

WEBVTT

1 "" (0)

00:00:00.000 --> 00:00:00.921

Okay.

2 "Oaks, Allison" (3281956096)

00:00:00.921 --> 00:00:32.190

All right. So Welcome and thank you for calling into Cigna's 2024 eating Disorder awareness series. My name is Alison Oaks and I'm a care manager for the eating disorder team. Due to the format of this call, well you will not be able to ask questions during the conference. The conference will be opened up for questions at the completion of the presentation, although you do have the option of submitting questions during the conference.

3 "Oaks, Allison" (3281956096)

00:00:32.190 --> 00:00:52.190

You can follow along to the presentation. To today's presentation, you may access that online@www.Cigna dot com/eating disorders. Scroll to current topic section in the middle of the page and click on today's.

4 "Oaks, Allison" (3281956096)

00:00:52.190 --> 00:01:17.490

Topic labeled the power of mentorship, supercharging support for eating disorder recovery. Please note that not all policies cover today's topic. For more specific information, if your policy covers topics discussed in today's seminar, please contact the eating disorder team by calling the number on the back of your Cigna insurance card.

5 "Oaks, Allison" (3281956096)

00:01:17.490 --> 00:01:37.490

Today I have the pleasure of introducing JD Olette and Maris Dagner. JD is equipped director of Lived Experience, formerly Director of mentorship, and an educator who came to this work after the youngest of her four children developed Anorex the undervote.

6 "Oaks, Allison" (3281956096)

00:01:37.490 --> 00:01:57.090

In 2012. Grateful that her family benefited from early aggressive intervention with evidence based care. She channeled her gratitude and personal and professional skill sets into ensuring all families have access to the same psycho education, skills coaching, and support.

7 "Oaks, Allison" (3281956096)

00:01:57.090 --> 00:02:12.270

That made a difference for her family, excuse me, and enabled her daughter to achieve full robust long term recovery excuse me.

8 "Oaks, Allison" (3281956096)

00:02:12.270 --> 00:02:30.780

And Maris is the director of pure mentorship at Equip. After cover recovering from Anaroxianavosa, Maris is passionate about harnessing her lived experience.

9 "Oaks, Allison" (3281956096)

00:02:30.780 --> 00:02:49.440

To support others suffering from eating disorders. Her story was featured in the documentary IM Maris, formerly available on Netflix, to spread hopefulness around recovery and destigmatize talking openly about mental health challenges.

10 "Oaks, Allison" (3281956096)

00:02:49.440 --> 00:03:05.754

Maris studied psychology at UC Santa Cruz and currently serves as Equip's Director of Peer mentorship. Please welcome JD and Maris.

11 "Maris she/her" (1638179840)

00:03:05.754 --> 00:03:27.290

Thanks so much for having us. Thanks for such a lovely intro. I'm excited to be co presenting again with JD. We've taken the show on the road a few times and couldn't be more excited to be presenting today to this group. To kick us off with our objectives for today, our 1st is that we hope that you'll be able to describe the current research on mentorship and peer support as an.

12 "Maris she/her" (1638179840)

00:03:27.290 --> 00:03:44.700

Evidence informed practice. Secondly, we hope that you'll be able to name two to three specific ways that mentorship and peer support can be incorporated in eating disorder treatment, and finally, we'd like you to be able to identify specific examples of how mentorship can support eating disorder recovery.

13 "Maris she/her" (1638179840)

00:03:44.700 --> 00:04:04.700

The 1st we want to start with some background on why mentor support matters. And on the screen here you can see some more formal landmarks of peer support being integrated into healthcare, but I'd really like to zoom out for a moment and name that most of us on this call have probably engaged in peer support in some form or fashion.

14 "Maris she/her" (1638179840)

00:04:04.700 --> 00:04:20.460

If you've ever reached out to a friend or a friend of a friend or looked for a Facebook form about a very specific experience you're going through, that is a form of your support. It's leaning on others who've been in a similar position as you are today to get support, hope.

15 "Maris she/her" (1638179840)

00:04:20.460 --> 00:04:40.460

Guidance and maybe a sense that you're just not alone in what you're going through. But people have really been a part of the health, the health space especially around mental health when it comes to lived experience and have really been influencing the care for patients for centuries. And it's the influence of lived experience that has helped evolve the.

16 "Maris she/her" (1638179840)

00:04:40.460 --> 00:05:03.439

Mental health care world to become more humane, more compassionate, and more respectful towards patients. And one of the landmarks that you'll see on the screen is in the 1960s campaigns for improved and more humane side care really grew alongside the civil rights and women's rights movement. This has been something that's been woven into and incorporated with other, really important social movements throughout.

17 "Maris she/her" (1638179840)

00:05:03.439 --> 00:05:24.349

History. And looking forward to the 1990s, this is really when we saw peer support begin to emerge as a more formal and more integrated role in the mental health world. But I would say the landmark that you see here from the mid to late 2000s is probably the one that folks in the call are, are most familiar with, and this is when the field of substance use really began.

18 "Maris she/her" (1638179840)

00:05:24.349 --> 00:05:44.699

The proliferation of the peer support role being integrated into treatment programs. This is something that we've seen happening for a long time and although I I think we're often discussing this within the context of being cutting edge and innovative, I I really like to make sure that folks really are grounded in just how really ancient of a practice this is.

19 "Maris she/her" (1638179840)

00:05:44.699 --> 00:06:02.339

But of course we want to dig into the research here and pure support has been shown to be beneficial for improving health outcomes in numerous studies. A lot of our presentations today is going to be laser focused on eating disorders, but 1st we wanna talk about how this has been integrated.

20 "Maris she/her" (1638179840)

00:06:02.339 --> 00:06:19.529

In other pockets of the health care system. And we've seen that peer support is a strategy that's been widely used to improve the physical,

emotional, and psychological health of patients, and can really help promote self management across diverse diseases and population groups.

21 "Maris she/her" (1638179840)

00:06:19.529 --> 00:06:39.529

And in a recent systematic review, 83 % of the studies that were reviewed reported significant benefits of peer support in promoting behavior change to support chronic disease management. And here you'll see some of those examples. The chrones and collitis Foundation has the power of two peer support program, which supports folks within.

22 "Maris she/her" (1638179840)

00:06:39.529 --> 00:07:04.619

The American Diabetes Foundation has the association of diabetes care and education specialists, the cystic fibrosis Foundation has the CF peer connect program, which excitingly connects both patients and family members of peer support, which my colleague JD will be touching more on that family support component in just a moment. And Nami has the peer to peer family to family support as well.

23 "Maris she/her" (1638179840)

00:07:04.619 --> 00:07:20.999

The research has shown that the inclusion of peer supports has a really broad reach of impact. Most generally, it helps people effectively engage in care. And I know folks on this call are probably really familiar with the, the idea of the fact.

24 "Maris she/her" (1638179840)

00:07:20.999 --> 00:07:40.999

That treatment can be incredibly difficult, and so having something that helps folks connect more and stick with care is really, really incredible to see. And we've seen that this can help instill hope and self confidence in folks, can help decrease substance use, it can help increase self care and quality of life.

25 "Maris she/her" (1638179840)

00:07:40.999 --> 00:08:14.749

Across multiple domains. And the inclusion of pure supports has also been shown to decrease rehospitalization rates, which I think is especially pertinent when we talk about eating disorders, where we know that relapse rates can be really concerning. We've also seen that it can help reduce the length of treatment stays and help improve the cost effectiveness of care. And finally, the inclusion of peer supports helps parents collaborate more effectively with other professionals, can help empower parents, it can help decrease internalized blame and isolation. I always like to pause on this for a moment.

26 "Maris she/her" (1638179840)

00:08:14.749 --> 00:08:48.169

And although I'll talk more about my experience with recovery in a few slides, I always think of my parents when I come across a statistic. My parents were really scared frankly, when I was diagnosed with an eating disorder, and they felt a lot of blame and shame around it. They wondered is there something we could have done to prevent this? Is there some error that we made? What did we missed? What are the signs that we should have caught sooner? And that can be a really paralyzing feeling in a moment where you really need to be jumping into action. And so I I often wish that my parents had had a peer supporter, a family.

27 "Maris she/her" (1638179840)

00:08:48.169 --> 00:09:08.789

Mentor to help them get some hope and to get some of that sense that this isn't their faults and yet they can still have a tremendous impact in my recovery. And the inclusion of pure supports can also help increase the recognition of the importance of self care, which we know is so important for folks who are supporting others throughout recovery and treatment.

28 "Maris she/her" (1638179840)

00:09:08.789 --> 00:09:28.789

And can help improve parental confidence and hope. To zoom into eating disorders a little bit more specifically though, I want to name that the use of peers is a really critical component in things that we know to be effective for actually preventing eating disorders. So programs like the body project and the everybody project.

29 "Maris she/her" (1638179840)

00:09:28.789 --> 00:09:49.009

These are incredible body image intervention programs that use cognitive dissonance as a powerful tool to support folks who might be at risk for developing an eating disorder or disordered eating. And this hinges greatly on peer support led by folks who talk openly about their own experiences and their own relationships to their body.

30 "Maris she/her" (1638179840)

00:09:49.009 --> 00:10:15.389

And also puts you in a room with other people who are working through similar challenges or experiences. It's a really impactful experience that has research behind it. And also in eating disorders, these appears will help lead to significantly lower dropout rates from treatment, 5 % compared to 39 %. And I think we should pause on that for just a moment. That is a really incredible statistic. Something you might hear us say at a quip from time to time is.

31 "Maris she/her" (1638179840)

00:10:15.389 --> 00:10:34.379

Patients don't fail treatment, but treatment can fail patients. And so if a patient does drop out from treatment, if they stop accessing

treatment, it's not that they failed, it's not that they're just not trying hard enough. It's that there's some kind of barrier present and we can find ways to support them in moving through those barriers or overcoming them.

32 "Maris she/her" (1638179840)

00:10:34.379 --> 00:10:54.379

And for some folks pure support, pure mentorship might be something that help fills that gap, which is really not something to sneeze on. We've also seen that in eating disorders, the use of peers can help support larger decreases in depression and body dissatisfaction and can help us reduce the eating disorder symptoms that we're seeing in a given week. So been eating to.

33 "Maris she/her" (1638179840)

00:10:54.379 --> 00:11:17.269

Days in a week or restriction days in a week. And all this has helped contribute to a really important milestone, which is that the centers are Medicare and Medicaid services now actually recognize pure support as an evidence based practice. Of course, this is when it's conducted in the proper settings so with the proper training and care coordination and supervision by mental health professionals, the.

34 "Maris she/her" (1638179840)

00:11:17.269 --> 00:11:23.579

But we're seeing this increasing recognition of just how impactful peer support can be.

35 "Maris she/her" (1638179840)

00:11:23.579 --> 00:11:40.229

Now we are ten slides into this presentation, and it's important to slow down and define what do we mean by a pyra mentor when it comes to eating disorder treatment, and often the shorthand will will put it as pyra mentors are people who identify as being in a solid space of recovery from an eating disorder.

36 "Maris she/her" (1638179840)

00:11:40.229 --> 00:12:00.229

These are folks who have been where current patients are before and they feel called to use that experience to help support support folks who are currently struggling. And we've seen that pure mentorship can help lead to improvements in body dissatisfaction, mood and eating disorder behaviors when compared to other types of social support, so perhaps support that doesn't.

37 "Maris she/her" (1638179840)

00:12:00.229 --> 00:12:26.189

Come with those additional guardrails and barriers and sources of support like we mentioned before, like the supervision and the training or when compared to NO support. This is oftentimes a really

unfortunate reality for folks who maybe going through this journey, largely feeling very alone. And finally pairmentorship can help improve quality of life and help eating disorder patients attend appointments with treatment providers.

38 "Maris she/her" (1638179840)

00:12:26.189 --> 00:12:41.579

You might be thinking Maersky sound like a broken record at this point. We get it eating disorder treatment is very hard, but I really think it's important to be honing in on this point time and time again. I often say that eating disorder recovery is one of the hardest experiences I have ever had in my life.

39 "Maris she/her" (1638179840)

00:12:41.579 --> 00:13:01.579

And if we can find something that helps folks stick with something as hard as that, for long enough to get better, that is something we should all be really interested in exploring and finding more ways to integrate it. And before I pass it to JD, we both thought it was important to highlight a recent paper that was published in focus. This is actually published by a former.

40 "Maris she/her" (1638179840)

00:13:01.579 --> 00:13:23.369

Our equipped colleague of ours, a current equipped colleague of ours, and this is really identifying ways that peer support can help usher us into a new error of eating disorder treatment. And I wanted to include this quote that just left off the paper when I 1st read it, which is that the potential impact of lived experience on every aspect of eating disorder treatment is limitless.

41 "Maris she/her" (1638179840)

00:13:23.369 --> 00:13:43.369

And I loved the way that they put this because I think so often, and, and even our presentation today is going to focus quite a bit on the direct work between a pure mentor and an individual seeking treatment, the authors really put forward this idea that lived experience can permeate every element of treatment within the mental health landscape.

42 "Maris she/her" (1638179840)

00:13:43.369 --> 00:14:12.608

So having individuals with lived experience holding positions of leadership, helping make important decisions about care, incorporating voices of lived experience into research efforts. We know that historically so much of the research has been done on a very narrow sliver of the population, and there's an opportunity to integrate more and more voices of lived experience to help us continue to make our care more effective for more people. And finally, highlighting the perspectives of individuals of lived experience.

43 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:14:12.608 --> 00:14:16.426

Experience in the media publications so we can help shift narratives.

44 "Maris she/her" (1638179840)

00:14:16.426 --> 00:14:45.932

I know when I was 1st diagnosed, most of the media portraits I saw really didn't mirror my experience and often can perpetuate stereotypes or misconceptions about who gets eating disorders or why eating disorders develop or what can help folks get better. And so we have an opportunity to leverage voices of lived experience to help shift those narratives and provide hope to others. And with that, I'm gonna pass it to JD to tell us a little bit more about family peer to peer support.

45 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:14:45.932 --> 00:15:11.589

Thank you so much Maris, and to sort of really highlight a lot of the things that she's just said, it is very important, particularly in the space when we talk about family peer to peer support to recognize a long standing history of family blame in, I think it's common and throughout a lot of mental health, but it's been particularly pointed in this area of mental health. So we sort of have been digging ourselves out of a hole to even get to a.

46 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:15:11.589 --> 00:15:31.589

A place of equal sort of footing and understanding that this is not something caused by parents. These are very complicated issues with a basis in biology and other things. So looking at family peer to peer support and youth mental health, we've actually known for a long time for more than 35 years that this is really, really important. And just as Mary.

47 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:15:31.589 --> 00:15:51.589

Just describe the things that are helpful for a person doing peer to peer with both people having had leading eating disorders. We know that overall in mental health treatment, families need support and when they have the appropriate support, some of the themes that have come up consistently are decreasing isolation, decreasing.

48 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:15:51.589 --> 00:16:11.589

In that internalized blame, which is so hard as someone who provides peer to peer support. I always encourage families to think about the fact that you can't drive forward if you're still looking in the rearview mirror. So we have to figure out a way to put that down and other peers can help with so much. The importance of self care, to

overuse the.

49 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:16:11.589 --> 00:16:31.589

Oxygen mask metaphor, it is overused for a reason. It's really, really on point. And particularly in the realm of eating disorders, this ability to take action, to take on the psychoeducation from clinical providers to create a plan and to really move forward. And I also think when we talk about family, it's important to recognize that there's sort of a couple of distinct.

50 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:16:31.589 --> 00:16:51.589

Ways we can define family. You can have you sort of biological family or a family arrangement where we're talking more of a parent child relationship, even if that's not exactly what it is and a partner relationship. So by the nature of the difference between having a parent child relationship and a partner relationship, it's really important.

51 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:16:51.589 --> 00:17:08.249

Understand that that family and partner boundaries can be very different. So supervisors need to, need to understand what the family ecosystem is that they're working with and really personalize for what approach is going to be the most appropriate.

52 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:17:08.249 --> 00:17:28.249

And in a 2017 paper, looking at family peer to peer models, it is really noteworthy that client outcomes were positive in areas such as symptomology, functioning, treatment adherence, hospitalizations, and it is the supporting of the entire family ecosystem strengthens it.

53 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:17:28.249 --> 00:17:48.249

And and makes it able to move through this without some of the, in and out hospitalizations, all sorts of things. So Namia is also their family program and has provided very similar results, right? Effective for enhancing coping and empowerment of families, and so other benefits are problem solving et cetera.

54 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:17:48.249 --> 00:18:08.249

And I do want to note because we are very research and evidence based, some of these studies are very limited. They look promising and we really do need to put that strong research and evidence space under these findings and presentations like this, getting people very interested, these are the ways that we go forward and really strengthen the the support for this.

55 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:18:08.249 --> 00:18:25.169

So what does it look like to have family peer support? As was talking about with the peer mentors, it's somebody who has recovered from an eating disorder. So it's that grounding and lived experience that is really, really important. There we go.

56 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:18:25.169 --> 00:18:45.169

Mismatch on the slide there for a moment. And, so that lived experience piece of it is what is really important. And we were talking be in our as we were waiting to, for the presentation to start to start about the fact that we think of things as equip, as all of us are pieces of a puzzle, and the picture isn't complete without any one of us.

57 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:18:45.169 --> 00:19:05.169

But we know that if you live through something like this, right, navigating complex behavioral health systems can be incredibly hard when you're really under a lot of pressure, and so other people to support you with that from their experience is helpful. That community, we need to communicate that active acceptance, and it's true that all of us are gonna go.

58 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:19:05.169 --> 00:19:25.169

Go through this experience differently, right? Every family is different. Every family has different ways to approach this. So as someone providing peer support, whether family to family or peer to peer, you really have to do a lot of internal work on recognizing what might your own biases be around this. As Maris highlighted, which I think is really.

59 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:19:25.169 --> 00:19:45.169

Important a lot of research has been done on a narrow group of people. So we have to recognize that we're starting from that and whilst some things will extrapolate to a broader audience, that might not mean everything extrapolates, and meeting people where they are is so important. We have to start from that place of meeting exactly where.

60 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:19:45.169 --> 00:20:19.999

Where someone is, and bringing them forward walking with them on the journey versus sort of dragging them along on the journey. We really do a lot in peer support about understanding what do we disclose? Why are we disclosing it, those sorts of things. Cause you, yourself are so processing what, as Mira said, you know, sort of one of the hardest

things in her life. I'm a few years older, and have it had a few more life experiences, and so I'm gonna say emphatically this was the worst experience of my life. And that includes the life where I provided end of life cancer.

61 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:20:19.999 --> 00:20:39.999

There for family members. So, it's not that I didn't have any problems, it's that this is a very singular one. So building connection, building partnership, going back and forth and partnering rather than delivering, right? And I know that when I very 1st came into the peer support space as a volunteer, I, thought of.

62 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:20:39.999 --> 00:20:59.999

Have things more as and especially coming from an educator standpoint, right? Like I'm just going to pour, you know, open your brain and pour my knowledge into it and that's how you're gonna go forward. And that really doesn't work. We have to stay in that peer relationship. We have to have that back and forth and we have to support people for the sake of the support, what the support that they need.

63 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:20:59.999 --> 00:21:31.489

So it's looks like, you know, more than telling someone what you know, it helps you define their needs and help, help you to help them define their needs and get those needs met. So as we said, it's an emerging area of study, and it's also something that's been happening for some time. There's an organization called Families Empowered in supporting treatment of eating disorders, which was really the 1st sort of family led organization to come into this space, and that support.

64 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:21:31.489 --> 00:21:51.489

Has been there very robustly for a very long time. And what's interesting, we're talking about a lot of this from a very US centric perspective, and if you look at things globally, very often peer support is the only thing available to some people in so, some countries. So, through fees, there's websites, forums, all sorts of things.

65 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:21:51.489 --> 00:22:11.489

One of the amazing things about that space is that because it's global, it's sort of any time you need help, there's someone to help you. And it also includes that partnership, right? It's not only peer supporters and parents, it's a partnership where we take the wisdom and experience of the clinicians and the families and that's how we develop resource.

66 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:22:11.489 --> 00:22:38.419

Courses. And we when Maris was talking about sort of on her last slide, I I had the thought that nothing, nothing for us without us. And so again a partnership. There are some formal programs now that are very, very promising in, Australia, they have the care consultant services through the Victoria Center for excellence and eating disorders, and they have a care coaching program as well, and they have a steep achieved stunning.

67 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:22:38.419 --> 00:22:58.419

Results, very interestingly, the pandemic gave an opportunity to look at some of these things because systems were so overwhelmed. There was sort of a triage where we, where peer support was what you had initially while you were waiting, and what they found in, at the Victoria Center for excellence and eating disorders is that there were substantial number of.

68 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:22:58.419 --> 00:23:15.689

Families who didn't need the help once they were able to get there because they'd had several months of this peer support. And then of course at a Quip, we really are so privileged to have been able to formalize this, to put training behind it, to really put a template for how we effectively do that peer support.

69 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:23:15.689 --> 00:23:36.719

So what that looks like in terms of training, it's around all eating disorders, and so one of the things as you look at doing this, you know, sort of as a part of an organization, it's not a sustainable tenable practice to sort of have a perfect mentorship match for every single person who comes in. We're just all too.

70 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:23:36.719 --> 00:23:56.719

There's really not enough people for that to happen even if it was achievable logistically. So we have a lot of training around all eating disorders so we can both understand the differences of the eating disorders and also the places that are similarities through all of this. And, and one of the things that I talk about with families around the similarities is the one.

71 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:23:56.719 --> 00:24:16.719

One thing that we pretty much all have when we come into, equip is distress. We have loved ones who are distressed, we ourselves are distressed, so that's a through line. A lot of training around scope of practice and disclosure training, which is important because there

are also places where things overlap. We do continuing education.

72 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:24:16.719 --> 00:24:36.719

Which is really, really, incredible on a weekly basis, we are able to hear along with our license providers from some of the top experts in the field around a multitude of things. Supervision and consultation, these are really important parts of any mental health practice, being a practitioner on a mental health team.

73 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:24:36.719 --> 00:24:56.719

Whether you're a license provider or not a license provider, provider really requires that you have that supervision and consultation and we do that both weekly, we do it in group and individual settings, and then we really have to recognize that the treatment model and the patient age are very, very much factors around that. So at when we 1st started, we were doing.

74 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:24:56.719 --> 00:25:16.719

In family based treatment or, and family based treatment for transition aged youth, which is a different practice than doing something over 18 using a non FPT model, a CBT, a cognitive behavioral therapy, that sort of thing. So really understanding the nuance of how you work with different families, with different modalities and different settings.

75 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:25:16.719 --> 00:25:33.052

And it's a, it's a fine needle to thread and all of that education is critical in doing this. So I'm just always excited at what we can provide. And then we're gonna hear a little bit more directly on some voices of lived experience. Maris.

76 "Maris she/her" (1638179840)
00:25:33.052 --> 00:25:47.159

Thanks JD. And we felt it was only appropriate in a presentation of peer support to share a little bit about our experiences and what brought us to this work. So I wanted to share with you all just a little bit more about my own recovery and, and why this dreaming to peer support.

77 "Maris she/her" (1638179840)
00:25:47.159 --> 00:26:07.159

My freshman year high school is the time where my parents started to notice and become concerned about some changes they noticed in both my eating and exercise habits. For my eating habits, they noticed drastic changes in entire food groups that I was willing to eat or even being able to go out to a restaurant and comfortably eat with the family.

78 "Maris she/her" (1638179840)

00:26:07.159 --> 00:26:25.859

And they also saw changes in my exercise. Although I had been an athlete growing up, had always been active, they saw changes in just how rigid and structured and even secretive I was about my exercise. And my parents really just didn't have a ton of education on eating disorders at the time.

79 "Maris she/her" (1638179840)

00:26:25.859 --> 00:26:45.859

They had it as we've been referencing throughout the presentation. They kind of had the media education of what eating disorders looked like and what caused them, kind of what they saw in magazine covers or heard on the radio. And they really just felt lost on what to do about what they were seeing. Oftentimes, and maybe JD could speak to this more as well, but I think.

80 "Maris she/her" (1638179840)

00:26:45.859 --> 00:27:08.059

Oftentimes the guidance parents get is or it's a phase or they'll grow out of it or, you know, it'll just kind of transition on as they get older. And so for a while I think they were just kind of waiting and seeing where things would go. And unfortunately my symptoms continued to progress. And it really wasn't until they saw purging behaviors, which really concerned and scared them that they started to reach out for support.

81 "Maris she/her" (1638179840)

00:27:08.059 --> 00:27:35.629

And it was at that point that they brought me to both a medical provider and a therapist that had experience working with eating disorders. And I have to pause there to acknowledge just how rare and special that is. I mean the fact that we were located in the Bay Area of California, so we were geographically close to really a hub of research and treatment around eating disorders, the fact that we had the the time my mom could take off of work and drive me to these appointments. The fact that financially we.

82 "Maris she/her" (1638179840)

00:27:35.629 --> 00:27:59.819

Did not have to worry about paying for that care. We, you know, insurance would either cover it or we knew we could comfortably pay out of pocket for that care. And truly this is the exception and not the norm to seeking care for eating disorders. At the time, you know, I was actually recommended to be hospitalized, to stabilize my physical symptoms, and that's where my parents got education on how they could play a really active role in my recovery.

83 "Maris she/her" (1638179840)

00:27:59.819 --> 00:28:19.819

They were tasked with the role of refeeding me and wait restoring me and this was before I felt ready to recover. And I'll I'll even go so far as to say, I actively did not want to recover. My eating disorder symptoms made it so I did not recognize the the long term impacts of the disorder. I did not want to get better and I want.

84 "Maris she/her" (1638179840)

00:28:19.819 --> 00:28:36.869

Honestly, I didn't feel a lot of hope that things would get better. A lot of the narratives that I was exposed to at the time, and I think were really popularized at the time was things might get a little bit better or you'll always kind of have this tape playing in your mind of the eating disorder voice, you'll kind of learn how to ignore it or deal with it.

85 "Maris she/her" (1638179840)

00:28:36.869 --> 00:28:56.869

But this is always gonna be something you carry with you. And frankly, that was pretty frustrating. Yeah, as we mentioned time and time again, this was hard work that we were doing as a family. And I I kind of wanted to prove in the pudding that all of this hard work would be worth it. And I frankly felt really alone. There really weren't many people that I knew in my life that were open about how.

86 "Maris she/her" (1638179840)

00:28:56.869 --> 00:29:16.869

Having experienced in eating disorder. I could kind of find some videos on youtube or documentaries or memorars, but it was really hard to find stories that I related to. And as time progressed and we continued treatment and I continued working on my weight restoration and I felt some lift of the symptoms, I started talking about my story more open.

87 "Maris she/her" (1638179840)

00:29:16.869 --> 00:29:47.629

And frankly I was just shocked at how common eating disorders are. I was really shocked to hear that so many of the people in my community and in the the world that I was in, we were all just suffering alone side by side and really didn't know how to talk about this experience. And I also really started to crave hearing more stories of hope and lasting recovery. As I started to hear stories and started to actively seek out stories of folks who said, hey, this work was really hard and this is the life that I've built in my recovery.

88 "Maris she/her" (1638179840)

00:29:47.629 --> 00:30:13.519

I have some harder days, some easier days, but overall, this is not something that consumes my day to day life. That was a really impactful experience for me, and I really started creating hearing

more and more of those stories. And so that's what brought me to the role of the pure mentor. And I was so drawn to some core elements that make pure support special. The 1st is collaboration. I, I love the metaphor JD gave up the puzzle piece, bringing together all these elements of.

89 "Maris she/her" (1638179840)

00:30:13.519 --> 00:30:42.929

The care team and seeing that peer support has a greater impact when it's in harmony with other team members, but we really see that that ability to collaborate and work across a team is one of the most special things about peer support. And skillfulness is important here. Really being able to be trained and utilize that training to practice effective listening skills, actively being present for patients and practicing thoughtful sharing skills, being able to decide and determine what is.

90 "Maris she/her" (1638179840)

00:30:42.929 --> 00:30:59.279

The most impactful part of my story to share with this individual. How do I make sure what I'm sharing is for them and will center their experience most? And also being able to pass on skills, things that were helpful for you in your own experience and offering them to folks who maybe looking for some of those resources.

91 "Maris she/her" (1638179840)

00:30:59.279 --> 00:31:19.279

Connection is something that I felt really passionate about and the memory that is so vivid in my mind as I remember sitting on my therapist couch, and I remember at one point just kind of like throwing my head back in my hands in the air and being like, I am so tired of talking about eating disorders, which fun.

92 "Maris she/her" (1638179840)

00:31:19.279 --> 00:31:43.159

Enough. Now of course I've made that my job to talk about using disorders every day, but at the time I remember feeling just so frustrated and and so invisible I felt like all that was being seen was my diagnosis and for a period of time that that was you know necessary, we really needed to focus in on making sure I was getting better. But this time that peer supporters can be really impactful in. They can really help patients who.

93 "Maris she/her" (1638179840)

00:31:43.159 --> 00:32:02.879

You'll seen beyond just this experience that they're going through. And centering sessions and conversations on the things that they're recovering for. What are the hobbies that light you up? What are the relationships and friendships you want to have in your life? What are your dreams and aspirations? Let's talk about that. Let's talk about

all these things that you're doing this hard work for.

94 "Maris she/her" (1638179840)

00:32:02.879 --> 00:32:22.879

That can be something really special that comes out of peer support. And finally hopefulness. This can be using intentional self disclosure to portray really realistic and hopeful examples of recovery. The example that comes to mind for me is actually a more informal form of peer mentorship, which was just getting breakfast with a friend that was also maybe a.

95 "Maris she/her" (1638179840)

00:32:22.879 --> 00:32:52.159

Little bit further along in their recovery than I was, and I remember they ordered a breakfast sandwich with bacon and egg and cheese and oh my gosh real bread. And I remember at one point they kind of set their sandwich down and they said, you know, there was a point in my life where I never would have thought I'd be able to do this. I never thought I would be able to both fully enjoy this breakfast sandwich and fully be present and enjoy our conversation. And to know that in a few hours I'm not gonna be thinking about that sandwich at all. It's not gonna weigh heavily on my mind.

96 "Maris she/her" (1638179840)

00:32:52.159 --> 00:33:18.229

And that was a really mixed moment for me. On one hand, I actually felt kind of scared. I was like, oh, I still have work to do. That's something that I haven't experienced yet. There's more work here for me, but it also felt hopeful and and like kind of a relief washed over me of, oh, you actually got there. You got to that point. It's possible. And that's an experience that I would love for everyone to have. It's just those moments or maybe she hasn't thought about it since she said it to me.

97 "Maris she/her" (1638179840)

00:33:18.229 --> 00:33:30.992

But but I found that those moments can really stick with folks long into their recovery and give them that drive to continue working on their treatment and recovery. And with that, I'd love to pass it to JD to tell us a little bit more about her family's experience.

98 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:33:30.992 --> 00:33:46.189

Yes, and before I do, I just want to say so many of the things that Maris outlined are so important as as someone who works on a team with a peer mentor, I have seen some amazing things in terms of what Maris said when we were smaller and, and we knew a lot.

99 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:33:46.189 --> 00:34:06.189

More about people's stories and things like that, where really a turning point could just be a pure mentor saying, let's not talk about that right now. Let's talk about the things you're going to do after, the things you wanna do. I think I remember, and I think we're gonna talk about the story, but I remember like somebody's storyboarding, a future study abroad with someone that was so powerful.

100 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:34:06.189 --> 00:34:29.299

So the ability to have that role is, is just, it adds something so both intangible and tangible to everything. Our experience, was that in 2011, my daughter, who's the youngest of four kids, was a senior in high school, she and her friends were done with their high school sport and they just decided that they would sort of undertake a healthy.

101 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:34:29.299 --> 00:35:03.229

The eating makeover is what they called it. She did not actually have really body image or self esteem issues. I mean I don't think there's any 17 year old, you know, young woman in America without maybe some stuff, but compared to her peers, she actually was, I would say much less impacted by those things than, than a lot of her peers were. And this all began sensibly and as any eating disorder parent will tell you, there's almost always a place where we were kind of like, oh, this is so sensible, you know, really like I, this is in line with what the culture tells us to do.

102 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:35:03.229 --> 00:35:23.229

Right, and unfortunately while it began sensibly, the eating disorder, the anorexia rapidly took over and within four months, she was in the emergency department here in San Diego dehydrated with orthostasis, sort of a very, very, intense experience. And, as Mira said, really.

103 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:35:23.229 --> 00:35:46.279

I would say one of the reasons that both of us are here have has to do with that proximity to good treatment, to an academic center that had educated the community to a hospital that really knew what to do. In our case, I actually had the emergency room dr. took me in the hallway and actually physically shook me to make me promise that I would get her the help she needed and I was very committed to it.

104 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:35:46.279 --> 00:36:02.789

And I kind of thought he was a little bit extra on that and as I've heard more and more and more stories, I was like, wow, what a favor he was doing? I mean he was really extending himself and he knew what he was talking about. So one of the very interesting things about my

daughter's situation, and this is not uncommon in.

105 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:36:02.789 --> 00:36:22.789

Anorexia is that she had a symptom called anastymocia or lack of insight, and we most commonly know about this in terms of schizophrenia where someone's brain is actually not understanding what's going on with it. So she was accurately porting a lot of medical symptoms. We were seeing the pediatrician, we were seeing the gastron phorologists.

106 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:36:22.789 --> 00:36:49.459

And I was unaware of how common this was. I had NO idea that the most likely explanation for what was happening to her, was much more likely than any of the things that we were rolling out with all the GI visits and the, you know, had the endoscopy set up and all of that sort of thing. So what this in the end led to, is as Mayor said, under understanding taking that to into the role of family mentorship, which I.

107 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:36:49.459 --> 00:37:09.459

Again doing 1st, sort of advocationally with other families and things like that. And the, the, the things that this role provides, I think number one, I think warmth is so important. And that's not to say that other providers aren't warm. In my experience, most providers are very, very warm, and we have the time and space to really.

108 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:37:09.459 --> 00:37:29.459

Really just be a listening ear to validate how difficult this is. We have the ability and I think this is one of the most important things to provide practical support ideas. There's theory and there's practice, and there's a lot of, you can sort of talk about what needs to happen, but doing it in your own home at your own kitchen.

109 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:37:29.459 --> 00:37:49.459

Table is a very, very different dynamic. So sharing those ideas and advice from that space of lived experience is critical. In communication, it's not uncommon being on a team for a family member to be most comfortable disclosing something that's important to their family mentor.

110 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:37:49.459 --> 00:38:22.039

And having their family mentor work with them to bring it forward. There's just a lot less sense of being judged when they know that you've been exactly where they were. And there's not a single person

who goes through this without making a lot of trial and error decisions, right? A lot of things that you might have done differently in hindsight and we can't, we have to free ourselves from the guilt of that and understand that's part of the process. So helping connect with other providers to oftentimes bring things forward or share solutions that they might not have thought about. And one of the.

111 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:38:22.039 --> 00:38:45.710

The things that we do at Equip that I just am really really really a fan of is a lot of group support. So a lot of multi family groups where we can talk about things just among families and where families are sharing ideas with each other. So bringing together multiple families together, I think normalizing the challenges, and I do this I do this at equip. This is my.

112 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:38:45.710 --> 00:39:20.450

Job and I also still go back to the place where we were treated once a month and had the interesting experience a couple of weeks ago of sitting around a table with about 20 people and everybody told their story and almost the last person was very new to this and was like, wow, before I walked into this room, I thought this was all individual to my child and every one of you has described symptoms that my child has. So when we normalize what's really a very bizarre experience, that helps us be able to normalize those challenges cope with those challenges, that sort of thing.

113 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:39:20.450 --> 00:39:47.360

And providing hope. As Mira said, so many of the stories out there, are from a time where there was less hope, where there was less knowledge in the field about a lot of things. And unfortunately the reality for a lot of people is that they've had to live with this for a very long time or forever. And we know that that is not the case for everyone anymore. So being able to provide that hope that you can leave.

114 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:39:47.360 --> 00:40:07.360

Be this space and honestly get into a much better space. One of the things we often talk about as family mentors is that as awful as it is, a lot of what you learn through this process will enable you to actually move forward with a stronger, tighter family, and that doesn't mean you were starting with a deficit. It just means anytime you.

115 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:40:07.360 --> 00:40:31.790

Put all of this work into something you really are going to see

benefits to it. And we also, at a Quip talk a lot about what are the benefits to clinicians in working with family mentors? You know, with the therapists we know that that healing as they're overarching what we're working toward, right? So their job is to look a lot into the.

116 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:40:31.790 --> 00:40:51.790

These sort of nuts and bolts of motivation, cognitive behavioral therapy, ways to speak with people, all that stuff. And often co occurring conditions are very common, all of that sort of thing. So very laser focused on what are the interventions we're providing that sort of stuff. The therapist also wants to empower patients and families and have.

117 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:40:51.790 --> 00:41:11.790

Having mentorship on the team really supercharges that ability to do the work that they are charged with doing, which is empowering families and people with eating disorders to build confidence overcome their fears, and in the in the role of families often setting some boundaries around there. So the therapy.

118 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:41:11.790 --> 00:41:31.790

This again has that clinical experience and education, is setting treatment goals, expectations, all of that sort of thing, and with a, providing accountability, right? What are we doing here? What are our goals? Are we meeting those goals, that sort of thing. And we have wonderful wonderful therapists that, that really do this work very skillfully.

119 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:41:31.790 --> 00:41:38.310

And we do need to fill in the gap if you want to mariss the next slide for me.

120 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:41:38.310 --> 00:41:58.310

We, we need to fill in the gap with our patients and support. So mentorship is offering that space for it to free the therapist up to do the really important work as they do and leave some of the other things to the side knowing that someone else is going to be able to do this. It provides a space for those receiving care where they maybe become.

121 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:41:58.310 --> 00:42:18.310

Into the session feeling very seen and heard, so that's already built in so you're able to really get to the work. It does feel like a space often with less expectation and judgment, so that's helpful for

therapists and it cannot be underestimated to to say mentors are the true experts in the day to day of the eating disorder life, whether it's their.

122 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:42:18.310 --> 00:42:34.920

Their own eating disorder or that of a family member. And recently had experience with a therapist who is trained in and practices family based treatment, which is one of the treatment models that Pup uses, and also ended up having a child with an eating disorder who said to me like.

123 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:42:34.920 --> 00:42:54.920

I need to rethink the things I was telling parents for the last 15 years because I said a lot of things very sort of blindly that are actually almost impossible to do. So adding that layer of understanding, and mentorship really can help with individual skill building. I, feel very, very lucky as a boomer.

124 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:42:54.920 --> 00:43:14.920

I work with a lot of Gen Z people and learn from them all the time. And one of the things that I am most impressed about is how skillful they are with teaching skills while also asking, do you want these skills? How can I support you? Those sorts of things. And I think that that is.

125 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:43:14.920 --> 00:43:34.920

A helpful component to the entire team. And then mentorship again offers that rupe for you for the more clinical appointments. And one of the things that I really, really wanna do in any mentorship session or group that I do is I want to make people laugh. Laugh at the absurdity of this, laugh at some component of it, because.

126 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:43:34.920 --> 00:43:53.100

Everything can feel so and is very high stakes, very serious, very dire, and if we can have that space to have some laughter, that's an element of self care that we brought into the situation and peer supporters are the most appropriate people to do that.

127 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:43:53.100 --> 00:44:13.100

And with other providers, right, that allowing for that more more thorough understanding, we do at Equip, we do amazing continuing education and we do a lot of clinical presentations with leaders in the field, and we also do a lot of presentations where lived experienced folks share.

128 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:44:13.100 --> 00:44:33.100

What they've learned, that sort of thing and I think in one of those things having had a child with an eating disorder very, very often an eating disorder will cause someone to behave outside their values. And the things that happen can be shocking honestly. And so, you know, as a clinician, if you've not.

129 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:44:33.100 --> 00:44:53.100

Encountered that before, it's really really helpful to have someone who has to provide some context for why someone might be saying or doing those things. Providing a lot of that context really sets up a lot more empathy, right? Therapists and dieticians have very specific things they're trying to accomplish, which.

130 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:44:53.100 --> 00:45:13.100

Are really, really important and the mentorship component really allows to bring into the conversation what what's happening with siblings? It might be very straightforward to say someone's not ready to go to college, but what does that mean in that, in that family? What's some context we can bring around it to discuss it? And the logistical challenges in.

131 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:45:13.100 --> 00:45:33.100

In terms of from a family mentor perspective, this is, 1st of all, a very expensive thing to go through regardless of excellent, healthcare, right? And what that happens, there's food preparation, a lot of things related to that, and a lot of our folks have financial insecurity around these.

132 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:45:33.100 --> 00:45:53.100

Things and so freeing up the providers to do the therapeutic work well we really help with the logistical stuff is helpful. And one of the things that we, have found, and it's very interesting the eating disorder field doesn't have a very specific definition of recovery. So we are making a lot of progress I think in having everyone come to.

133 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:45:53.100 --> 00:46:14.180

Together at a quip, at conferences and talk about what does recovery look like. And families define recovery very differently. There's been some studies about that. So when we work together, we can push that vision forward. And patients are generally more engaged and motivated in their sessions with their dietician, in their session with their therapist, with their medical provider when they have that.

134 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:46:14.180 --> 00:46:35.540

Care support component. So the full experience of this really, we define the clinical relationship, the focus is laser focused on the eating disorder, very goal centered. Clinicians may or may not be comfortable engaging in self disclosure or they may not have lived experience. They're setting up the treatment expectations, they're very much.

135 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:46:35.540 --> 00:46:55.540

Who's the expert in this. They're helping support the environment to, to, progress built on the treatment trajectory, the embody education, and the mental relationship really can be a lot wider ranging. It can be focused on a variety of things that are impacting this family and this patient. I'm very patient and support center.

136 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:46:55.540 --> 00:47:15.540

Self disclosure is part of the relationship. That is how mentorship works and knowing how and what to self disclosure is really important. Huge advocate, and again I go to the pure mentors that in terms of their ad advocacy for the patient experience, I have been on teams where sort of all of us, therapists dietician, medical provider.

137 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:47:15.540 --> 00:47:35.540

Better a family mentor all thought one thing and the peer mentor was able to say, I see where that's coming from, and I have some other thoughts about that and very often really change things in a powerful way because of those insights. And that environment to process everything built on mutual understanding and the all important embodiment of hope, which I.

138 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:47:35.540 --> 00:47:51.111

I think you've probably heard that word, probably about 30 times today and it cannot be said often enough. Hope is everything in, in this. So what does that look like in action? We have a couple of role plays to show you around that.

139 "Maris she/her" (1638179840)
00:47:51.111 --> 00:48:07.811

Oh, you know, I'm wondering if, I think the slides may have been converted to a PDF, so the videos might not show up here, but we can, we can always make sure we share the links with folks afterwards. Maybe Allison can confirm.

140 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:48:07.811 --> 00:48:41.800

Okay. Yeah, that sounds good. They're very brief, they're very, they're very interesting, but yeah. Yeah. Tech gets us alright at some point or another. So, well, I want to go into talking then about a case study that we had. This was a really, really exciting, I think case because Ella was a 19 year old young woman, sister gender with anorexia, nervosa, restricting type and she had been sick for a very long time. So she was living with her parents on siblings in the Midwest. Her parents were actually doing a lot of work to.

141 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:48:41.800 --> 00:49:10.490

Keep her out of the hospital, and so they were an intense energy devoted to staying safe, but not intense energy being devoted to recovering and putting this behind this. So as a freshman in high school, she was diagnosed as Maris was with, with anorexia. She had been in residential treatment, partial hospitalization, all of those sorts of things. And in the five years before she came to equip, she had not even restored her 14 year old weight and so.

142 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:49:10.490 --> 00:49:38.810

Obviously you're gonna continue to struggle. Her her parents decided when the pandemic hit and she had to come home and they heard about equip. Let's try this. Let's give this one more, one more try. And what was really helpful in this is the ability of all families to participate in our virtual sessions, give specific training, support, and visualize recovery. And that's one of the really amazing parts. This is not about virtual care, but tangentially because Equip does provide virtual care.

143 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:49:38.810 --> 00:49:58.810

The ability to have everyone in a session from their workplace, from wherever it is, sometimes from another state really is a game changer. And so her parents were really committed to like, let's make the most of this opportunity and they were getting really appropriate information. So her weight beat game began almost immediately. Her.

144 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:49:58.810 --> 00:50:18.810

Family and she were both supported, provided support skills training. They had the hope of hearing from people who were in full recovery and in this case, after years, literally years, half of a decade of not gaining any weight, they achieved their target weight in just a few months and that was a weight at which.

145 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:50:18.810 --> 00:50:30.480

Her brain was now so much healthier and more cognitively flexible that

they could come together to coordinate how we're gonna get to full and lasting recovery.

146 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:50:30.480 --> 00:50:50.480

So what do some of our folks say about mentorship? The Lisa referred to her as one of our wonderful family mentors and, the mom said peer mentorship proved to be invaluable to our family. Lisa, our wonderful family mentor validated me and understood when NO one else around me truly did. She helped also helped align.

147 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:50:50.480 --> 00:51:10.480

In our direction with FBT as a couple, unifying us in the fight to get our daughter well. And that parental alignment and hope places are really, really important. And someone else, another parent was reflecting my daughter's pyramental was able to draw my daughter out. She helped her to see from a shared perspective that the hard things can be done. My words to my daughter had value.

148 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:51:10.480 --> 00:51:25.023

But the same words from the mentor landed differently. And I think any parent here will relate to the fact that you can say something and having someone younger and cooler and hipper and will will do the job where it might not be from you.

149 "Maris she/her" (1638179840)
00:51:25.023 --> 00:51:42.590

We wanted to share just a few more comments. One is in recovery Josephine travels to see the artists that she listened to with her pure mentor now live in concert. She describes herself as recovered in a more authentic version of herself. I love this example. We've definitely seen times where.

150 "Maris she/her" (1638179840)
00:51:42.590 --> 00:52:02.590

We're just pulling up youtube videos of music and using that as a point to start a conversation and dream about those future concerts can be really motivating for a patient. So I I love this example. Another comment, I appreciate everything you've helped me with so much. It's meant a lot to have a mentor who's a trans adult. There is hope, I appreciate you. And this, of course.

151 "Maris she/her" (1638179840)
00:52:02.590 --> 00:52:19.620

This can highlight just how impactful it can be to have someone who shares, you know, one of the other facets of your experience in this, in this journey, you know, not just sharing the experience of having an eating disorder, but other elements of your identity can just help

make this the impact of pure mentorship a little bit more salient.

152 "Maris she/her" (1638179840)

00:52:19.620 --> 00:52:35.100

We wanted to highlight in summary and then also some resources that folks can access after our call today. Really in summary, there is a current body of research detailing the power of peer mentorship and family peer to peer mentorship.

153 "Maris she/her" (1638179840)

00:52:35.100 --> 00:52:55.100

In mental health care and as JD said further research is needed. We're always learning more about this. And there are a wide variety of benefits to the use of lived experienced mentors that are specific to eating disorder recovery in particular. Some resources that we wanna highlight here over on the right Daddy mentioned feast earlier, this is a really foundational group.

154 "Maris she/her" (1638179840)

00:52:55.100 --> 00:53:18.663

We have lots of resources, both for providers to learn more and then also for families themselves. Of course Enad is a great resource and just to highlight another one, Sagean Smooth is a BIPOC specific group as well. And with that, we wanna thanks, thanks folks for joining us today and I think we should have a little bit of time for questions. I think Allison's gonna guide us through that.

155 "Oaks, Allison" (3281956096)

00:53:18.663 --> 00:53:32.686

Yeah. Yeah, I don't have any questions yet that have come through, but I think we'll just give it a few minutes to see if anybody has something that comes up. Wonderful.

156 "JD Ouellette, Equip Director of Lived Experience" (1252077824)

00:53:32.686 --> 00:53:52.041

Do you just see someone's hand get raised?

157 "Oaks, Allison" (3281956096)

00:53:52.041 --> 00:54:10.085

Okay, so let's see, I did have a question come through. So do the mentors experts have experienced any any disorder behavior being used to not being seen and not be heard, meaning while today there's a body positive movement, what about fitting in?

158 "Maris she/her" (1638179840)

00:54:10.085 --> 00:54:15.008

Do you mind rereading the question one more time, Allison?

159 "Oaks, Allison" (3281956096)

00:54:15.008 --> 00:54:22.661

Sure. Do the mentors experts have experience in the eating disorder behavior being used.

160 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:54:22.661 --> 00:54:25.670
Is to not listening and not be heard.

161 "Oaks, Allison" (3281956096)
00:54:25.670 --> 00:54:30.921
Meaning while today there is a body positive movement, what about fitting in?

162 "Maris she/her" (1638179840)
00:54:30.921 --> 00:54:51.207
Yeah, maybe I can take a stab at this Judy and then I'd love to hear your perspective as well. We we definitely do have mentors who really bring to this work, the lived experience of facing what we all see in societ society today, which is anti fat bias or fat phobia. And so we do have mentors that bring that experience.

163 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:54:51.207 --> 00:54:55.140
Can really relate to an empathize with patients who.

164 "Maris she/her" (1638179840)
00:54:55.140 --> 00:55:14.822
They have that experience of facing stigma just because of their body size in this world, and so we've seen really impactful relationships being built on both talking about the realities of living in a world that carries that stigma and focusing on ways that you can show care and compassion for yourself in those experiences and at times even leaning into.

165 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:55:14.822 --> 00:55:16.906
The advocacy piece of how do each.

166 "Maris she/her" (1638179840)
00:55:16.906 --> 00:55:35.358
Shift the narrative. How do we shift this, this sigmatizing narrative in society? And one example of that's actually our our freeform program, which is an amazing body image intervention course that also hinges on activism and getting involved in your community. I hope that that touches on the question, but I'd love to hear your take on it, Jay.

167 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:55:35.358 --> 00:55:56.330
Yeah, I think that sort of highlights that people come into this with different experiences and different analyses of their experience and

meeting folks where they are. And I can't say enough as, as Mara said about the free form piece of things, having a program that that takes you through holistically and then the free form program is run by mentors.

168 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:55:56.330 --> 00:56:05.606

As well, so doing that sort of unpacking work together from a place of vulnerability, I think is very, very helpful.

169 "Oaks, Allison" (3281956096)
00:56:05.606 --> 00:56:25.665

Thank you. Okay, well that was our only question. I don't see any others coming through, but I'll give it a minute to see if somebody wants to ask something.

170 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:56:25.665 --> 00:56:27.300
Hmm.

171 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:56:27.300 --> 00:56:48.860

While we're waiting I just want to put in a plug for, if you're interested in learning more about these and Marison and I both talked about anorexia diagnoses because that was our own lived experience, and just want to be very clear that we, we treat and we acknowledge a wide wide range of eating disorders, and we have a lot of wonderful content on our block.

172 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:56:48.860 --> 00:57:08.860

On various topics, and I'll say one topic that was really important for me was really understanding the biology, the neurobiology, the genetics, the metabolism. We've learned so much in the last five to ten years that unless you've really taken a deep dive in the last five years through NO fur.

173 "JD Ouellette, Equip Director of Lived Experience" (1252077824)
00:57:08.860 --> 00:57:21.646

Alta of your own information is out of date. So being able to update that information I think is a, just an important service Equip provides whether you're with us or not.

174 "Oaks, Allison" (3281956096)
00:57:21.646 --> 00:57:42.530

Right, thank you for that. So it doesn't look like any other questions are coming in, so, I want to let everybody know thank you so much for attending and thank you to JD and Maris for providing this wonderful information for all of us today. Again, if you have questions about anything discussed today, please contact the eating disorder team by

calling.

175 "Oaks, Allison" (3281956096)

00:57:42.530 --> 00:58:02.726

The number on the back of your insurance card, and please be sure to mark your calendars to join us next month on 24 September as we will have Meredith Star presenting on nutrition, restoration, and eating disorder healing. Thank you. Thank you.

176 "Maris she/her" (1638179840)

00:58:02.726 --> 00:58:03.756

Okay.