honouring the Journey, and her positive contributions to the lives of people affected by Eating Disorders across Canada and around the world.”

Patti, huge thanks to you and so many volunteers for producing and delivering high-quality educational opportunities to help others learn and share in safety and with love.

- NIED BOARD OF DIRECTORS

Board of Directors

NIED's Board of Directors is committed to making decisions based on the best interests of the organization as a whole, in keeping with its mission, strategic plan goals and objectives. It does so by applying due care in the exercise of its responsibilities outlined in all applicable laws, its bylaws and its corporate policies.



Wendy Preskow ECE
CO-FOUNDER & PRESIDENT



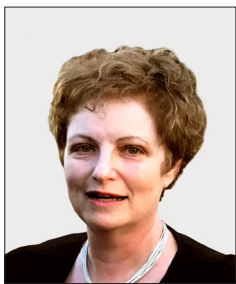
Lynne Koss
CO-FOUNDER & VICE-PRESIDENT



Patti Perry RN, MSN
CO-FOUNDER & DIRECTOR



Mark Ferdinand BA, LLB
CHAIRMAN



Marlene Sachs MSW, BSW, RSW
SECRETARY & DIRECTOR



Dr. Blake Woodside MD, FRPC
DIRECTOR



Diane Sokolyk BA, BCL, LLB
DIRECTOR



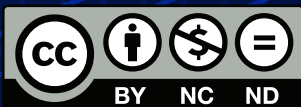
Lorne Bernstein MBA
DIRECTOR



Steven Fenster CPA
TREASURER



Arielle Mayer MPP
DIRECTOR



Copyright © NIED, 2020. This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-nd/4.0/>.



AWARENESS. UNDERSTANDING. ACTION

nied.ca