



In Partnership with



Canadian Mental
Health Association
Waterloo Wellington Dufferin

Association canadienne
pour la santé mentale
Waterloo Wellington Dufferin

Through Thick and Thin:

Exploring Effective Social Work / Social Service Work Practice with Eating Disorders

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Common Story

Once upon a time...

“I wanted to be healthier so I cut out junk food and became more aware of what I was eating. Before I knew it, I started to become very preoccupied with my food choices, and felt guilty after eating something that I thought was ‘bad’. Now I can’t seem to get myself to eat... and I freak out if I cannot exercise. I cannot believe that it got this far.”



Continuum of Disordered Eating

Unrestrained Eating	Disordered Eating	Clinical Eating Disorder	
<ul style="list-style-type: none">• Body Positive	<ul style="list-style-type: none">• Self-conscious or concerns about eating	<ul style="list-style-type: none">• Engage in behaviours to control weight – dieting, etc.	<ul style="list-style-type: none">• Feel that life is dominated by thoughts of weight/shape
<ul style="list-style-type: none">• Food is not an issue	<ul style="list-style-type: none">• Express body dissatisfaction Focus on body weight and/or shape	<ul style="list-style-type: none">• Rigid eating patterns and/or exercise	<ul style="list-style-type: none">• Meet clinical diagnosis for an eating disorder
	<ul style="list-style-type: none">• May engage in weighing self; some food restricting or calorie counting	<ul style="list-style-type: none">• May experience binge eating	<ul style="list-style-type: none">• May be medically unstable
		<ul style="list-style-type: none">• Good and bad day is determined by eating and exercise	



Anorexia Nervosa

- Restriction of energy intake leading to a significantly low body weight
- Intense fear of weight gain
- Body image distortion
- Self-evaluation is unduly influenced by body shape/weight
- Lack of recognition of the seriousness of low body weight



Bulimia Nervosa

- Recurrent periods of binge eating and perceived lack of control during episode
- Recurrent compensatory behaviours in order to prevent weight gain (vomiting, laxatives, diuretics, fasting, excessive exercise)
- Self evaluation is unduly influenced by body shape/weight



Binge – Eating Disorder

- Recurrent episodes of binge eating and perceived lack of control during episode.
- ≥ 3 of :
 - Eating rapidly
 - Eating until uncomfortably full
 - Eating amounts when not hungry
 - Eating alone due to embarrassment
 - Feeling disgusted, depressed, guilty
- Binge eating occurs at least once a week for 3 months



Other Specified Eating Disorder

- Presentations do not meet full diagnostic criteria
 - Atypical A.N. – not have low weight
 - B.N. of low frequency and/ or limited duration
 - BED of low frequency and/or limited duration
 - Purging disorder without binge eating
 - Night eating syndrome



Signs of an Eating Disorder Checklist

When do I need to take action? When do I need to seek professional help?

Poor body image can lead to disordered eating/exercise behaviours and ultimately, to an eating disorder. The earlier any of these concerns are treated by a professional, the greater the chance for success.

- Obsessed with appearance, food or exercise
- Constantly weighing him/herself
- Has an intense fear of gaining weight
- Change in weight or fluctuations in weight
- Preoccupied with food, constantly looking at food labels for calories and fat content
- Avoids certain foods
- Avoids eating with others
- Skips meals
- Makes excuses for not eating
- Lies about eating habits
- Hides food
- Drinks excessive amounts of water, diet soda, coffee or other non-caloric drinks
- Feels guilty when eats food
- Exercises excessively
- Wears baggy clothes to hide weight loss or to keep warm
- Changes in emotional well being: depressed or irritable, makes abusive remarks about self
- Physical symptoms including any one of: amenorrhea (loss of menstruation in girls), thinning hair, delay in onset puberty, swollen or puffy face, yellowish skin, increased cavities in teeth, stomach pain, nausea, vomiting, problems with bowels (constipation or diarrhea)
- Denial of changes in behaviour



Homewood Eating Disorders Program

Team Composition

- Registered Social Workers (MSW)
- Family Therapist (MFT)
- Psychologist
- Psychiatrists
- Medical Doctor
- Registered Dietitian
- Diet Technician
- Recreation Therapist
- Occupational Therapist
- Nurses (R.N., R.P.N.)
- Chaplain
- Horticulture Therapist
- Addiction Counsellor (Consultant)
- Students
- Volunteers



CMHA – WWD Eating Disorders Program Team Composition

- **Registered Social Workers**
- **Psychotherapist**
- **Psychiatrist**
- **Nurse Practitioners**
- **Registered Dietitians**
- **Occupational Therapy Students**
- **MSW students**
- **Volunteers**



Social Work Roles in Eating Disorders at Homewood Health

Registered Social Worker

- Assessment
- Group Leadership
- Family Therapy; Family Education and Support
- Meal Support
- Team Participation within multi-disciplinary team
- Program Development
- Research/Outcome Studies
- Conference Presentations
- Community Presentations
- Referrals to CMHA-WWD and community resources
- Discharge Planning



Social Work Roles in Eating Disorders at Homewood Health (Cont'd)

Program Coordinator

- Program management
- Accreditation lead
- Resource management

Social Work Discipline Director

- Hospital-wide social work discipline lead

Private Practitioner

- Individuals with Eating Disorders, family members and supportive carers
- EAP provider



Social Work Roles in Eating Disorders at CMHA - WWD

Registered Social Worker

- Assessment
- Individual, family, and group therapy
- Team participation within multi-disciplinary team
- Program development
- Research/Outcome studies
- Prevention – public speaking
- Advocacy for clients
- Discharge Planning
- Referrals to Homewood and community resources



Social Work Roles in Eating Disorders in the Community

Private Practitioner

- Individuals with Eating Disorders, family members and supportive carers.



Social Work Roles

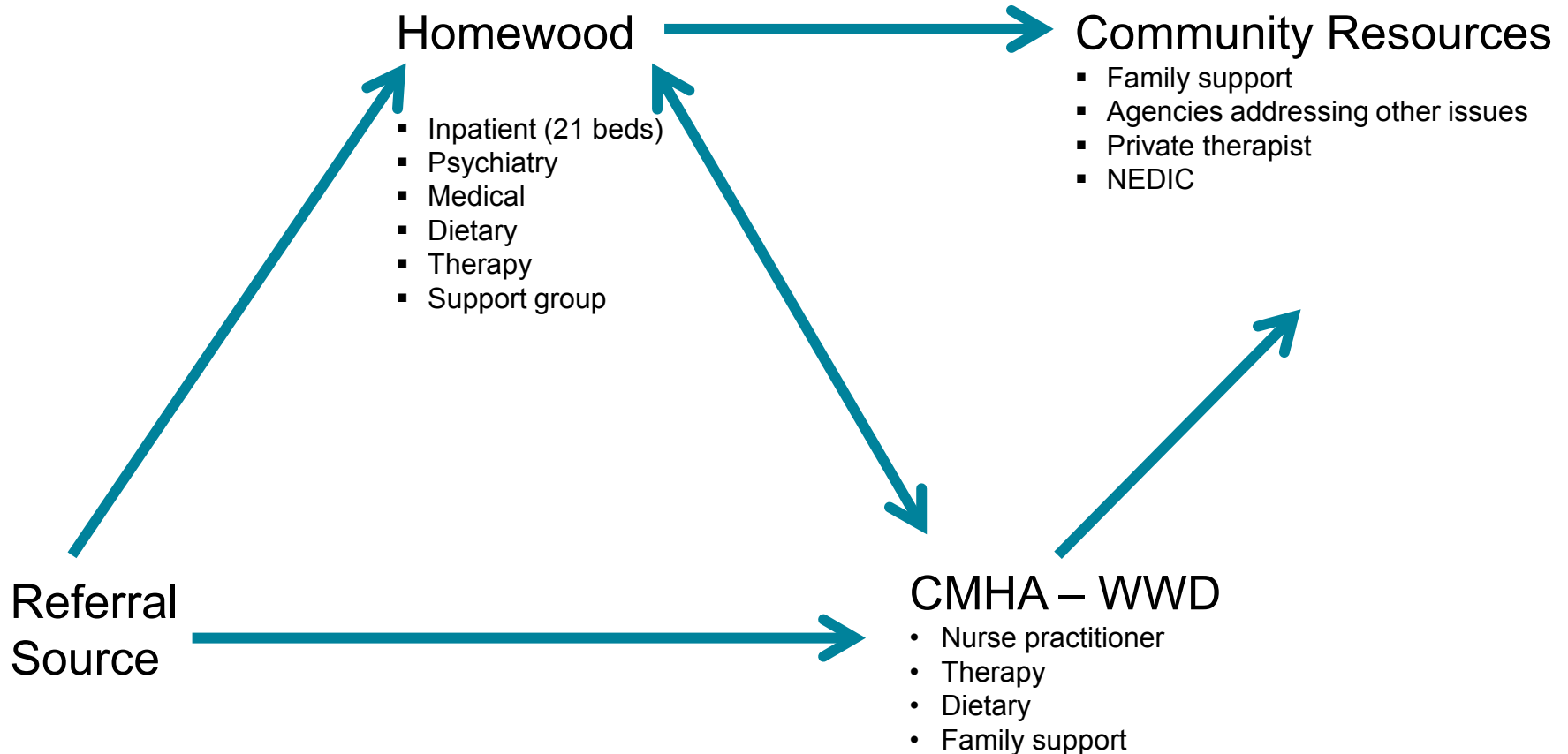
Wellington – Dufferin – Guelph Eating Disorders Coalition

- Founded in 2000
- Chair, coalition members representing various agencies and services
- Public education (EDAW, INDD events)
- Professional education

www.eatingdisorderscoalition.ca



ED Service Roadmap

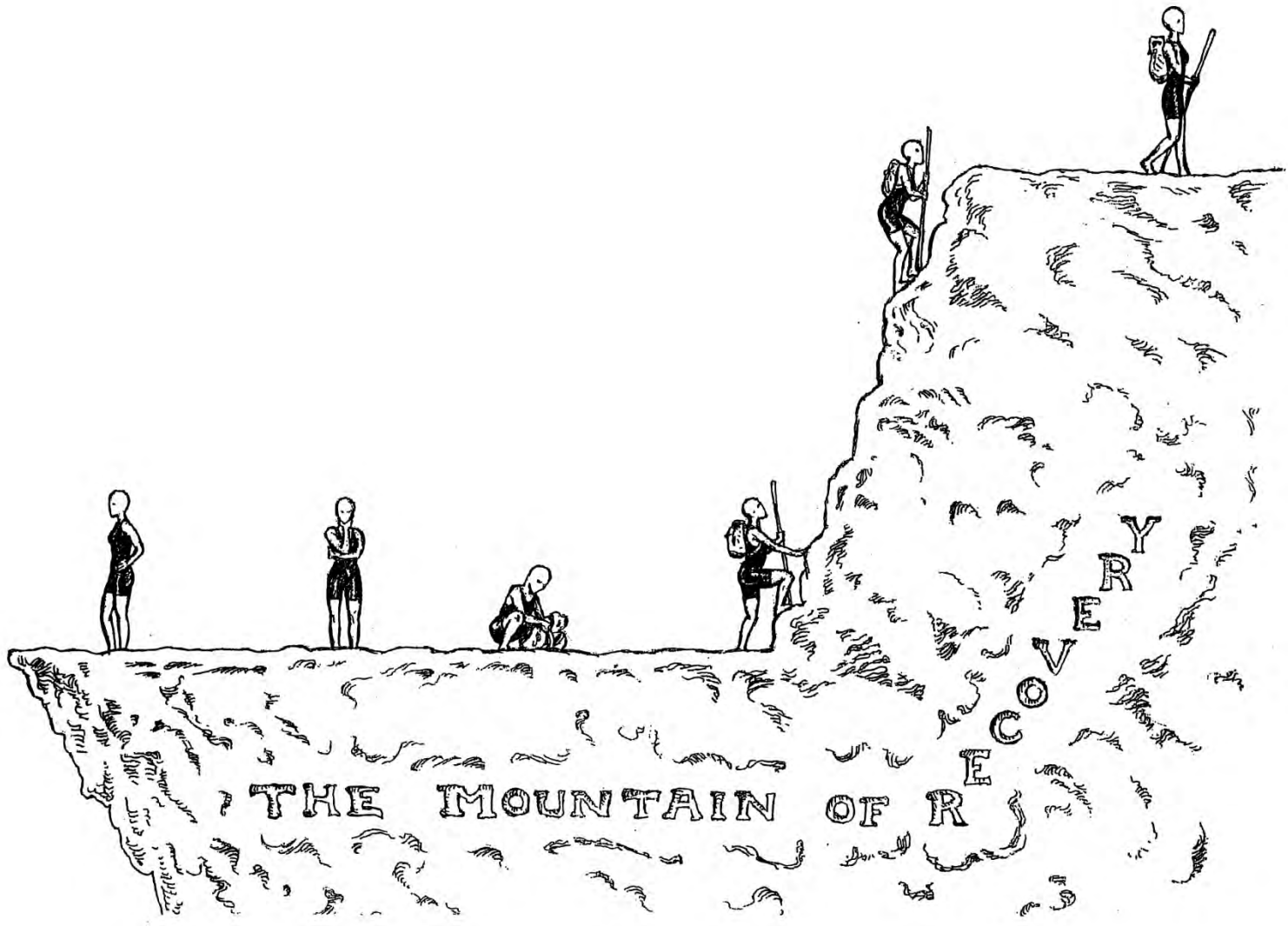




Role of Social Workers:

Motivation Enhancement

- Readiness Ruler
- Mountain of Recovery
- Life raft Analogy
- Miracle Day Exercise
- 5 year Letter Exercise









Working with Children, Youth, and Adults

Social Work Role:

- Family interventions to prepare youth and their families for changes before/after transition
- Develop parental supportive role, beyond eating/weight restoration (A.N.)
- Onus on young adult to learn self-management skills and deal with life transitions
- Family based treatment
- Family education
- Work with youth and families on life transitions
- Individual/Group therapy
- Helping young adults take charge of their recovery needs



Walking the Walk

- Do you focus on your weight? Are you dieting? Use diet products? Have a scale in your house?
- Do you make comments on yours or other's body? Do you hold a size – bias?
- Do you use exercise to compensate for eating?



As a Service Provider

- Don't work in isolation – Team up – Communicate
- Develop close relationships with intensive treatment providers
- Investigate resources
- Don't be afraid of what you don't know – ask questions and borrow



Resources

Internet Resources

- **Eating Disorders Coalition** – Serving Wellington – Dufferin – Guelph includes service directory and podcasts

www.eatingdisorderscoalition.ca

- **National Eating Disorder Information Centre** – promotes healthy lifestyles as an alternative to dieting; national resource directory

www.nedic.ca

- **National Eating Disorders Association** – non-profit eating disorders organization

www.nationaleatingdisorders.org U.S.A

- **What's Eating You?** – developed by Candy MacNeil, Guelph therapist, dedicated to providing accurate information about the prevention and treatment of eating disorders

www.whatseatingyou.com

- **Mirror-Mirror** – eating disorder information and links

www.mirror-mirror.org

- **Something-Fishy** – information on eating disorders, tips for recovery, etc.

www.something-fishy.org



Resources (Cont'd)

- **About-face** – information on media messages that affect self-esteem and body image

www.about-face.org

- **Andrea's Voice** – information on eating disorders, in memory of Andrea Smeltzer who died from complications from Bulimia

www.andreasvoice.org

- **Gürze Books** – information on books, articles etc. about eating disorder and recovery

www.gurze.com

- **Health at Every Size** – Jon Robison's website, helping people with weight and eating-related concerns

www.jonrobison.net

- **Body Positive** - promoting the "Health At Every Size" philosophy through education and resources

www.bodypositive.com

- **Show Me the Data** – information and links to resources challenging myths about obesity

www.showmethedata.info

- **Central West Eating Disorder Program(CWEDP)**

www.cwedp.ca



Resources (Cont'd)

- **Danielle's Place**

www.daniellesplace.org

- **Sheena's Place**

www.sheenasplace.org

- **Homewood Health Centre**

www.homewood.org

- **National Institute of Mental Health (NIMH)**

www.mentalhealth.com

- **Canadian Mental Health Association (CMHA)**

www.cmha.ca

- **Canada's Food Guide**

www.hc-sc.gc.ca/food-guide-aliment/index_e.html



Resources (Cont'd)

Support Centres

- **Danielle's Place – Burlington** (905) 333-5548
- **Sheena's Place – Toronto** (416) 927-8900
- **Hope's Garden – London** (519) 434-7721

Finding a Private Practitioner

National Eating Disorders Information Centre

- Information and Resources www.nedic.ca 1-866-633-4220
- Service Provider Search Directory (416) 340-4156



Resources (Cont'd)

Specialized Treatment Contacts – CWEDP Sites

- **CMHA - Guelph** (519) 821-3582
1-800-471-1732
- **Credit Valley Hospital – Mississauga** (905) 813-4505
- **Halton Healthcare Services –
Oakville Trafalgar Memorial Hospital** (905) 815-5127
- **William Osler Health Centre, Brampton Civic Hospital** (905) 453-1160

Coalitions/ Prevention

- **Wellington-Dufferin-Guelph Eating Disorders Coalition** April Gates
(519) 824-1010 ext. 2292
- **About Kids Health** www.aboutkidshealth.ca/thestudentbody/