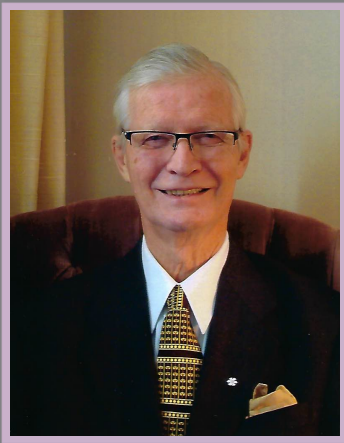


Eating Disorder Foundation of Newfoundland and Labrador



Community Report 2022

Message from the Chair



It's that time of year to reflect on our collective progress this past year responding to the needs of our eating disorder families. Clearly the highlight of 2022 has to be the many hundreds of families who came forward and participated in our education, training, and support services. I want to commend our families for taking this important step on their journey to recovery. The efforts of the Foundation, the Intensive Care Inpatient Program, the HOPE Program and the various Janeway programs are resulting in much more optimistic, hopeful, and caring outcomes. It's important to once again communicate the importance of coming forward and making that telephone call and I can assure you the next day will be the start of a recovery outcome.

After many years of struggling to improve eating disorder services, we are now in a position to say that inpatient and outpatient treatment and support services are now available for all age groups. Despite the challenges we have all faced these past two years, our staff and healthcare professionals have done their very best to maintain services and respond accordingly. Eating disorders are the number one mental health disorder in our Province and across Canada and therefore has to be taken seriously, remembering that a recovery outcome will require intensive professional support.

Please treat this message as an appeal to families who are experiencing any form of disordered eating to come forward; we are ready and willing to support you. To our supporters, we are grateful for your continued interest in the work of the Foundation and hopefully 2023 will be a year of many more recoveries.

Regards,

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

Vince Withers,
Chair, Eating Disorder Foundation of Newfoundland and Labrador



Mental Health and Addictions – A New Beginning

By: Vince Withers

As we continue our discussions about the Mental Health and Addictions crisis in our Province it's time to pause and reflect on what steps are necessary to more proactively respond to what is the most critical health issue facing most families. Despite our best efforts to date we have to accept the realization that Mental Health and Addictions are now a part of what we are as a society. Perhaps more importantly, it is a harsh indication of the significant changes and challenges happening in our everyday life, particularly as we attempt to adjust to what I consider a most difficult and changing social and economic environment.

Let's remind ourselves once again that one in five of us are coping with a mental health issue and while we are listening to these alarming statistics one must wonder are we hearing about the severe and overwhelming shock and grief that families are experiencing daily. Mental Health and Addictions are a complex and difficult health issue, and it will take a generation of our best efforts before we are satisfied that we are providing reasonable and fair access to adequate treatment and support services. However, with that said we are making good progress and the recent work of the All-Party Committee, and the very strong advocacy of various community leaders gives us reason to be optimistic that by working together we can achieve significant breakthroughs. While Government has to provide the broad leadership and necessary programs for Mental Health and Addictions, it's incumbent on each of us to accept some responsibility and accountability for being part of the solution. As employers, labour and community support groups we must rally to this challenge and support those of us who reach out in their own way for a helping hand. We are touched almost every day by someone in our families, workplaces, and social circles and therefore the opportunity exists to help out and help up those around us.

Most Mental Health and Addictions families are treated on an outpatient basis therefore you and I are in a good position to be in our own way informal caregivers realizing that good conversation, caring and reducing isolation are a fundamental and important part of the recovery process. Let's step back and judge ourselves on how we react and respond to mental health issues. Are we as individuals doing what we can to support and help up those who reach out to us for caring and understanding? As someone who has experience in this area, I am offering a number of modest suggestions for each one of us to consider.

First, and most important, is the need to be more sensitive and understanding of those who require our support. Secondly, let's provide encouragement to seek out and to participate in recovery and treatment programs and not to be discouraged by what can be at times an unfriendly system. Thirdly, let's create a more respectful and dignified life environment for those who need additional support, it's the least we can do for one of us. Finally, let's support our frontline Community Support Groups. They are doing amazing work as non-judgmental caregivers and must be recognized and encouraged for being available during the most difficult times. For every dollar invested in these groups they can deliver ten dollars in volunteer support.

We expect Government to provide the required treatment and support services however, it is my view that as individuals working together, we can make a powerful and positive contribution to our collective efforts to reduce and hopefully in time eliminate the uncertainty that currently exists in many families. I challenge each one of us today to rise to the occasion, lessen our bias and fears and reach out to the person next to you and do what you can to be supportive and understanding. One individual can make a difference, an army of individuals can make a big difference.

It's clear to me that we are making direct and noticeable improvements in our overall efforts to respond to and care for our Mental Health and Addictions families. We need to build on this progress with an unrelenting commitment and renewed obligation to what I consider a new beginning.

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. To Conduct All Of Our Actions Necessary To Support and Create a Better Day for Our Clients and Families on Their Journey to Recovery

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 2022-2023

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 2022

Paul Thomey - Executive Director

Deidre Keating- Counsellor/Navigator

Tina Martin - Executive Assistant &
Event Manager

Cathy Skinner - Program Manager

Message from the Executive Director



2022 has come and gone so quickly! For your Foundation it has been a year of change as we said “goodbye” to Patricia Nash at the end of April after 10 years. We will miss Pat on the day to day basis but I am happy to say she has returned on a contractual basis to work with Cathy to deliver our Emotion Focused Family Therapy series of workshops.

2022 has been a busy year in terms of client and family contacts. While lower numbers reflect a void from April to September, that does not mean a reduction in eating disorders. In fact our staff worked with 170 new families this year. Our social media followers grew by 15%. This

number will probably grow even further as we continue to expand our messaging.

Eating Disorders Awareness Week resulted in significant media coverage even though all activities were confined to a virtual setting. The highlight of the week was the On Target program with Linda Swain on VOXM that included Andrea Oliver from our Board, Dr. Anna Dominic, Adolescent Medicine Program and Kelly Maloney from the Hope Program along with myself. Our Annual General Meeting was conducted virtually on March 31st. The meeting saw the presentation of the Renata Elizabeth Withers Memorial Scholarships to Rachel Howells and Leigh Dunn. A big thank you to the Withers Family for continuing to support this program. During the first half of the year we placed several new publications in our Resource Center that is hosted by the Newfoundland and Labrador Public Libraries. The Foundation actively participated in World Eating Disorder Action Day through social media. We again partnered with United Way and Stewart McKelvey for the clean up and beautification project at the Hope Centre’s Garden of Hope. In September we welcomed Deidre Keating as our part-time Counsellor/Navigator on a contractual basis. Deidre will be with us until at least the end of March. However we do need to ensure in the long term we have an appropriate plan for this very important role. Throughout the year we continued to make progress on improvements to resources for healthcare professionals. Our ultimate goal is still to have a digitized toolkit that is up to date and accessible by health professionals from anywhere in the province. Early in the fall we presented our Strategic Plan for 2023 and 2024 to Minister Tom Osborne. This document will guide much of our work for the next two years.

From a financial perspective the Foundation has had a relatively good year. Our year end financial statements show a small surplus, mainly due to some early year COVID-19 supports and a significant one-time contribution from the provincial government. Fundraising continues to be challenging. Our Drive-In Bingo did not produce the results needed to allow us to continue for a fourth year. On the other hand our 15th Annual Remembering Renata Golf Tournament presented by Bell Let’s Talk was our most successful to date. We will look at other ideas, including moving ahead with the 5th Annual Remembering Lana G. Curran Butterfly Gala in June. We will also continue to work with the provincial government to secure a new funding model that includes a higher level of core funding.

In conclusion, I want to say thank you so much to Cathy, Tina and Deidre for their continued support, creativity and dedication during 2022. To our Board, thank you for your confidence. To the provincial media, 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.

2023 will not be without its challenges, but we are excited to move forward and continue to be here for the individuals and 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, 2022 | | | |
|---|-----------------------|-------------------------------------|-------------------------------------|
| Program/Service | # of Sessions 2022 | # of Participants 2022 | # of Participants 2021 |
| EFFT Workshop for Families | 2 | 26 | 51 |
| EFFT Workshop Refresher | 1 | 6 | 12 |
| EFFT Workshop for Professionals | 1 | 11 | 22 |
| Emotion Coaching Session | 4 | 27 | 16 |
| Bridge to Hope | 2 | 318 | 433 |
| Siblings of Hope | 5 | 24 | 30 |
| Parents of Hope | 10 | 42 | 80 |
| Lunch & Learn | 0 | 0 | 6 |
| Family/Caregiver Information Session | 4 | 24 | 33 |
| Family/Caregiver Education Session | 1 | 10 | 27 |
| Professionals Information Session | 1 | 4 | 60 |
| Family & Caregiver Newsletter | 4 | 374 | 456 |
| Client Newsletter | 3 | 105 | 190 |
| Public Information Booths | 4 | 200 | 180 |
| TOTAL PROGRAM PARTICIPANTS | | 1171 | 1596 |
| Office Contacts | # Contacts | # Contacts 2022 | # Contacts 2021 |
| Clients Contacts | | 247 | 759 |
| Family Contacts | | 1706 | 2942 |
| Professionals Contacts (Health & Schools) | | 593 | 1059 |
| | | 170 of 2546 New Contacts | 199 of 4670 New Contacts |
| TOTAL # OF Contacts | | | |
| Social Media Contacts | | | |
| Facebook Followers | 2429 | | |
| Instagram Followers | 509 | | |
| Twitter Followers | 1158 | | |
| TOTAL SOCIAL MEDIA CONTACTS | 4096 | | |

Client Consultation Program

Clients who are concerned about potential symptoms of an eating disorder are welcome to make an appointment to chat about their experiences with our counsellor. These clients may 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 may also be discussions around private therapists/psychologists/dietitian resources when needed. At the Eating Disorder Foundation of NL, we offer the best possible support and direction to clients who may contact us from anywhere in Newfoundland and Labrador. Clients will be listened to with hope and compassion, with deep respect, and without judgement.

Our counsellor will aim 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.

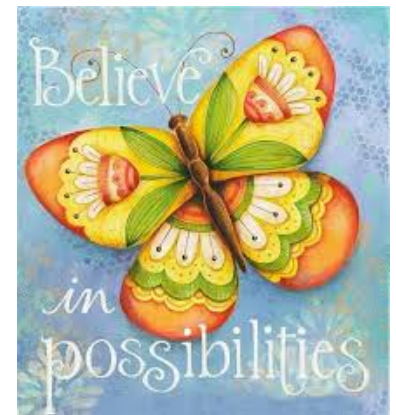
If you are a health professional and you know a carer (family) trying to help their loved one with an eating disorder please contact EDFNL to learn about the services for carers that we offer.

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 our 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 may discuss the EDFNL programs available.
- Families may also do email/phone/zoom follow-up with our counsellor at times when their loved one is struggling and they may need some extra support or information.



Siblings of Hope

This program helps to educate and support sisters and brothers (age 18 and older) who have a sibling with an eating disorder. The group provides a safe space to share their concerns.



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.

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 exceeded our expectations in every way. The information was extremely well presented with consideration of the difficult subject matter."

"The quality and the content in which the concepts were presented was exceptional. The leaders were extremely knowledgeable re the content and their personal experience added to our ability to absorb and appreciate the information"

"We will use the techniques to the best of our ability to support our loved one. We recognize now that we had only limited tools, now we are so much better equipped. A big thank you to the facilitators for not only sharing the information in a safe and thoughtful manner but in sharing their own personal experiences which truly added another dimension. They were able to install in us a sense of hope. We were all encouraged to be kind and gentle on ourselves in this journey we find ourselves."

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 Emotion Focused Family Therapy Workshop.

This group was the result of feedback from 2 sources:

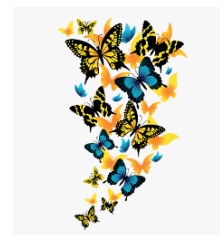
- Research indicates Families and Caregivers will benefit from review of the tools learned in the Emotion Focused Family Therapy Workshop after they have had some time to practice the new skills
- Families and Caregivers that completed the Workshop requested a refresher group



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 Emotion Focused Family Therapy Workshop. This 4-hour program 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 available to Families and Caregivers who are supporting a loved one with an eating disorder. Research has shown 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 facilitators have lived experience 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

"All the guest speakers provided valuable information. I really appreciated the opportunity to ask questions. The amount of knowledge and skill developed personally through these 8 weeks has been life changing."

"I do not feel totally scared and out of control with respect to my loved ones eating disorder. I feel that I can move forward as a result of this program and will continue to learn from the experiences."

"Having the various Health Professionals available to present and answer questions provided a great opportunity to gain insight on eating disorders and the effects on loved ones and their families. Thank you!"

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 a review of 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 in professionals who have expertise in the area of eating disorders to speak to families and caregivers around their role in care. Professionals include Psychologists, 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 happy 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.

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!"

"Thank you so much from the bottom of my heart for everything you do for us parents. You are giving us advice and the tools we need to keep our daughter a little stronger each month."

Newsletters

We provide 2 Newsletters every couple of months, one for family and caregivers and the other for clients. The newsletters include helpful articles and information around virtual trainings that are available.

Resource Centre

One of the most important actions you can take when you are supporting a love 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 love one. Because of the importance of education, the Foundation has developed an extensive library of books and brochures.

We are pleased to announce that the Eating Disorder Foundation of NL in collaboration with the NL Public Libraries now have an eLibrary collection of Eating Disorders Resources available through the NL Public Libraries website. All titles are also available in print.



Everyone Has A Role To Play

TIPS FOR CAREGIVERS TRYING TO "DO NO HARM"

Caregivers often feel they must take on responsibility for the Eating Disorder, a journey that often involves creating a support network. Here are a handful of tips for those caring for a loved one:

Start the conversation and explain why you're concerned

- Avoid lecturing or criticizing - this will only make your loved one defensive.
- Refer to specific situations and behaviours you've noticed, and why they worry you. Your goal is not to offer solutions, but to express your concerns about the person's health, how much you love them and your desire to help.

Avoid power struggles over food

- Attempts to force your child to eat will only cause conflict and bad feelings, and likely lead to more secrecy and lying. That doesn't mean you can't set limits or hold your child accountable.
- Don't act like the food police, constantly monitoring your child's behaviour.

Avoid commenting on appearance or weight

- People with Eating Disorders are already overly focused on their bodies; even assurances that they're not fat play into their preoccupation with being thin.
- Steer the conversation to their feelings.

Be mindful of triggers

- Avoid discussions about food, weight, eating or making negative statements about your own body.
- Don't be afraid to eat normally in front of someone with an Eating Disorder, as it can set an example of a healthy relationship with food.

Set a positive example

- Instead of dieting, eat nutritious, balanced meals.
- Be mindful about how you talk about your body and eating.
- Avoid self-critical remarks or negative comments about others' appearance.
- Focus on the qualities on the inside that really make a person attractive.

Avoid shaming and blaming

- Steer clear of accusatory "you" statements.
- Use "I" statements instead. For example, "I'm scared when I hear you throwing up."



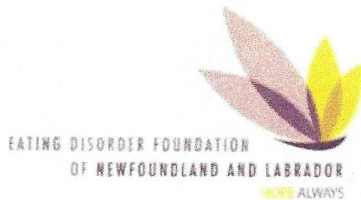
**Proclamation Signing Declaring
February 1-7, 2022
as Eating Disorder Awareness Week in
Newfoundland and Labrador**



On February 1st, Honourable John Haggie, Minister of Health and Community Services, along with Vince Withers, Chair of the Board, signed Proclamations declaring February 1 - 7 , 2022 as Eating Disorders Awareness Week in Newfoundland and Labrador.

Sitting Left to Right - Honourable John Haggie, Minister of Health and Community Services
Vince Withers, Chair, EDFNL

The theme for Eating Disorder Awareness Week 2022 is “See the Change, Be the Change”



Proclamation

Eating Disorder Awareness Week

February 1st – 7th, 2022

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;

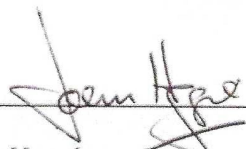
Whereas: The Eating Disorder Foundation of Newfoundland and Labrador is a leadership advocacy group dedicated to promoting awareness, treatment services and providing family support services and information about matters related to eating disorders;

Whereas: February 1-7, 2022 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 2022 is “**Everyone Has a Role To Play**”


Therefore: I, Dr. John Haggie, Minister of Health and Community Services, do hereby proclaim February 1 to February 7, 2022 be observed as Eating Disorder Awareness Week in the province of Newfoundland and Labrador.

Dated this ____ day of January 2022 at St. John's NL.



Dr. John Haggie

Minister of Health & Community Services



Vince Withers

Vince Withers

Board Chair, Eating Disorder Foundation of NL

2022 Renata Elizabeth Withers Memorial Scholarship Winners



Leigh Dunn is in her second year of the Doctor of Psychology program at Memorial University. Prior to coming to Memorial, Leigh completed a Bachelor of Arts (Psychology) from MacEwan University and a Masters of Arts (Psychology) from Carlton University. Leigh became interested in the field of eating disorders while doing a practicum at the Children's Hospital of Eastern Ontario. This experience led her to pursue doctoral supervision with Dr. Jacqueline Carter-Major, who we know is an expert in the field of eating disorders. Leigh's thesis focuses on how symptoms of ADHD are associated with binge eating disorders in emerging adults. Leigh looks forward to beginning her practice of clinical psychology once she completes her studies, an interest she has had since adolescence.

Rachel Howells is a 4th year undergraduate student at Memorial University completing a Bachelor of Science in Psychology Honours. Rachel's interest in disordered eating research began through her involvement with the "I Love Me Campaign" at Memorial. As a member of this organization, she developed and facilitated workshops for adolescent girls with body image being one of several topics discussed. Through her observations, Rachel could see how everyday stressors impacted self-image and they could manifest in disordered eating. Her current research interests are specifically related to binge eating behaviours. The title of her undergraduate honours thesis is "Exploring the Relationships between Binge Eating Symptoms and Facets of Difficulties in Emotion Regulation in an Emerging Adult Sample". Rachel plans to continue research in the area of eating disorders as she pursues graduate studies in Clinical Psychology.



Our Fundraiser Successes in 2022

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 2022.

Drive In Bingo and 50/50 Tickets

Many thanks to our supporters who once again participated in our Drive In Bingo at Jack Byrne Regional in Torbay over the summer months. While it was great fun and we appreciate the tremendous work of our weekly volunteers, this years event wasn't as successful as we would have liked it to have been. While the event brought a lot of awareness to the Foundation, it was unable to produce the financial results necessary to continue another year.

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.



Christmas Fly Away Ticket Sweep 2022

With the generous support of Air Canada and the Air Canada Foundation, we were once again able to undertake a ticket sweep in 2022. The result was a "sell out" of all 150 tickets at \$50 each.



The draw took place on Saturday December 17th live on the VOCM 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 2022 was Lindsay Porter. Lindsay has been presented with an Air Canada voucher for two economy class tickets valid for travel to any Air Canada destination in North American including Hawaii, Mexico and the Caribbean.



14th Annual Remembering Renata Hope Always Walk

The Eating Disorder Foundation hosted its 14th Annual Remembering Renata Hope Always Walk for eating disorder awareness on Sunday June 12, 2022 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. We hope you can join us once again on May 28th, 2023 for another enjoyable event.



Santa's Little Helper Online Auction

For a third year we hosted Santa's Little Helper Online Auction. When the action closed at midnight on Sunday December 4th we had sold 93 items that generated \$3858.00 in new revenue for the Foundation!

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

Finally congratulations to the winners! See you again in November 2023.



Annual Remembering RENATA Golf Tournament

The 15th Annual Remembering Renata Golf Tournament took place on Thursday September 15th at Bally Haly Golf Club.

With 21 teams registered, the fog didn't dampen their spirits. It was another fun-filled day and a great success for the Foundation. The winning team, Jennings & Associates 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 \$34,107 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 \$183,969.74 being made available to support the work of the Foundation.



Corporate and Community Financial Support in 2022

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

We would like to thank:

Sisters of Mercy

NLCU Charitable Foundation

Display Rules

City of St. John's

NL Conservation Officers Association

Youth & Philanthropy Initiative Canada (Leary's Brook School)

and the many many individuals who donated just over \$43,000 throughout 2022. The importance of these donations cannot be overstated. The Foundation is proud of the relationships it has made throughout the community.

Charity of Choice

The 21st Annual Rod Benson Memorial Golf Tournament took place on September 29th at Clovelly Golf Course in St. John's, raising \$41,000 for local charities. The Tournament is held by the NLCU Charitable Foundation (NLCU CFC), in memory of the late Rod Benson, an employee of NLCU and avid golfer who passed away suddenly at the age of 31. Each year the Foundation selects a different charity of choice to receive a significant portion of the

proceeds. In 2022, that charity was the Eating Disorder Foundation of Newfoundland and Labrador.

In attendance on Tournament day was Paul Thomey, Executive Director of the Eating Disorder Foundation of Newfoundland and Labrador, who spoke about this often misunderstood mental illness. "Eating disorders are complex mental illnesses and are perhaps more prevalent in Newfoundland and Labrador than people realize. In our province, there are 25,000 to 30,000 people dealing with an eating disorder at any given time.

"At the Eating Disorder Foundation of Newfoundland and Labrador, we see an average of seven new families a month dealing with an eating disorder within their family unit. A large part of what we do is to act as an important resource for these families, offering information and workshops to support them on the journey to recovery."

As the charity of choice, the Eating Disorder Foundation of Newfoundland and Labrador received \$10,000 of the funds raised. Thomey thanked the NLCU Charitable Foundation and everyone involved in the Tournament for supporting the organization's work.



Students from Centre for Nursing Studies provide valuable support to Foundation

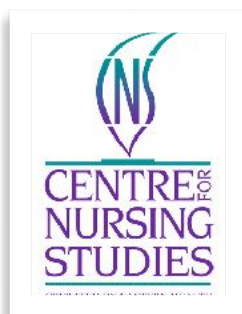
Once again this year we were thrilled to have 2 new groups of 3rd year nursing students complete their community engagements with us as part of their required curriculum.

We would like to thank Melissa, Chloe, Victoria and Jenna for providing us with a very useful "Social Media Resource". We plan to use it on a daily basis.

We also would like to thank Brianna, Kaitlyn and Adele who created a "Webpage Resource for Nursing Students", which we plan to utilize in the near future and add to our existing website.

Many thanks to both groups for the great work!

We wish them many successes in their future studies and careers.



**WE ARE NOT ALONE...
A QUICK GOOGLE SEARCH CAN
SHOW DRAMATIC NUMBERS
AROUND THE WORLD**

CANADA

ESTIMATED 725,800 AND 1,088,700 CANADIANS HAVE AN
EATING DISORDER

AUSTRALIA

ESTIMATED AROUND 1 MILLION, OR APPROXIMATELY 4%
OF THE POPULATION

GREAT BRITIAN

1.25 MILLION LIVE WITH AN EATING DISORDER
25% ARE MALE
6.4% OF ADULTS DISPLAY SIGNS OF AN EATING
DISORDER

JAPAN

HIGHEST RATES OF EATING
DISORDERS IN ASIA

UNITED STATES

30 MILLION PEOPLE HAVE AN EATING DISORDER

MEXICO

1.7 MEN PER 100,000 AND 3.5 WOMEN PER 100,000
SUFFER FROM ANOREXIA AND BULIMIA

IRELAND

IT IS ESTIMATED THAT APPROXIMATELY 1,757
NEW CASES OCCUR EACH YEAR IN THE
10-49 AGE GROUP

**EATING DISORDERS HAVE THE HIGHEST
MORTALITY RATE OF ANY MENTAL
ILLNESS**

NEW ZEALAND

ESTIMATED 103,000 STRUGGLE WITH AN EATING
DISORDER.

**GLOBALLY
70 MILLION PEOPLE LIVE WITH
AN EATING DISORDER**

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.



United Way
Newfoundland
and Labrador
Change starts here.
nl.unitedway.ca



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 2022. 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.



Board member Andrea Oliver and Chair of the Board Vince Withers presents and reviews the Foundation's Strategic Plan for 2023-2024 with Minister of Health Tom Osborne,

Executive Director Paul participated in the Annual Family Medicine Conference at Humber Valley Resort as an exhibitor. The Conference, sponsored by the NL College of Family Physicians was attended by over 100 family doctors from across the province. Paul is pictured below with Dr. Bob Young, a family physician in Corner Brook.





Annual General Meeting
March 30th, 2023
11:00 AM

- Call to Order and Welcome by the Chair Vince Withers
- Minutes - Approval of Annual General Meeting Minutes from March 31st, 2022
- Chairperson's Remarks & Presentation
- Executive Directors Report
- Treasurer's Report and Financial Statements for 2022
- Appointment of Auditors for 2023
- Ratification of Board of Directors Actions for 2022
- Ratification of Board of Directors 2023-2024
- Presentations
 - Renata Elizabeth Withers Memorial Scholarship
 - BodyWHYS - Eating Disorder Association of Ireland
- Adjournment

Annual General Meeting Minutes

March 31st, 2022

Call to Order and Welcome by the Chair

Chair Vince Withers called the meeting to order at 11:00 am and welcomed all those present and all attending by Zoom. A total of 25 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 26th, 2021 (Minutes included in the Community Report 2021). Hearing none he called for motion to adopt the Minutes as presented. It was moved by Stephanie Lee, seconded by Joedy Wall. The motion was carried.

Chairpersons Remarks & Presentation

Chair Vince spoke about 2021 as being a financially challenging year, yet the staff continued to find creative ways to support our eating disorder families. Vince then offered some information on eating disorder growth, the need for research and the importance of training and support for families throughout the recovery journey (a copy of the presentation is included with Minutes).

Executive Directors Report

Executive Director Paul Thomey spoke to his written report which is included in the 2021 Community Report. He drew attention to the Summary of Programs and Services which show a significant increase in all key indicators. He highlighted the fact that we received 199 new contacts in 2021. He went on to thank the staff, Board, and volunteers for their hard work in 2021. 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 2021

Treasurer Alyssa French presented her verbal report. She highlighted the importance of the Federal Rent and Wage Subsidies. Without them our deficit would be a lot higher. She pointed out that our Balance Sheet is strong. She thanked Coomb's & Associates for a very quick turnaround on the audit. The Chair called for a motion to approve the 2021 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 2022. It was moved by Alyssa French, seconded by Stephanie Lee. The motion was carried.

Ratification of Board of Directors Actions for 2021.

The Chair called for a motion to ratify the actions of the Board of Directors during 2021. It was moved by Brian Kenny, seconded by Chris Withers. The motion was carried.

Renata Elizabeth Withers Memorial Scholarship

Chair Vince called on Board Vice Chair Dr. Pam Ward to announce the winners. After reading a short bio she called on Dolores and Chris Withers to virtually present a cheque to Leigh Dunn and to present in person to Rachel Howells. Both scholarship winners expressed their gratitude to the Foundation for their selection.

Reflections on 10 years – Patricia Nash

Vince called upon our retiring Counsellor Patricia Nash for a presentation reflecting on her 10 years with the Foundation. Patricia provided sometimes emotional, look back at the changes in her role over the years. She illustrated the good work of the Foundation with quotes from many families who have availed of her support over the years.

Adjournment

The Chair called for a motion to adjourn the 2021 Annual General Meeting. It was moved by Tina Martin, seconded by Brian Kenny. The motion was carried.

Respectfully submitted,
Paul Thomey, Recording Secretary

NOTE OF THANKS

The Eating Disorder Foundation has been very fortunate over the past 17 years to work with so many community partners and friends in its efforts to support families throughout Newfoundland and Labrador. Their journey to recovery is a long and difficult one, however, by working together a significant degree of success has been achieved. With your help we have been able to support this journey to recovery, thanks to the amazing support we receive from a caring community.

Speaking for our families, we want to express our sincere appreciation for helping us reach out and help those who must respond to the challenges of an eating disorder.

The Board of Directors and Staff need you to know that your support has and will continue to result in more recoveries. The increase in eating disorders is alarming, however, with your ongoing interest we will continue to work with and care for family caregivers and hopefully in time mitigate the impact that eating disorders are having on our province.

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.

Eating Disorder Foundation of
Newfoundland and Labrador
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info@edfnl.ca
www.edfnl.ca

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