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|  | **Family Support Resources** | |  |
| Developed: 20/12/18  Revised: N/A | | Developed By: Carla Mantie, MHSU Practice Lead  Endorsed By: Jana Abetkoff, MHSU Director | |

| Topic | Resource | Location |
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| General Information for Carers | Change Process and Recovery Support Tips  *Centre for Clinical Intervention* | [Eating Disorder: Information for Carers](https://www.cci.health.wa.gov.au/Resources/~/media/27568DE2AB554280A7E33218DE7C3497.ashx) |
|  | Family/Care Provider Educational Videos (Youth)  [*www.canped.ca*](http://www.canped.ca)  Family/Care Provider Resources  [*www.canped.ca*](file:///\\dc1serv4.interiorhealth.ca\data$\IHA%20Teams\MHSU%20Quality%20Standards\.QSP%20Team\.Carla%20Mantie\Eating%20Disorders\Family%20Support\www.canped.ca) | [Understanding Eating Disorders in Adolescence](http://canped.ca/about_us)  [Useful Links and Resources](https://canped.ca/useful_links) |
|  | Resource Guide for Parents/Family  *Written by parents with lived experience*  *BCCH, Provincial Health Services Authority* | [Parents Survive to Thrive Guide](https://keltyeatingdisorders.ca/wp-content/uploads/2016/09/BCMH026_EatingDisorder_FullGuide_v6-Web.pdf) |
|  | Parent Educational Toolkit  *National Eating Disorder Association* | [NEDA Toolkit for Parents](https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/parenttoolkit/index.html) |
|  | List of Eating Disorder Resources  *Kelty Eating Disorders* | [Eating Disorders and Body Image Resources](https://keltyeatingdisorders.ca/wp-content/uploads/2016/04/Eating-Disorders-and-Body-Image_QRS-1.pdf) |
|  | List of Resources Specifically for Males  *Kelty Eating Disorders* | [Eating Disorders – Resources for Males](https://keltyeatingdisorders.ca/wp-content/uploads/2016/04/Eating-Disorders-Resources-for-Males.pdf) |
| Meal Support | Kelty Eating Disorder Meal Support:  Chapters 1 - 6 (Videos)  *Kelty Eating Disorders* | Chapter 1: [Introduction](https://www.youtube.com/watch?v=SnyIF750w5U&list=PL21D7E85D804263B2)  Chapter 2: [Meal Planning](https://www.youtube.com/watch?v=Q0vjhmSbgjc&list=PL21D7E85D804263B2&index=2)  Chapter 3: [Meal Preparation](https://www.youtube.com/watch?v=QL1-1M50hys&list=PL21D7E85D804263B2&index=3)  Chapter 4: [Supported Eating](https://www.youtube.com/watch?v=l7gyifpv4o4&list=PL21D7E85D804263B2&index=4)  Chapter 5: [Post Meal](https://www.youtube.com/watch?v=40hDoISrNw4&list=PL21D7E85D804263B2&index=5)  Chapter 6: [Conclusion](https://www.youtube.com/watch?v=i3CYEG-pHtg&list=PL21D7E85D804263B2&index=6) |
|  | Meal Support: Fact Sheet  *Kelty Eating Disorders* | [Meal Support at a Glance](https://keltyeatingdisorders.ca/wp-content/uploads/2016/08/Kelty-FactSheet-English-FINAL.pdf) |
| Emotion-Focused Family Therapy | Prevention Parenting  *Mental Health Foundations* | [Advanced Caregiving for Prevention Parenting and Mental Health](http://www.mentalhealthfoundations.ca/parent-coaching) |
|  | Caregiver Newsletter for Eating Disorders *Fraser Health Eating Disorders* | [Emotion-Focused Family Therapy Newsletter](https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/conditions-and-symptoms/eating-disorders#.XBvw-TffOJA)  (Newsletter subscription and archives at bottom of page) |
| Websites | Kelty Eating Disorders | [www.keltyeatingdisorders.ca](http://www.keltyeatingdisorders.ca) |
|  | Maudsley | [www.maudsleyparents.org](http://www.maudsleyparents.org) |
|  | Nedic | [www.nedic.ca](http://www.nedic.ca) |
|  | Mental Health Foundations | [www.mentalhealthfoundations.ca](http://www.mentalhealthfoundations.ca) |
| Books | Book List for Families  *Recommended by Interior BC clinicians and families* | **Biography:**  Unbearable Lightness - Portia de Rossi (2011)  Shell: One Woman’s Final Year After a Lifelong Struggle with Anorexia and Bulimia - Michelle Stewart (2012)  Goodbye Ed, Hello Me: recover from Your Eating Disorder and Fall in Love with Life - Jenni Schaefer (2009)  Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too - Jenni Schaefer (2004)  Next to Nothing: A Firsthand Account of One Teenager’s Experience with and Eating Disorder – Carrie Arnold, Timothy Walsh (2007)  Brave Girl Eating: A Family’s Struggle with Anorexia - Harriet Brown (2011)  **Science/Research:**  Decoding Anorexia: How breakthroughs in Science Offer Hope for Eating Disorders - Carrie Arnold (2012)  Surviving an Eating Disorder: Strategies for Family and Friends - Siegel, Brisman, & Weinshel (2009)  Your Dieting Daughter: Antidotes Parents can Provide for Body Dissatisfaction, Excessive Dieting and Disordered Eating - Carolyn Costin (2013)  Help Your Teenager Beat an Eating Disorder - James Lock, Daniel Le Grange (2015)  Anorexia and other Eating Disorders: How to help your child eat well and be well. Practical solutions, compassionate communication tools and emotional support for parents of children and teenagers - Eva Musby (2014) |