

FREEDcan Newsletter



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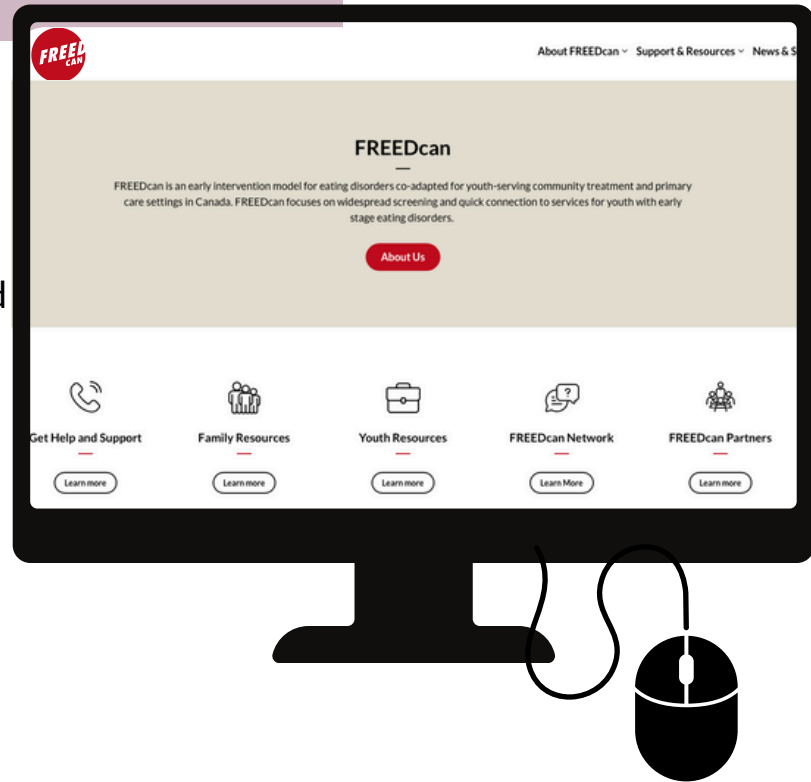
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FREEDcan Website

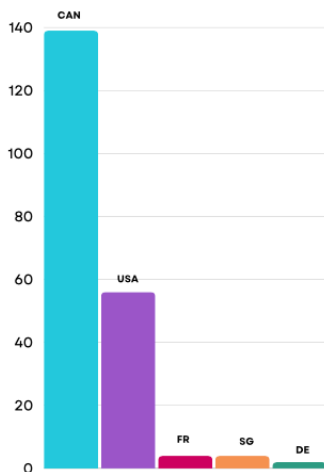
The FREEDcan team is pleased to announce the official launch of the FREEDcan website! We are thrilled to introduce this platform as a valuable, ongoing resource for youth, families, and partners alike. Available in both English and French, the website features information about the FREEDcan model, links to FREEDcan tools including screening and psychoeducation resources, and opportunities to connect to the FREEDcan network. We invite you to explore the site at www.freedcan.ca.



FREEDCAN WEBSITE ANALYTICS REPORT

November 1-30, 2024

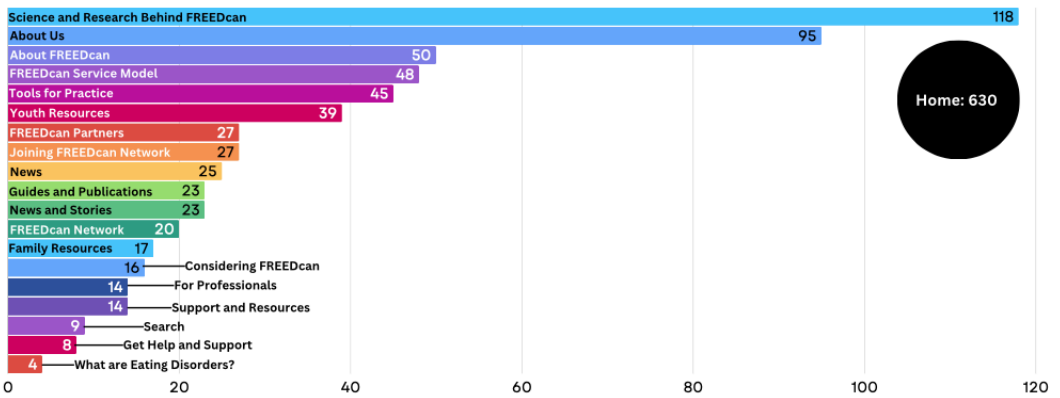
Active Users by Country (Total: 205)



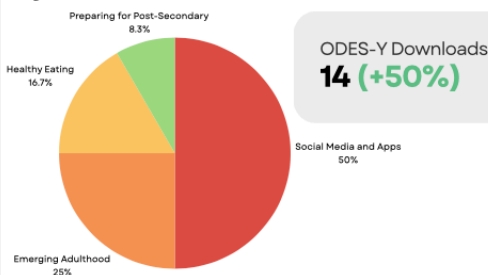
New Users in November
148

Average Engagement Time per Active User
1m 13s

Page Views by Page Type (Total: 1,302)



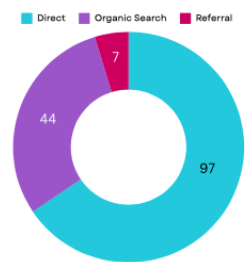
Psychoeducation Resource Downloads (Total: 11)



FREEDcan Network

Total New Members
3
Service providers and people with lived/living experience registered for the FREEDcan Network in November.

Traffic Sources



FREEDcan MILESTONES

FREEDcan Launch Event - May 2024

A one-day learning event was hosted in Ottawa, ON with **56** number of attendees joining us online and **28** joining us in person. The launch event provided a platform to engage in meaningful dialogue about FREEDcan adoption across Canada.

The FREEDcan Website - October 1st, 2024

The FREEDcan website offers current information on the model, tools, and resources. Future plans include a password-protected portal for implementation support. The website content has been co-created with youth and clinicians.

Next FREEDcan Annual Learning Event - October 2025

This annual event will bring together national and International partners to participate in various keynotes, workshops, and networking opportunities. More details to follow in the coming months!

Work on expanded FREEDcan implementation framework - January 2024

Revisions to create an expanded implementation framework for FREEDcan began, involving multidisciplinary advisories and input from community partners.

Launch of pediatric FREEDcan model - September 2024

Work on the pediatric FREEDcan model began in September 2024 with the first meeting of the advisory group. Development for 8-15-year-olds will continue until July 2025 with help from clinicians, individuals and families with lived experience, and researchers.

Development, co-adaptation and translation of six (6) FREEDcan psychoeducation tools

Six new FREEDcan psychoeducational tools are now available on the website in **French** and **English**. **One** of these resources was also co-developed with youth, and **one** co-adapted with family members.

EDI SPOTLIGHT



National Eating Disorder
Information Centre

Equity, diversity, and inclusion

In codeveloping the resource collection [Let's Talk About Disordered Eating and Eating Disorders in Racialized Communities](#), we at NEDIC strove to embody our organizational values, which include equity, inclusivity, collaboration, and humility, and we believe that in eliciting meaningful participation of both individuals with lived experience and professionals, the resources that were produced will help optimize care for members of racialized communities who are affected by eating disorders. We describe the development process in an article featured in the [fall 2024 issue of Be Yourself](#), published by the Bulimia Anorexia Nervosa Association. This summer, we turned many of the rich insights gained during the resource creation process into a new workshop offering for healthcare providers, [Cultural Humility in Eating Disorder Care](#), which is ready to be facilitated virtually for organizations across Canada.

New Resources

As increasing the availability of high-quality information in languages other than English is one of NEDIC's priorities, we were thrilled when the BC Eating Disorders Research Excellence Cluster approached us this past spring about partnering to produce translated versions of an article entitled "Dialectical Behaviour Therapy for Eating Disorders" that Dr. Anita Federici had contributed for an issue of the NEDIC Bulletin a number of years ago. Dr. Federici kindly revised her original article to reflect newer developments in the application of DBT, and this [updated version](#) was translated into multiple languages. These resources are all now available for free in [Chinese \(Simplified\)](#), [French](#), [Persian \(Farsi\)](#), [Punjabi](#), and [Spanish](#).

CURRENTLY RECRUITING COACHES!

DEVELOPING EATING DISORDER PSYCHOEDUCATION TOOLS FOR COACHES:

Understanding the needs of coaches in weight-sensitive (WS) and less WS sports

Purpose of the study

The Children's Hospital of Eastern Ontario Research Institute (CHEO RI) is inviting **coaches** to participate in a discussion group on how we can develop **consumer-friendly eating disorder educational resources for coaches**



We are looking for people

- Over 18 years of age
- Currently an athletic coach or have coached within the last 5 years
- Living in Canada and are able to communicate in English

No previous knowledge of eating disorders is required. We want to hear from coaches with a range of different levels of experience with this topic.



What is involved?

- A one-time, 60 minute discussion group online via zoom



Scan the QR code to sign up or email iedmonds@cheo.on.ca for more details

Your participation is voluntary and you can withdraw at any time

CHEO

RESEARCH INSTITUTE
INSTITUT DE RECHERCHE

This study had been approved by the CHEO Research Ethics Board
Version 2: 10172024

Focus groups will take place from December 2024 to January 2025. Recruitment is still open! Please see the study poster for more details and a full list of eligibility criteria.

If you are willing to participate, please use the following link to sign up or scan the QR code in the poster:

<https://tinyurl.com/44y4fs6e>



SCAN TO SIGN UP!

EMAIL IEDMONDS@CHEO.ON.CA
FOR MORE INFORMATION

CALL FOR ARTWORK

Feature your art on our website!

www.freedcan.ca

Let's talk about early intervention for eating disorders!

We are welcoming artwork submissions from individuals, caregivers, or family members with lived/living experience of disordered eating or an eating disorder (no formal diagnosis required) to feature on our website.



We're looking for visual art that explores:

- The importance of early intervention
- Empowering youth and families to engage in services
- What recovery and accessing eating disorder services means to you

Compensation available for all eligible submissions

INTERESTED IN LEARNING MORE?

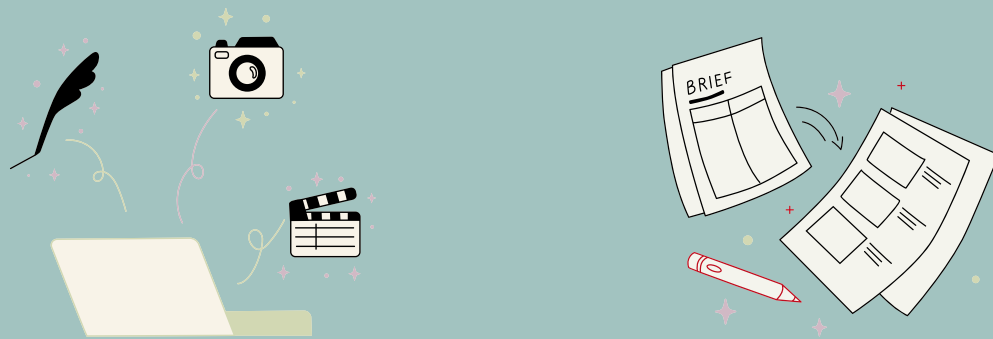
Scan the QR code or visit www.shorturl.at/OmivA



*support an
early response
for eating
disorders!*

Call for Content!

We invite any material from our network members to be featured in our newsletters!



**If there are any articles, professional learnings, updates, or other content related to the FREEDcan model and work you would like to see featured in our quarterly newsletter, please send them to:
freedcan@freedcan.ca**



HAPPY HOLIDAYS!

Wishing everyone a joyous holiday season and wonderful New Year!

Thank you for all your continued support. We hope you enjoy some restful time away and look forward to reconnecting in 2025!



*support an
early response
for eating
disorders!*

CHEO RESEARCH INSTITUTE
INSTITUT DE RECHERCHE

 **CIHR** | Canadian Institutes of
Health Research
IRSC | Instituts de recherche
en santé du Canada

THANK YOU



Email

freedcan@freedcan.ca



Website

<https://www.freedcan.ca>