

Welcome to Recovery:

A guide to eating disorder support services provided by the Looking Glass Foundation

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You are not alone.
Help is available, and
Recovery is Possible

Looking Glass Foundation for Eating Disorders

We are a BC-based registered charity, established in 2002 by a small group of families who learned first-hand how hard it can be to find real support for eating disorder recovery. With the help of our donors and supporters, we deliver low-barrier programs and services that are designed to meet people where they are in recovery – wherever that may be.

Our Vision A province where everyone who suffers from an eating disorder receives the services they need to support their recovery, and where the stigma of this mental illness is replaced with compassion and understanding

Our Mission Looking Glass Foundation's programs and services decrease isolation, instill hope, and sustain recovery for individuals across British Columbia who are impacted by eating disorders

Our Values Compassion ♦ Hope, ♦ Integrity ♦ Accessibility
Collaboration ♦ Accountability ♦ Courage

1. What exactly is an eating disorder?

> Eating disorders (EDs) are serious clinical disorders that take control of a person's beliefs and behaviours around food and, sometimes, exercise. We support recovery from any and all types of ED.

2. Is an eating disorder a physical or mental illness?

> EDs are *mental illnesses* that have serious physical, emotional, and social consequences.

3. What causes an eating disorder?

> No singular thing causes an ED. Rather, there are many contributing factors which combine to create one. *Nobody chooses to have an ED* – similar to addictive behaviours, the ED latches on to a person and takes control of their life, making it very hard for them to share what is happening to them.

4. Who is most likely to get an eating disorder?

> EDs can affect *anyone* – regardless of age, gender, or ethnicity. Too many people believe that EDs only affect teen girls, but this is a myth: millions of people, from all demographic groups, experience negative body image and disordered eating issues. The stigma, shame, and stereotypes around EDs make it extremely difficult for people to ask for help, which means that many still struggle in silence.

5. How can I tell if someone has an eating disorder?

> You cannot tell if someone has an ED just by their physical appearance. There are many *possible warning signs*, some of which may seem normal until they are taken into context with other factors. Signs may include frequent & severe self-criticism, social withdrawal, food avoidance, obsessive talk or behaviours around exercise and/or dieting, or going to the bathroom immediately after meals.

6. How can I help someone with an eating disorder?

> The most important thing someone with an ED needs is compassion. They *do not* need to be judged, criticized, or to have you make assumptions about them. They *do* need to be listened to, supported, and to have their emotions validated. Talking about food or exercise with them can be triggering, but talking about self-care can be helpful. Reach out for support – do not try to be their sole lifeline!

7. What treatment is available for someone with an eating disorder?

> There are a number of options available, including clinical doctors, therapists, counsellors, or dietitians, as well as a variety of peer support options like the programs at Looking Glass. Recovery usually comes after experiencing a few different kinds of support – often over time, and always with the genuine, caring, patient support of other people. No one should suffer alone, or in silence.

8. What should I do if I feel triggered, or if I'm at risk of developing an eating disorder?

> Reach out to someone you trust! You are not alone in this. Even if you're not ready to say the words "eating disorder" out loud, just let someone know that you don't feel like yourself. Please do call us or visit the Looking Glass website, as we can connect you to free, safe, *confidential* programs and resources to find the support you need. And always remember to practice self-compassion!

1. Where does Looking Glass get its funding?

> The Looking Glass Foundation is a non-profit registered charity that relies on the generous donations of our community. We hold annual fundraising initiatives, including our Fall/Winter Appeal Campaign and Spring Gala Fundraiser, which bring in the majority of our annual operating budget. Through sponsorships and donations given by individuals, families, businesses, and organizations, we maintain our mission to provide timely & effective programs and resources to people all over BC, and beyond, who are affected by eating disorders.

2. Does Looking Glass offer any support programs other than the Residence?

> Yes! Our Residential program is just one of many great support options we have to offer. The Residence is a 3-4 month intensive live-in program covered by BC MSP, available to ages 16-24. The program includes clinical & meal support, therapy, activities, and outpatient support.

Looking Glass also offers three community-based peer support programs that are completely free of charge and available with no clinical diagnosis or referral required: *Online Peer Support* (14+), *Personal Recovery Space* (14+), and *Hand in Hand* (16+). These programs are available to people of all genders, and registration is accessed through our webpage under Programs.

3. Which diagnosed eating disorders do you support?

> At Looking Glass, we know that eating disorders don't discriminate – so neither do we. Our three peer support programs are accessible by self-referral through our website, and we support any and all types of ED. We do ask that participants are medically and psychiatrically stable before entering our peer support programs, but we do not require a clinical diagnosis or any kind of medical referral for them. Please note that for the Residence, there is a medical referral process that is usually navigated through the Community Assessment Program or your family doctor.

4. Where can I find resources to help me learn more about intervention and support?

> We are always expanding our resource library with helpful information to share with you! Our knowledgeable & compassionate staff are well-equipped to take your phone and email inquiries if you would like to connect with someone about treatment options, programs, and services – we keep track of all available eating disorder services in Canada, both public and private, and we have a comprehensive list of ED Therapists practicing in the BC Lower Mainland, Vancouver Island, and the Interior.

For more great resources, please see page 9 of this guidebook!

In addition to the Residence and annual Scholarship Program, Looking Glass offers three volunteer-based Peer Support programs* that are easily accessible and flexible to individual needs and schedules. Our Peer Support programs provide the following benefits:

- Developed by a team that has lived ED experience, or exposure to a loved one’s ED experience
- Available to all genders, and a wide variety of ages
- Offered **at** no cost, with no limit to duration or frequency of usage
- Participants can sign up for one, two, or all three programs if eligible
- No clinical diagnoses or referrals required! Our peer support programs support any type/sub-type of eating disorder or disordered eating
- All Peer Support volunteers receive training from the LGF ED Therapist

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| <p>Online Peer Support* (ages 14+)</p> | <p>Six times per week, volunteer moderators facilitate online group support chats in real-time, that are safe, confidential, and encouraging for participants at any stage of their recovery. OPS is available to people 14 years and older, of all genders struggling with body image, disordered eating, and any type of eating disorder.</p> |
| <p>Personal Recovery Space* (ages 14+)</p> | <p>Volunteer mentors provide a private digital forum accessible 24/7, offering empathetic, flexible, and confidential support to individuals 14 years and older, of all genders who are struggling with disordered eating or any type of eating disorder.</p> |
| <p>Hand in Hand Support* (ages 16+)</p> | <p>Volunteer mentors provide weekly, in person support to individuals 16 years and older, of all genders who are struggling with disordered eating or any type of eating disorder.</p> |
| <p>Scholarship Program (undergrads only)</p> | <p>Our scholarship program recognizes the resilience and achievements of B.C. undergraduate students who have experienced an eating disorder, by supporting their educational goals and ongoing recovery.</p> |
| <p>Looking Glass Residence (ages 16 – 24) Referral Required</p> | <p>Situated in Vancouver BC, and offered in partnership with the Provincial Health Services Authority, the Looking Glass Residence is a 14-bed residential treatment facility for individuals aged 16 to 24, of any gender. 24/7 care and support is provided by a multi-disciplinary team of medical and mental health professionals who offer an intensive 12-week program of structured therapy in a caring, home-like setting. Note: referrals required.</p> |

This information was edited by LGF and draws on content created by our friends at [Kelty Eating Disorders](#).

We can all help prevent disordered eating habits from escalating in our friends, family, and colleagues. There are many different ways to bring about powerful and positive changes in your home, workplace, school, and community, just by adopting some open and positive language around food and bodies.

It all begins with practicing awareness around triggers, and building strategies for resilience! Here are some of the things you can try today, and every day, to be an ally in prevention and recovery:



DO NOT

- Engage in fat-talk or body-shaming, or fixate on diet/fitness trends
- Categorize food as “good” or “bad.” Food is just food!
- Do not diet!
- Criticize your worth or your body
- Criticize other people’s bodies
- Blindly accept what the media presents as ‘beautiful’
- Try to force someone to change, to eat more, to eat less... Judgment does not help
- Suffer in silence

TIPS TO TRY OUT LOUD

- > “I’ve noticed that you don’t seem like yourself lately. I’m here if you want to talk to me about anything, no judgment.”
- > “I wish the diet industry would just shut down already. Whole-body health is so much more than just numbers and calories!”
- > “What do you do for self-care? I’m always looking to try new things that make me feel grounded and loved.”



DO

- Acknowledge out loud that health and wellbeing come in all shapes and sizes
- Make time and space for meals & snacks at school or the workplace
- Listen to your body
- Criticize the culture that promotes unhealthy body image. Question the ads, toys, TV shows, mannequins, etc. that objectify an ‘ideal’ body shape
- Let others know that you love and accept them just as they are today
- Share your concerns with someone caring and supportive, or contact Looking Glass
- Nurture your own interests, passions, and curiosities – these are far more important and interesting than the look of your body!
- Encourage peers, colleagues, and family to think about their own attitudes towards food, bodies, and self-worth
- Empower others to feel good about themselves for who they are, not how they look – compliment their achievements, talents, and abilities!

If you think that self-care and self-compassion are just for people who suffer from mental illness, think again! No matter who we are, or how organized we may feel, our lifestyles are only as sustainable as our self-care habits. For more insight into developing your own self-care, check out this [Self-Care Starter Kit](#).

Self-care isn't selfish! Not only does self-care help you to stay grounded and more resilient in the face of life's challenges, but it also makes you a positive role model for maintaining a healthy attitude of compassion & love towards self. This seemingly small act can have a profound effect on those around you when they witness firsthand that caring for yourself and taking time to re-charge actually makes you calmer, stronger, and more capable.

A common misconception is that self-care is all about pampering activities, but true self-care is about listening deeply to your intuition and responding with what your mind & body are really asking for.

Here's a sample list of some of the things we can practice regularly to help stay grounded:

At Home

A hot bath or shower · A slow, comfortable cup of tea · Read · Spend time with a pet · Practice deep breathing · Yoga or stretching · Do a puzzle · A phone call to a friend or loved one · Get creative with art: painting, writing, music, photography... · Watch an inspiring TED Talk or a light-hearted show · Give yourself something to look forward to by planning an outing or a get-together, or booking a self-care appointment (tickets to a show; spa treatment; round of golf; coffee with friends; etc.)

At School / Work

Take a break to walk outside · Practice deep breathing · Make a list of the things you have accomplished this week · Surf the web for beautiful art work or nature imagery · Put your headphones in & get lost in some music · Think about a favourite line of poetry, song lyric, or book passage · Eat lunch away from your desk

Out and About

Go people-watching, free of judgments · Make a mental list of your favourite words · Visit an art gallery, library, or museum · Practice deep breathing · Spend some time in a park, or near plant life · Treat yourself: to a coffee or tea, a book, a hobby item...

You may have noticed that "practice deep breathing" appears on all three of these lists. Well, it's true – no matter where we are, or what we are doing, we can always find the time and the space to just slow down and...

B R E A T H E

| VANCOUVER | | | |
|--|--|---------------------|-------------|
| Karen Ergas | www.reneweatingdisordertreatment.com karenergas@telus.net | 604-808-4561 | Ages 19+ |
| Megan Sutherland | www.willowtreecounselling.ca megan@willowtreecounselling.ca | 604-521-3404 | Ages 19+ |
| Quetzo Herejk | www.quetzo.com q@quetzo.com | 250-884-9828 | Ages 19+ |
| Kerry Moller | www.kerrymoller.com kerry@kerrymoller.com | 604-314-1839 | Ages 19+ |
| Karen Goble | www.karengoble.com karen@karengoble.com | 778-896-2564 | Ages 19+ |
| Ron Manley (<i>only sees parents of ED kids</i>) | www.drromanley.com drromanley@gmail.com | 604-721-8755 | Ages 19+ |
| Erin Dunn Wallden | www.vancouver-psychologist.com drdunnwallden@gmail.com | 604-558-3343 | Ages 19+ |
| Daryl Ternowski | www.thrivebc.com drternowski@me.com | 604-219-0381 | Ages 19+ |
| Marilyn Chotem | www.marilynchotem.com mchotem@shaw.ca | 604-926-9468 | Ages 19+ |
| Shoshana Hain | www.westcoastcounselling.com shoshanahain@gmail.com | 604-762-7362 | Ages 19+ |
| Elizabeth Demeter | zsdemeterj@yahoo.com | 604-873-1280 | Ages 13+ |
| Lee Kotsalis-Thulin | www.lktcounselling.com lee@lktcounselling.com | 604-315-8118 | Ages 19+ |
| Dennis Dion | www.dennisdiontherapy.com info@dennisdiontherapy.com | 778-839-9551 | Ages 19+ |
| Celine Brouillette | www.celinebrouillette.com celineb@telus.net | 604-312-7367 | Ages 13+ |
| Allison Rice | www.allisonricetherapy.com allison@allisonricetherapy.com | 604-999-8182 | Ages 13+ |
| Angela Birnie (<i>also a Dietitian</i>) | www.angelabirnie.com angela.birnie@shaw.ca | 604-563-7950 | Ages 19+ |
| Abby Petterson | www.pettersonandassociates.com abby@pettersonandassociates.com | 604-780-6164 | Ages 13+ |
| Thrive BC – <i>Collective of ED practitioners</i> | www.thrivebc.com Includes Dietitian Ali Eberhardt | 604-928-5699 | Ages 19+ |

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| Tannis Hugill | www.awakeningbodywisdom.com tannisis@shaw.ca | 604-267-9951 | Ages 19+ |
| Kaela Scott | www.kaelascottcounselling.com kaela@kaelascottcounselling.com | 604-461-3030 | Ages 19+ |
| Tiffany Brown | www.inspiringpathways.com tiffany@inspiringpathways.com | 604-679-6894 | Ages 19+ |
| Colette Mrazek | www.colettemrazek.com colette@colettemrazek.com | 778-241-8793 | Ages 19+ |
| KELOWNA | | | |
| Eva Helpard | www.doctoreva.ca evahelpard@shaw.ca | 250-808-2054 | Ages 13+ |
| Trixie Hennessey | www.trixiehennesseycounselling.ca trixie@optimumfamilywellness.ca | 250-762-2525 | Ages 13+ |
| LANGLEY | | | |
| Kristine Nordahl | www.langleycounsellingcentre.com k_nordahl@hotmail.com | 604-722-9350 | Ages 13+ |
| Heather Rattai | www.discoverycounselling.ca heather@discoverycounselling.ca | 604-375-3010 | Ages 19+ |
| SURREY | | | |
| Gayle Way | www.gmway.com gayleway@mac.com | 778-291-3517 | Ages 19+ |
| COQUITLAM | | | |
| Becca Smith | www.healingfromtheinsideout.ca re_smith@shaw.ca | 778-858-2190 | Ages 19+ |
| RICHMOND | | | |
| Colleen Wittig | www.richmondcounselling.com colleen@richmondcounselling.com | 778-279-8992 | Ages 13+ |
| VICTORIA | | | |
| Catherine Carr | www.counsellingvictoria.com dr.catherinecarr@gmail.com | 250-857-3610 | Ages 13+ |
| Angela Caruk | https://shajistories.com angela@carukcounselling.com | 778-400-4984 | Ages 19+ |

Organizations

- [NEDIC](#): National Eating Disorders Information Centre. A Canadian directory of services, and source for statistics, trends, and research information.
- [NIED](#): National Initiative for Eating Disorders. Offers caregiver/family support & training.
- [Body Brave](#): Located in Hamilton, ONT., this newer initiative delivers ongoing individual and group services, workshops, and seminars for those in recovery or who want to learn.
- [Kelty Eating Disorders](#): While they do not provide support services themselves, they do keep a comprehensive list of programs and other resources for individuals and families.
- [Jessie's Legacy](#): Focusing on awareness & prevention, they offer classroom presentations on prevention and also take the BC lead on Eating Disorders Awareness Week (Feb 1-7).

Services

- [Free To Be](#): Training, resources, and facilitation training aimed at elementary school-aged youth around body acceptance, media literacy, and resilience-building.
- [Thrive BC](#): A collective of therapists, psychologists, and dieticians who specialize in client-centred recovery from any type of eating disorder.
- [Raw Beauty Talks](#): Offering talks, resources, and coaching for women struggling with disordered eating or self-esteem & body image issues.

Online Services

- [Looking Glass Blog](#): Personal reflections, social commentaries, reviews, and other interesting topics are explored by our blogging community, all through a recovery lens.
- [Recovery Warriors](#): Resources for eating disorder recovery in the digital age. Podcasts, blog, app, music, meditations, online workshops and courses, and more.

USEFUL LINKS & RESOURCES, CONT'D

- [Kids Help Phone](#): Resources, chat, and telephone support services for youth struggling with abuse, bullying, trauma, or mental health issues – including eating disorders.

Articles & Guides

- [Parents' Survive to Thrive Guide](#): *A resource guide for parents of a child with an eating disorder. Written by parents with lived experience. Courtesy of Kelty Eating Disorders.*
- [Emotional Validation](#): Learning to understand and practice emotional validation, which is essential for acceptance of both self and others.
- [Self-Care Starter Kit](#): This comprehensive guide can help you to determine where your self-care needs are, and how to meet them effectively.
- [NEDA – Toolkits](#): This US-based organization has a lot of helpful resources for people in recovery, and for those who want to learn & help. Free PDF toolkits available for parents, athletic coaches, educators, and workplaces.