

Eating Disorder Foundation of Newfoundland and Labrador



Community Report 2021

Message from the Chair



A warm and hopeful greeting for 2022. It's been a year to remember, we need to thank and congratulate all these responsible for their good work under very difficult COVID-19 circumstances. The Foundation has managed to continue its many family support programs despite an unprecedented increase in eating disorders. Our inpatient and outpatient programs have been doing their very best to support our eating disorder families and like most other healthcare programs have demonstrated their undying commitment and caring for those of us who are experiencing the uncertainty and increasing number of COVID cases in our province.

Despite the best efforts of our eating disorder community of supporters and caregivers, recent research indicates that eating disorder rates have more than doubled in the past seven years across Canada. From 2012 to 2019 the rate of eating disorders has gone from 3% of the Canadian population to 7.8% or 1.7 million families experiencing some level of an eating disorder. Unfortunately, in my view this significant increase has mostly gone unnoticed by our collective healthcare leadership. Eating disorders are now common and potentially life threatening. A large majority of these individuals are female adolescents and emerging adults, with most first-time cases occurring before the age of 25.

According to a recent Research Report eating disorders persist into/throughout adulthood and often have long term physical and psychological consequences. Quoting from the same Report the money spent on research into eating disorders at a federal level shows a significant underfunding and therefore it doesn't reflect its full impact on society. To summarize the findings of the Report it states that by every measure, the cost to society, impact on the individual and risk of death from eating disorders is on par with other serious mental health disorders, therefore, we must ask ourselves what is lost when we consider the current cost of eating disorders to society.

The Foundation's primary objective in recent years is, and has to be, providing our eating disorder families with the education and training to act as caregivers for their family member. This education effort has resulted in a significant improvement in eating disorders such as improved awareness, reduced relapse rates, more recoveries and most importantly substantially less very expensive hospital inpatient visits. We have, overtime, made many requests for more support to continue these education programs. The Foundation has been challenged beyond reason to raise the funds required to continue as most of our fundraising efforts have been cancelled indefinitely.

I find it unacceptable to expect a Foundation like ours to continue providing these essential and mandatory education programs without any collective recognition and acceptance that this massive amount of work doesn't warrant a more fair and reasonable response from our healthcare system. Our eating disorder families who we expect to act as primary caregivers cannot provide their family member with the required support unless they are properly educated to fill that role. As 90% of eating disorders are handled on an outpatient basis this becomes critical in the recovery process. Formal family education has to be a fundamental necessity for these kinds of programs. The growing need for family education has made it difficult for us to continue. We believe strongly this should be a shared responsibility. I often

wonder why it is so difficult to convince people about the critical need for this education including the resources required to give our eating disorder families the caregiver tools to achieve a positive recovery outcome. We have made a lot of progress working with our eating disorder families in recent years and it is incumbent on us to continue this progress as eating disorders are on the increase. I fear without these education programs the real value of our inpatient and outpatient programs will be less effective and will result in increased relapse rates and severity.

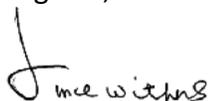
The Foundation is challenged to raise the resources annually to support our eating disorder families, as Government support is less today than it was ten years ago. We would like to continue these education programs but without additional funding support this can't happen. Our best efforts to raise funds is extremely difficult and it's grossly unfair to expect the Foundation to provide, in most cases, a lifeline for our eating disorder families without additional support. I know we are all challenged to respond to the many requests for support, however, in this case based on family and professional feedback our education programs are producing very positive results and need to continue.

While excellent progress has been made supporting our eating disorder families, we must remain vigilant and constantly remind us all that eating disorders are at epidemic levels and increasing at alarming rates. My concern about providing families with the education supports they need has to be tempered with a fair comment that a lot has been achieved, however, in reality unless we increase our efforts to combat eating disorders, we can expect less recovery outcomes.

As Chairperson of our Board my job is to anticipate and project what the future holds for eating disorders and I am extremely concerned that unless we act now and provide more resources to continue our progress, we will let eating disorders control us, certainly an unsatisfactory outcome. With this in mind we have formally asked Government and Eastern Health to provide additional support so that we can continue the positive momentum currently in place. The real success of our work responding to this eating disorder crisis has to be the significant number of families coming forward for treatment and support. Remembering the first step to recovery is to make that telephone call, the next day is a better day. Let's work together on this and maintain and enhance what has been successful and is clearly leading to many recovery outcomes. I look forward and remain as always, hopeful that with additional support we can continue being caregivers for our eating disorder families.

On behalf of our eating disorder families, I want to express our gratitude and appreciation to our Board of Directors, our Funding Partners, the Department of Health and Community Services, Eastern Health, special Volunteers and most importantly the Renata Elizabeth Withers Hope Outpatient Program, the Janeway Adolescent Program and Inpatient Program who do the caring and support for families every day. We are thankful and fortunate to have a committed, thoughtful, and dedicated staff of Paul, Tina, Patricia, and Cathy who despite COVID-19 care for and work always in the best interest of our eating disorder families.

Regards,

A handwritten signature in black ink that reads "Vince Withers". The signature is written in a cursive, slightly slanted style.

Vince Withers, Chair

Our Mission

The Eating Disorder Foundation of Newfoundland and Labrador (EDFNL) is a leadership advocacy group dedicated to promoting research and providing public support services and information about matters related to eating disorders, including information on available treatment services for individuals and families who experience disordered eating.

Our Goals

*To support persons who experience disordered eating by acting as a Resource Centre and a front door to a focused and coordinated treatment path.

*To promote a healthy body image and self-esteem by way of public education and awareness programs

*To advocate at various levels of government, health and community groups to ensure input and involvement in the decision making processes that affect eating disorder policies and treatments

*To educate individuals, professionals, government and families through the distribution of materials, an information line, regular awareness programs and website

*To advocate for and support ongoing research and related medical services

Board of Directors 2021-2022

Vince Withers – Chairperson

Stephanie Lee – St. John’s

Wilf Curran – Vice Chairperson

Dr. Jacqui Carter - St. John’s

Dr. Pamela Ward - Vice Chairperson

Dr. Heidi Carew - St. John’s

Alyssa French CPA- Treasurer

Lorraine Poole - Corner Brook

Brian Kenny - St. John’s

Andrea Oliver - St. John’s

Staff 2021

Paul Thomey - Executive Director

Patricia Nash - Counsellor

Tina Martin - Executive Assistant &
Event Manager

Cathy Skinner - Program Manager

Nancy White - Parents of Hope Facilitator

Message from the Executive Director



2021 was another year of uncertainty for all of us. We dealt with another lockdown for a brief period, fundraising continued to be a challenge with the cancellation of our major fundraiser for the second year in a row, and life was far from normal for most of us.

However, having said that, the Foundation had its share of successes in 2021. In fact, I would say our successes outweighed our frustrations. The role of the Foundation is to create awareness, advocate for more and improved services and provide support to the families and carers of between 30,000 to 40,000 individuals dealing with an eating disorder in our province. With over 4750 contacts including 199 contacting us for the first time, and 1422 people participating in our programs and services throughout the year, it is safe to say that the Foundation is meeting its mandate.

Our social media continues to be a wonderful way to get our message out. We currently have over 3500 people following us on Facebook. Instagram and Twitter.

2021 saw us undertake a major “make over” to our website. I think you will agree that we have significantly improved the flow and access to the information that our users want and need. I want to say a big thank you to Scott Martin for volunteering his time and expertise on this project.

While mainly virtual, Eating Disorder Awareness Week still must be considered a success. We took advantage of every media opportunity presented to us from across the province, many showed their support with flag raisings, proclamation signings and building lightings.

For the first time we conducted a hybrid Annual General Meeting on March 26th. In addition to carrying out the regular business of an AGM we heard a presentation from Constable’s Kelsey Muise and Krista Fagan of the Royal Newfoundland Constabulary. They spoke about their role in community policing including mental health. In addition, we presented the Renata Elizabeth Withers Memorial Scholarship to Jennifer Mooney and to cap off a wonderful day the Withers Family presented a \$50,000 cheque representing a continuation of their commitment to the Foundation through to 2023.

From a financial perspective the Foundation continues to deal with uncertainty about our revenue sources. This uncertainty has been compounded by the ongoing shadow of COVID-19. In spite of significant wage and rent subsidies the Foundation still ended the year with a deficit of around \$20,000. While we do have some cash reserves, and a small “rainy day” fund, we cannot continue to maintain our current service levels for much longer without a higher level of sustained core funding.

In conclusion I want to say thank you so much to Cathy, Patricia and Tina for their continued amazing support, creativity, and dedication during 2021. To our Board, thank you for your confidence. To the media, especially Greg Smith at VOXM, I can’t say enough about how supportive you have been. To our clients and families your words of encouragement and your stories of how the Foundation has helped you, mean everything to us!

2022 will not be without its challenges, but we are excited to move forward and continue to be here for the families who need us when they don’t know where to turn.

Respectfully submitted,

Paul Thomey, Executive Director

Programs and Services

Summary of Programs and Services - January 1 to December 31, 2021			
Program/Service	# of Sessions 2021	# of Participants 2021	# of Participants 2020
EFFT Workshop for Families	6	51	40
EFFT Workshop Refresher	1	12	7
EFFT Workshop for Professionals	2	22	30
Emotion Coaching Session	3	16	28
Bridge to Hope	24	430	302
Siblings of Hope	8	30	17
Parents of Hope	10	80	72
Lunch & Learn	1	6	20
Family/Caregiver Information Session	3	33	13
Family/Caregiver Education Session	1	27	33
Professionals Information Session	4	51	0
Family & Caregiver Newsletter	7	456	362
Client Newsletter	7	208	183
Public Presentations			0
Public Information Booths			200
TOTAL PROGRAM PARTICIPANTS		1422	1307
Office Contacts	# Contacts	# Contacts 2021	# Contacts 2020
Clients Contacts		759	744
Family Contacts		2942	2746
Professionals Contacts (Health & Schools)		1059	963
		199 of 4760 New Contacts	177 of 4453 New Contacts
TOTAL # OF Contacts		4760	4453
Social Media Contacts			
Facebook Followers	1994		
Instagram Followers	437		
Twitter Followers	1117		
TOTAL SOCIAL MEDIA CONTACTS	3548		

Client Consultation Program

Clients who are concerned with symptoms of an eating disorder are welcome to make an appointment to chat about their struggle with Patricia Nash (EDFNL Counsellor). These clients can discuss what options are available to them to get help. If needed assistance will be given with a referral to the Eastern Health Eating Disorder Programs such as the Hope Outpatient Program, the Inpatient Program or the Transitional Psychologist. There can also be discussions around private therapists/psychologist/dietitian resources when needed.

At the Eating Disorder Foundation of NL we try to offer the best possible support and direction to clients who contact us from anywhere in Newfoundland and Labrador. Clients will be listened to with hope and compassion and without judgement.

Patricia will try to stay in touch with the client until they find the needed long-term help and support.

Health Professionals Consultation Program

Health professionals from any part of Newfoundland and Labrador are welcome to contact the foundation if they need support with a client struggling with an eating disorder. We will try to suggest resources for eating disorders or health professional contacts within the eating disorder community that might be of valuable help to you.

If you are a health professional and you know a carer (family) trying to help their loved one with an eating disorder please contact EDFNL to learn about the services for carers that we offer.

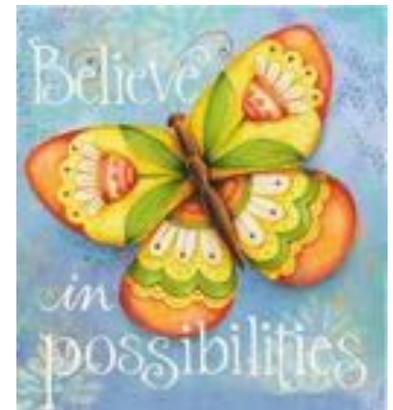
If you would like to attend the Emotion Focused Family Therapy training for professionals, please reach out to the foundation to be included on our mailing list for future workshops.

Family Consultation Program

Research says that parents and caregivers are the best resource for recovery of a loved one with an eating disorder. At the Foundation we have a deep and unwavering belief in the healing power of families. The Foundation firmly believes that parents and caregivers do not cause eating disorders.

We offer many services to families and carers that will greatly assist them.

- One of these key services is a consultation with Patricia Nash - EDFNL Counsellor. This is a one-on-one discussion about how carers/families can assist their loved one no matter what stage their loved one is on the journey with the eating disorder. Sometimes families connect to chat when they simply suspect there may be a problem while others have loved ones asking for assistance or are already receiving treatment.
- Families can discuss the EDFNL programs available.
- Families also do email/phone/zoom follow-up with Patricia at times when their loved one is struggling and they need some extra support or information.



Siblings of Hope

The goal of the group is to educate and support brothers and sisters (18 years and older) who are supporting a sibling through recovery of an eating disorder. The group provides a safe and confidential environment for siblings to share their concerns.

This group is offered monthly via Zoom and siblings are welcome if they want to join the group to attend just once or if they want to become a regular member.

Some positive feedback from Sibling Group members:

"It feels so good to vent with another sibling who understands what I am going through."

"It is comforting to share the sibling viewpoint on supporting my loved one with the eating disorder."

If you know of a sibling that might be interested in joining the group or attending a session of the Sibling Group please encourage them to contact patricia@edfnl.ca

Emotion Focused Family Therapy Workshop

The Emotion Focused Family Therapy (EFFT) Workshop is a program for Families and Caregivers wanting to help a loved one that is struggling with an eating disorder. The Workshop is offered via Zoom over 4-sessions.

Emotion-Focused Family Therapy is an incredible resource for parents and caregivers of individuals struggling with an eating disorder. The essence of this program is to afford families a significant role in their loved one's recovery from an eating disorder, and to empower families and caregivers with specific skills to be effective in this role.

The Facilitator's role is to empower and support caregivers in four domains:

1) Becoming their loved one's Emotion Coach

Supporting loved one to approach, process and manage stress, emotions and emotional pain, making symptoms unnecessary to cope

2) Becoming their loved one's Behaviour Coach

Assisting loved one in the interruption of symptoms and meal support

3) Support loved one to Heal Old Wounds

Healing wounds from loved one's past to help loved one let go of old injuries via Relationship Repair

4) Processing Caregiver Blocks

Working through and resolving the fears that surface in the carer during the process of recovery

Feedback from Participants

"This workshop met my expectations and beyond. It was exactly what I needed and didn't realize I needed it until I participated. It was highly recommended this workshop and now I can confidently say I would highly recommend it to other families. It was therapeutic and greatly informative. A sincere thank you to Pat and Cathy!"

"I knew I needed help. I needed to learn and gain additional information. I never expect to gain as much from the workshop as I did. This workshop exceeded my expectations"

"Pat and Cathy went above and beyond my expectations. They were tremendously compassionate and insightful. I got much more from the workshop than I could have anticipated. My own self-efficacy has improved through this workshop - I feel much more capable and confident to support my loved one on her recovery journey"

Emotion Focused Family Therapy Workshop for Health Professionals

This is an 8-hour Workshop delivered via Zoom over 2-days for Professionals that covers the key concepts of Emotion Focused Family Therapy. This workshop provides training for professionals so they can start to use Emotion Focused Family Therapy in their daily work, it also provides information on the workshop for families and caregivers so professionals are comfortable recommending it to family members the encounter.

The Workshop is open to Physicians, Psychologists, Social Workers, Dietitians, Nurses, Guidance Counsellors, Teachers, First Responders and Graduate Students (in a related field)

Feedback from Participants

I really found the examples that both presenters were able to give from their own lives impactful. It made the information more relevant to see how it could be used in a real way

"I loved the clear step by step in the coaching process. I will carry this forth into my practice. Also, loved that the presenters shared so many personal stories. Really made the impact of their presentation real and profound"

I really enjoyed the facilitators sharing their lived experience. This helped provide valid examples and real scenarios to the information given. Also greatly appreciated the handouts.



Emotion Focused Family Therapy Workshop Refresher Group

The Emotion Focused Family Therapy (EFFT) Refresher Group is available to Families and Caregivers that have completed the 4-session Emotion Focused Family Therapy Workshop.

This group was the result of feedback from 2 sources:

- Our research indicates Families and Caregivers will benefit from review of the tools learned in the Emotion Focused Family Therapy Workshop after they have had some time to practice the new skills
- Families and Caregivers that completed the Workshop requested a refresher group

During the refresher some of the tools learned in the workshop are reviewed and participants are able to ask questions and share successes and struggles they may be having using the tools.

Emotion Coaching Session

This session was developed to provide some of the Emotion Focused Family Workshop (EFFT) training to families and caregivers while they wait for next EFFT Workshop. This 3.5-hour program offered via Zoom has been met with a very positive response, and viewed by families as a wonderful introduction to the full Emotion Focused Family Therapy Workshop.

Bridge to Hope: Family Education and Support Group

This 8-week group is offered to Families and Caregivers who are supporting a loved one with an eating disorder. Participants that can attend the groups include anyone that is offering support to someone with an eating disorder. Research indicates that this type of group support is essential for anyone supporting a loved one with an eating disorder.

The Bridge to Hope group has 2 components; education and support:

Education

During weeks 2 to 6 professionals who are experts in the area of eating disorders attend to give a presentation and answer questions. These professionals include:

- Medical Doctor
- Psychiatrist
- Social Worker
- Psychologist

- Dietitian

During one of the weeks some experienced caregivers are invited to tell their story around the struggles they had and wisdom and knowledge they gained around eating disorders.

Support

Families and Caregivers receive much needed support from each other and the facilitators. The group is unique in that the co facilitators also supported a loved one with an eating disorder in their own families.

Participants find in hopeful and comforting to hear the struggles and lessons learned by the co-facilitators.

Feedback from Participants

“Guest speakers providing information was great to help with learning and understanding. All the guest speakers were knowledgeable and able to share valuable information”

“The sharing, the caring and the unity. We were all united with one important cause to gain insight and guidance on how to help our loved ones through this part of their journey. Thank you, Cathy and Pat, for bringing light to my world each day and each step at a time. Xo”

“Sessions were non judgmental, compassionate, forthright, realistic, informative and practical”

Family Information Session

The Family Information Session is held on an as need basis. Families and caregivers attending will receive basic information about eating disorders and the various programs that the Eating Disorder Foundation of NL offers. If Families and caregivers have a concern but are not sure if there is an eating disorder issue they can come and will learn the signs to watch for with their loved one.

This group can be a transition for families and caregivers considering attending some of our other groups; Bridge to Hope, Siblings of Hope, Emotion Coaching Session and Emotion Focused Family Therapy Workshop.

Family Education Session

During the Family Education Session, we invite professionals who have expertise in the area of eating disorders to speak to families and caregivers around their role in care. Professionals include Phycologists, Occupational Therapists, Physiotherapists and other Professionals.

Education and Awareness Outreach Program

Education and Awareness of Eating Disorders is extremely important. Eating Disorders exist in all age, gender, racial and ethnic groups so it is important to reach out to a wide-reaching population. We are prepared to provide Presentations and Public Information Sessions, there is no cost for our services.



Parents of Hope

The Parents of Hope is a monthly program that provides ongoing support for parents that have completed our 8-week Bridge to Hope Education and Support Group and want to connect with other parents.

This group is facilitated by social worker Nancy White, Nancy has many years of experience in the area of eating disorders and supporting parents.

A prerequisite to attend the group is completion of the Bridge to Hope Education and Support group.

Comments from Participants

"Parents of Hope has been a lifeline for us in the past. Our loved one seems to be holding her own at this time. We know you are there if we need you. Thank you for all you do!"

"You're doing an incredible service to families in need. Thank you so much"



Newsletters

In response to Covid-19 we launched an additional program providing 2 Newsletters monthly, one for family and caregivers and the other for clients. The newsletters include helpful articles and information around virtual trainings that are available. In addition to being sent out to an expanding virtual mailing list, all newsletters are posted on our website.

Resource Centre

One of the most important actions you can take when you are supporting a loved one who has been diagnosed with an eating disorder is to educate yourself. The more educated and informed you are about the illness, the easier it will be for you to cope, understand and communicate with your loved one. Because of the importance of education, the Foundation continues to offer an extensive library of books and brochures.

In addition to maintaining a small library of brochures and other publications at our office on Pippy Place, the Foundation has partnered with the NL Public Libraries to make many new publications available through their provincial system. Titles are available to borrow in print and in many cases, digital format.

There are currently 19 publications available through the NL Public Library system. The Foundation continues to monitor new offerings and plans to add more publications as financial resources become available. Visit 'Resource Centre' on our website to learn about the digital library and register for a library card.



**Proclamation Signing Declaring
February 1-7, 2021
as Eating Disorder Awareness Week in
Newfoundland and Labrador**



On January 28th, Vince Withers, Chair of the Board, along with Executive Director Paul Thomey signed a Proclamation declaring February 1 - 7 , 2021 as Eating Disorder Awareness Week in Newfoundland and Labrador.

Sitting Left to Right - Paul Thomey, Executive Director
Vince Withers, Chair, EDFNL

The theme for Eating Disorder Awareness Week 2021 is “What Happened While We Waited?”



Proclamation

Eating Disorder Awareness Week

February 1st – 7th, 2021

Whereas: An Eating Disorder is a serious mental illness with often devastating physical implications;

Whereas: Eating Disorders affect many individuals and families in the Province of Newfoundland and Labrador;

Whereas: Recovery from an eating disorder is a journey that includes support from families and caregivers;

Whereas: The Eating Disorder Foundation of Newfoundland and Labrador is a leadership advocacy group dedicated to promoting awareness, treatment services and providing family support services and information about matters related to eating disorders;

Whereas: February 1-7, 2021 is dedicated across Newfoundland and Labrador and the entire country as a special time when many educational and awareness activities take place to help raise the level of understanding of Eating Disorder Prevention, Treatment and Recovery;

Whereas: The theme for Eating Disorder Awareness Week 2021 is "What happened while we waited?"

Therefore: I, Vince Withers, Chair of the Eating Disorder Foundation of Newfoundland and Labrador, do hereby proclaim February 1 to February 7, 2021 be observed as Eating Disorder Awareness Week in the province of Newfoundland and Labrador.

Dated this 1st day of February 2021 at St Jms NL.

Vince Withers

Vince Withers

Board Chair, Eating Disorder Foundation of NL

February 1, 2021

2021 Renata Elizabeth Withers Memorial Scholarship Winner

At the Annual General Meeting, Board Vice Chair and Chair of the Scholarship Selection Committee Dr. Pamela Ward announced the name of this years selection for the Renata Elizabeth Withers Memorial Scholarship. Our winner this year is **Jennifer Mooney**. The \$1000 scholarship was presented virtually by Dolores and Chris Withers.

Jennifer is a second year post graduate paediatric trainee at Memorial University. Over the past 6 years of medical school, she has developed and maintained a strong interest in the physiology, medical care and family dynamics of eating disorders. In September she will be applying for a 2-year paediatric medical sub specialty training program that specializes in eating disorders among youth.

In addition to her clinical training Jennifer has attended a number of eating disorder conferences around the world including Understanding and Treating Binge Eating Disorders and The International Conference in Eating Disorders.

Jennifer is actively involved in eating disorder research. At present she is completing research with Dr. Anna Dominic related to the transitioning from paediatric to adult healthcare. She is focused on the educational needs of this population. Jennifer hopes to return to Newfoundland and Labrador and join Dr. Dominic's team at the Janeway, following completion of her studies.



Our Fundraiser Successes in 2021

A lot of hard work from staff and many volunteers goes into planning and co-ordinating our internal fundraising efforts. These events provide much of the revenue that allows us to continue to offer programs and services to the many individuals and families throughout the province who reach out to us every year. In the next few paragraphs we will highlight our successes from 2021.

Drive In Bingo and 50/50 Tickets

“Under the B, 10” and “are there any more bingo’s” were once again familiar phrases over the radios of the many people who showed up at Jack Byrne Regional in Torbay over the summer months. For the second year the Foundation hosted Drive In Bingo with the folks at Jack Byrne. The end result was 17 nights of entertainment for thousands of people, over \$50,000 in prize money distributed, over \$12,000 in revenue to the Foundation and the creation of a lot of awareness as to who we are.

The Foundation would like to thank all of its sponsors for their support, especially Ocean Choice International as presenting sponsor and NLCU as sponsor of our 50/50 sweep.



Fishing
means
the world
to us.™



Christmas Fly Away Ticket Sweep 2021

As a follow up to our successful initial Halloween Fly Away Sweep in 2020, and with the generous support of Air Canada and the Air Canada Foundation, we were once again able to undertake a ticket sweep in 2021. The result was a “sell out” of all 99 tickets at \$49 each.

The draw took place on Saturday December 18th live on the VOXM Irish Newfoundland Show with Greg Smith. The winning tickets was drawn by Chris Crane, Small Business Manager at Scotiabank Avalon Mall.

The winner of the Christmas Fly Away Sweep 2021 is Matthew Crane. Matthew has been presented with an Air Canada voucher for two economy class tickets valid from travel to any Air Canada destination in North American including Hawaii, Mexico and the Caribbean.



13th Annual Remembering Renata Hope Always Walk

The Eating Disorder Foundation hosted its 13th Annual Remembering Renata Hope Always Walk for eating disorder awareness on Sunday September 12, 2021 at Mundy Pond Walking Trail in St. John's. Thank you to all those who joined us for the Walk and special thanks to those who participated at home. While revenues were below normal this year, this event still contributed over \$5500 to our bottom line. We hope 2022 will be Covid free and allow us to host a more enjoyable event once again this year.



Santa's Little Helper Online Auction

For a second year we conducted an online auction as a fundraiser. To add a little more interest we moved the timing of the auction to coincide with Christmas shopping and we called it "Santa's Little Helper Online Auction".

When the action closed at midnight on Sunday December 5th we had sold 69 items that generated \$4428.00 in new revenue for the Foundation!

We would like to thank everybody who donated prizes for the auction, as well as everybody who took the time to participate by bidding.

Finally congratulations to the winners! See you again in November 2022.

Annual Remembering RENATA Golf Tournament

After a one year hiatus due to COVID we were back at Bally Hally for the 14th Annual Remembering Renata Golf Tournament.

18 teams registered and 15 answered the call on September 16th at Bally Hally. The team from Massage Addict came away with the Remembering Renata plaque.

We certainly want to thank all of our team sponsors, our hole sponsors, and our prize sponsors for helping us to raise over \$20,700 in revenue this year.

We also want to thank our volunteers who came out to help make this event everything that it is.

And finally a special thanks goes to Ted Cantwell and Steve Bragg who between them have chaired every single tournament with a net result of \$165,858.00 being made available to support the work of the Foundation.

See you on Thursday September 15th at Bally Hally for the 15th Annual Remembering Renata Golf Tournament.



Withers Family Foundation renews its support to the Foundation

At our Annual General Meeting on March 20th, Dolores and Christopher Withers presented a cheque for \$50,000 to Executive Director Paul Thomey. This generous donation represents a continuation of the Withers Family support of the work of the Foundation for another three(3) years.

On behalf of the families who rely on the Foundation for support on their recovery journey we sincerely thank the Withers family for their ongoing support.



Corporate and Community Financial Support in 2021

The Foundation is grateful for the continued support we receive from Corporations as well as the community in general. This year it appears that both have stepped up in a big way.

We would like to thank:

The Withers Family
United Way NL
Whelan Wellness
Alexander Murray Geology Club
NBS Designs
Manulife Securities
Sisters of Mercy
Victor & Eileen Young Charitable Foundation
NLCU Charitable Foundation
Bell Aliant Pioneers
AJ Vac Truck Services
Cenovus Energy



and the many many individuals who donated just over \$51,000 throughout 2021. The importance of these donations cannot be overstated.

Our Community Partnerships in 2021

The Foundation is proud of the relationships it has made throughout the community.

Students from Centre for Nursing Studies provide valuable support to Foundation

Once again this year, inspite of COVID restrictions, we were thrilled to have 2 new groups of 3rd year nursing students complete their community engagements with us as part of their required curriculum.

“The impact of COVID-19 on eating disorders worldwide”. We would like to thank Abby Gill Collins, Haley Harris and Robyn Young for their insides on how people dealing with eating disorders have been impacted by COVID-19.

“Eating Disorder Education Toolkit Resources”. Emily Drake, Jasmine Haggarty-Lucia, Jennifer McKinnon and Meghan Vickers took on a thoughtful review of the Education Toolkit. We appreciate their efforts related to this valuable resource.

We are very thankful to the Centre for Nursing Studies and, in particular our Board Vice Chair Dr. Pamela Ward, for facilitating the continuation of this healthcare partnership for over 8 years.



Eastern Health & Eating Disorder Treatment Programs

There are 3 eating disorder programs within Eastern Health;

- Adolescent Medicine Program
- The Renata Elizabeth Withers Centre for Hope
- The Eating Disorder In Patient Unit

The Foundation believes that because of these 3 programs the residents of our province have access to leading eating disorder treatment.

The Foundation is proud to have a good partnership with these programs and the Mental Health and Addictions programs in the 4 Regional Health Authority.

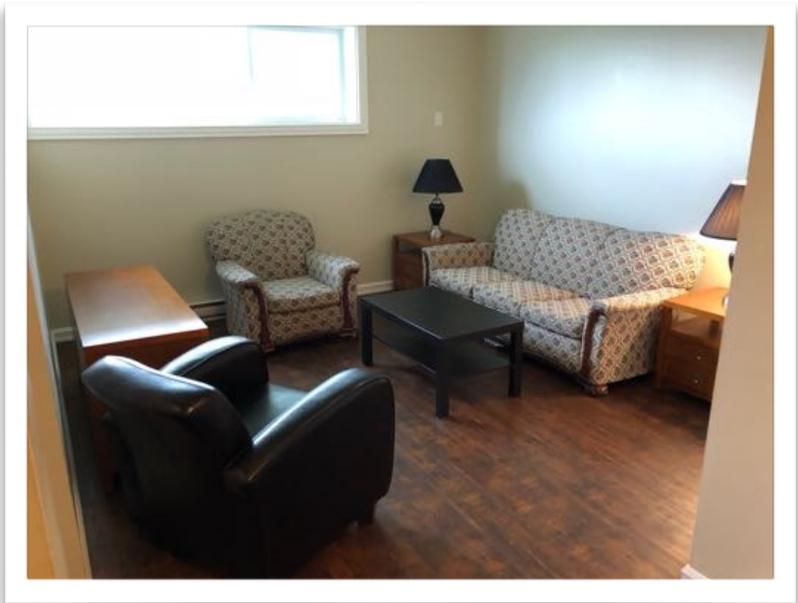
United Way Day of Caring

We were very pleased to be able to renew our long standing partnership with United Way NL Day of Caring and Corporate partner Stewart McKelvey to undertake a cleanup project at the Hope Centre Garden of Hope on Major's Path.



Apartments Available

Thanks to support from NorthView Riet and the Newfoundland and Labrador Housing Corporation we have been able to make 2 fully furnished apartments available to individuals and families from outside the metro area who need the support of either the Hope Program or the Eating Disorder Inpatient Program to help them on their recovery journey. This arrangement has been in place for 5 years. The apartments continue to be utilized through 2021. While the Foundation handles the administration, the decisions as to who used the apartments is left in the hands of the health professionals who know best. There is a minimal charge to clients to use the apartments and the only requirement of residency is that you must be fully participated in your eating disorder recovery program.





Annual General Meeting

March 31st, 2022

11:00 AM

- Call to Order and Welcome by the Chair Vince Withers
- Minutes - Approval of Annual General Meeting Minutes from March 26th, 2021
- Chairperson's Remarks & Presentation
- Executive Directors Report
- Treasurer's Report and Financial Statements for 2021
- Appointment of Auditors for 2022
- Ratification of Board of Directors Actions for 2021
- Presentations
 - Renata Elizabeth Withers Memorial Scholarship
 - Reflections on 10 years - Patricia Nash
- Adjournment



Annual General Meeting Minutes March 26th, 2021

Call to Order and Welcome by the Chair

Chair Vince Withers called the meeting to order at 11:01 am and welcomed all those present and all attending by Zoom. A total of 29 people participated in the meeting.

Approval of the Annual General Meeting Minutes 2020

Chair Vince asked if there were any errors or omissions to the Minutes of the Annual General Meeting held on March 5th, 2020 (Minutes included in the Community Report 2020). Hearing none he called for motion to adopt the Minutes as presented. It was moved by Stephanie Lee, seconded by Chris Withers. The motion was carried.

Chairpersons Remarks

Chair Vince took the opportunity to speak to his written report which is included in the Community Report 2020. He spoke to our response to COVID-19 and in spite of increased demand for support we have been able to respond thanks to our ability to shift to virtual technology. He thanked the staff for their efforts in this regard.

Executive Directors Report

Executive Director Paul Thomey spoke briefly to his written report which is included in the Community Report 2020. He emphasized how creative the staff had been in moving all of our programs to the virtual world. He said it was the highlight of the year for him.

Treasurers Report and Financial Statements for 2020

Treasurer Alyssa French spoke to the Financial Statements and the year in general. Alyssa said that while the results of the year appear positive from a revenue/expense perspective, it should be noted this is directly the result of significant COVID-19 supports from government. As a result, the Foundation has been able to operate relatively normally even without major fundraisers such as the Remembering Lana Curran Butterfly Gala and our Annual Golf Tournament. The Chair called for a motion to approve the 2020 Financial Statements. It was moved by Alyssa French, seconded by Andrea Oliver. The motion was carried.

Appointment of Auditors for 2021

The Chair called for a motion to reappoint Coombs & Associates as our auditors for 2021. It was moved by Alyssa French, seconded by Joedy Wall. The motion was carried.

Ratification of Board of Directors Actions for 2020.

The Chair called for a motion to ratify the actions of the Board of Directors during 2020. It was moved by Brian Kenny, seconded by Chris Withers. The motion was carried.

Election of Board of Directors 2021-2022

The Chair called for a motion to elect the Board of Directors as presented for a 2-year term of 2021 and 2022. It was moved by Joedy Wall, seconded by David Brazil. The motion was carried.

Renata Elizabeth Withers Memorial Scholarship

Chair Vince called on Board Vice Chair Dr. Pam Ward to announce the winner. After reading a short bio she called on Dolores and Chris Withers to virtually present a cheque to Jennifer Mooney.

RNC Mental Health Role in the Community

Constables Krista Fagan and Kelsey Muise of the RNC gave an informative presentation along with Stella.

Withers Family Presentation

Dolores and Chris Withers made a virtual presentation to Paul Thomey representing the continuation of their family commitment to the Foundation through to 2023.

Adjournment

The Chair called for a motion to adjourn the 2020 Annual General Meeting. It was moved by Andrea Oliver, seconded by Brian Kenny. The motion was carried.

Respectfully submitted,
Paul Thomey, Recording Secretary

NOTE OF THANKS

The Eating Disorder Foundation has developed many partners over the years in its journey to support families throughout Newfoundland and Labrador. The journey that many families embark up on is a long one with many triumphs and setbacks along the way.

We have been able to support this journey thanks to the amazing support we receive from this entire community. From individuals, to community support groups to small and large corporations, you have all been a part of our journey.

On behalf of the families dealing with the challenges to an eating disorder within their family unity the Board of Directors and Staff of the Foundation say "Thank You".

Your continued support is welcomed, appreciated and needed as long as this serious mental illness is with us.

The Eating Disorder Foundation of NL is here to support family members, friends and clients across Newfoundland and Labrador who are battling eating disorders. Connect with the Eating Disorder Foundation of NL today to access information, resources, educational programs and support services.

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