

5TH ANNUAL INTERIOR EATING DISORDER FORUM REPORT

October 16th, 2019

Prepared by Carla Mantie, Interior Health, MHSU Practice Lead



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INTRODUCTION

The Annual Interior Eating Disorder Forum was initially prompted in response to the Ministry of Health (MoH), in collaboration with Ministry for Children and Family Development (MCFD) announcement of its *Action Plan for Provincial Services for People with Eating Disorders*. The action plan targets the full continuum of care from Prevention and Promotion, to Primary, Secondary, Acute and Tertiary Care. The forum was established to bring together stakeholders to share information, learn and work together to plan services.

The 5th Annual Interior Region Eating Disorder Forum was held on October 16, 2019 at the University of British Columbia Okanagan (UBCO) campus in Kelowna, B.C. The day was well attended with over 80 representatives from: Interior Health (IH) Mental Health and Substance Use (MHSU), MCFD, private practice, Primary Care, Specialists, University of BC Okanagan (UBCO), Okanagan Boys and Girls Club, Substance Use Services, School Districts, Foundry, and Patient and Families Voices Network (PVN). Participants came from across the region and included: senior leaders, front line clinicians, nurses, dietitians, social workers, educators, graduate students, physicians, psychiatrists, pediatricians as well as patient and family representatives.

The annual forum highlighted regional and provincial practice and programs for stakeholders. The forum provided latest research on diet culture and specific diagnoses, evidence based approaches, treatment challenges and an opportunity to participate in regional planning. Once again, one of the most important and engaging highlights of the event was having a patient partner and her family describe their journey through care which included insights, experiences and recommendation.

Goals for the Day

- To provide information and resources regarding evidence based approaches for the care and treatment of eating disorders
- To foster engagement and collaboration to move the strategic plan forward
- To share information, learning and resources
- To enable discussion in relation to the Interior Regional Eating Disorder Strategic Plan

Objectives

1. Knowledge exchange, networking, engagement and collaboration
2. Planning and input into strategic plan

Desired Outcomes

- Increased relationship capacity amongst attendees
- Opportunity for participants to share their experiences and knowledge
- Opportunity to enhance engagement, practice and commitment in moving forward
- Increased awareness of promising practices, resources and new processes

OVERVIEW

The organizing committee began planning the 5th annual forum in June 2019, after receiving the results of a survey circulated to participants of past forums, steering committees and working groups. The committee consisted of educators, clinicians, admin support, family members with lived experience and a practice lead. The day was sponsored by Vernon Jubilee Hospital Foundation (VJHF), Kelowna General Hospital Foundation, UBCO and IH. The forum was facilitated by Rylee McKinlay, a UBCO Kinesiology graduate who has lived experience with an eating disorder. Students from UBCO Dietitian program volunteered throughout the day with set up, registration, facilitator support and clean up. With feedback from those surveyed the agenda was focused on latest research, therapeutic approaches and integration of evidence based treatments into practice.

FORUM AGENDA (SEE APPENDIX A)

Welcome and Opening Remarks

Facilitators: Rylee McKinlay, Wilfred Barns



The morning opened with introductions and welcome by the facilitator, Rylee McKinlay, and a story and blessing by Wilfred Barns. Wilfred is an Okanagan Elder and member of the Westbank First Nation. The forum was held on the traditional and unceded territory of the Syilx Nation.



Key Note Speakers

Diet, Culture and the Latest Research

Facilitator: Ary Maharaj, M.Ed, RP (See [Appendix B: Presenter Bios](#))



Ary Maharaj, M.Ed., RP (Qualifying), is an active researcher, burgeoning policy-maker, and practicing mental health therapist. He currently works as Outreach and Education Coordinator at the National Eating Disorder Information Centre, striving to take a preventative, proactive approach to helping people with their relationship with food and weight, while buffering them from developing an eating disorder. Ary facilitated an interactive and lively discussion on the latest research on Diet and Diet Culture. He was streamed live from Ontario and although there were initial technical issues the presentation was an engaging and educational session. ([Appendix C: Presentation Slides](#))

Radically Open Dialectical Behaviour Therapy: Practical Application

Facilitator: Marketa Nykl, Med. RCC (see [Appendix B: Presenter Bios](#))



Marketa Nykl is a Child and Youth Mental health Clinician with the Fraser North Eating Disorder Team located in Port Moody, B.C. Marketa led the group through an interactive session titled “Radically Open DBT Therapy (RO-DBT): Practical Applications”. This session provided a follow up from last year’s introductory session. It included a brief overview of RO-DBT philosophy, explanation of why it is relevant for treating eating disorders, and

discussion of clinical implications for individual therapy with over controlled clients. The session focussed on Fraser Health's experience running RO-DBT Multifamily skills groups, and provided participants with exposure to RO-DBT skills. ([Appendix C: Presentation Slides](#))

Presentations (Appendix C: Presentation Slides)

Avoidant/Restrictive Food Intake Disorder (ARFID)

Facilitators: Sara Cormier, Sandra Martinson, Dr. Heather Derry, Tina Kochar, Bobbi Barbarich

This small group session covered the diagnosis, common observations, statistics and complications of ARFID. The group discussed treatment options and utilized a case study to support understanding.

Group Treatment

Facilitator: Leah Perrier, Gorette Pereira-Imm

This small group session covered group programming within the Kelowna Eating Disorder Treatment Program. The facilitators discussed the changes that have occurred over the last two years in the Kelowna program, shared their successes and their plans for the program moving forward.

Challenges of Working with this Population/Transference/Countertransference

Facilitator: Dr. Thebe Madigoe

This small group session presented countertransference in the management of eating disorders. Dr. Madigoe presented the definition of transference and countertransference and their relationship with the therapeutic process. He described common countertransference reactions, identified factors that contribute to these reactions and discussed how negative reactions can be effectively managed.

Patient Voice

Panelists: Lauren Nutbrown and Family

One of the day's highlights was the participation of Lauren Nutbrown who was joined by her mom and dad. Lauren and her parents discussed their experiences, insights and recommendations for eating disorders services. Lauren and her parents shared their journey and perspectives on the impact on them individually and as a family. They discussed how the services/system supported them and also highlighted where there could have been opportunities for improvement. Their presentation was personal and powerful and had a focus of advice to care providers, care givers, family members and policy makers. Their compelling and candid report focussed on helpful ways of working with patients and families, self-care advice, things to be aware of, and how they battled stigma. Even though their journey was complicated and challenging one strong message was the gratitude for the support and help they received from their care team.

Strategic Planning and Practical Applications

Facilitators: Rylee McKinlay, Carla Mantie, Bette Jo Tunks

This session invited participants to work in small group to discuss a general case study with a focus on various aspects of care. (Appendix D: Case Study). Although this was at the end of the day, participants thoughtfully participated and provided suggestions and direction for service improvements.

Closing Remarks and Next Steps

Facilitators: Rylee McKinlay, Carla Mantie

The closing remarks provided an opportunity for participants to add anything to any of the discussions that occurred during the day. It was a chance to thank all the participants, presenters, facilitators, organizing committee and sponsors. Participants were encouraged to continue the difficult work they do every day and know that with creativity and advocacy we can achieve the strategic goals we have set for ourselves. The group was asked to complete evaluation forms which will be reviewed and used for future planning (see [Appendix E: Evaluation Results](#)).

APPENDIX A

5th Annual Interior Region Eating Disorder Forum Agenda



Click the paperclip to open: 5th Annual Interior Region Eating Disorder Forum Agenda

APPENDIX B

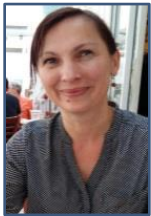
Presenter Bios

Ary Maharaj, M.Ed, RP



Ary Maharaj, M.Ed., RP (Qualifying), is an active researcher, burgeoning policy-maker, and practicing mental health therapist. He currently works as Outreach and Education Coordinator at the National Eating Disorder Information Centre, striving to take a preventative, proactive approach to helping people with their relationship with food and weight, while buffering them from developing an eating disorder. He lives with mental health challenges himself, and is an active caregiver for family members and friends experiencing difficulties.

Marketa Nykl, Med., RCC



Marketa Nykl, MEd. RCC is a Mental Health Clinician with Fraser North Child and Youth Eating Disorders Team. She has worked in the field of eating disorders, body image and teenage mental health for about eight years. She is very passionate about learning and implementing effective treatment strategies that target multiple aspects of mental health, such as temperament tendencies, interpersonal relationships, family dynamics and mind -body connection. A common underlying theme in clients with disordered eating is “too much control too little spontaneity”. Marketa finds Radically Open DBT to be a great tool to help people with over-controlled temperament to find more flexibility, deepen social connectedness and open themselves to experiencing more joy in their lives.

APPENDIX C

Presentation Slides

Click the paperclip to open:



Diet, Culture and Latest Research



Radically Open DBT for Eating Disorders: Clinical Implications



Avoidant/Restrictive Food Intake Disorder (ARFID)



Group Treatment



Countertransference in the Management of Eating Disorders

APPENDIX D

Case Study



Click the paperclip to open: Case Study

APPENDIX E

Evaluation Results



Click the paperclip to open: Eating Disorder Forum 2019 Evaluation