



The Way Ahead

Presented by: Elyse Trudell
& Krisztina Takacs



Elyse Trudell, OT Reg. (Ont.)



- Masters of Occupational Therapy from McMaster University
- Bachelor of Medical Sciences from Western University
- Teach “Navigating the MH System” to McMaster OTs
- Personal Experience with GAD, OCD, medication, therapy

- Mental Health Commission of Canada Youth Council member 2017 - 2022
- Former Program Manager for Homewood Health Centre ED Program
- Eating Disorders Coordinator with Hamilton Family Health Team
- Group Facilitator with Body Brave



Ways to Get Involved

- [Youth Council](#) recruitment – Apply!
- [Youth Wellness Hubs](#) - work, volunteer
- Host a [Headstrong](#) summit
- Review the [Post-Secondary](#) or [workplace](#) mental health standards
- Attend a [MH First Aid](#) or [Spark](#) training

- Apply for a job
- Create a position (ED coordinator)
- Have a student placement
- Ask to shadow someone
- Volunteer (i.e., meal support)



Krisztina Takacs, BSW, RSW



- Bachelors of Social Work from McMaster University
- Certificate in Concurrent Disorders from Mohawk College
- Started at Body Brave in 2021 as a placement student
- Helped initiate the Recovery Support Program with the team as a student!
- Currently the Online Programming Coordinator at Body Brave
- Supervised over 40+ students from various Mohawk programs: SSW, Concurrent Disorders, & Mental Health and Disabilities Management



About Body Brave

VISION

Recovery from eating disorders for Every Body.

MISSION

As a leader driving change, Body Brave is a charity providing accessible eating disorder treatment and support, as well as advancing community training and education.

Learn more at bodybrave.ca





We love our students!

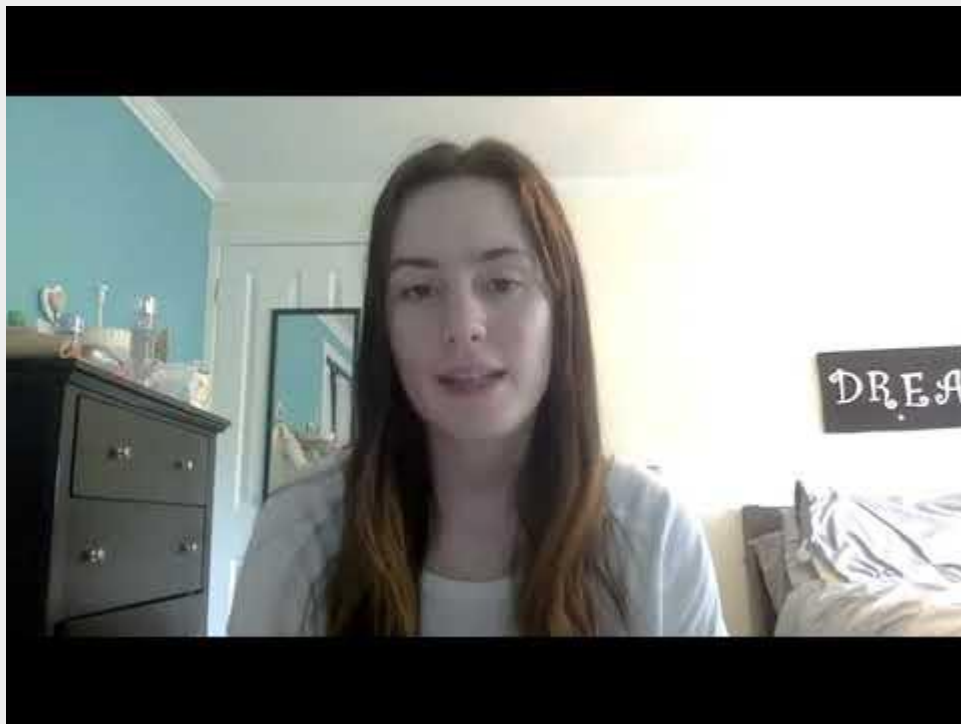
How to Get Involved at Body Brave

School Placements

- University students can [apply](#) on our website
- For volunteer & student placement inquiries, please contact info@bodybrave.ca or krisztina@bodybrave.ca
- Opportunity for student-led projects



Meet our Placement Students



Other Ways to Get Involved

- **Training and Education**
 - Body Brave provides professional trainings and certificates!
 - Training and Education lead, Erin Huston: erin@bodybrave.ca
- Be a **panelist** at one of our Support Sessions
 - Erin Huston: erin@bodybrave.ca
- **Research**
 - Assistant Professor, Cynthia Lokker: lokker@mcmaster.ca
- **Donate**
 - <https://www.bodybrave.ca/donate>
- **Fundraising** on Facebook! Get involved and give back!

Contact Us

- **Student inquiries**, email krisztina@bodybrava.ca
- **Training and education**: erin@bodybrave.ca
- **Research**: lokker@mcmaster.ca
- **Other inquiries**: info@bodybrave.ca
- **Website**: bodybrave.ca/
 - Sign up for our newsletter to stay updated on things we do
- **Social Media**: [@bodybravecanada](https://www.instagram.com/bodybravecanada)

Overall Recommendations



Start somewhere

Anywhere!



Get involved wherever you are, consider:

1. What gets you excited
2. What skills and knowledge do you have to offer



Lived experiences is valuable experience