RESILIENCE.
RECOVERY.

ANNUAL REPORT

HOPE.
RESILIENCE.
RECOVERY.

18
19
The Eating Disorders Queensland (EDQ) Vision Statement:
A world free from eating disorders.

The Eating Disorders Queensland Mission Statement:
To facilitate hope and recovery for all people affected by eating disorders.

Visit our website for more information: www.eatingdisordersqueensland.org.au
**About Us**

Eating Disorders Queensland (EDQ) is a statewide, community-based not-for-profit organisation. We promote positive body image and prevention of eating issues. Supportive therapeutic options for individuals living with eating issues and their families and friends are also offered.

EDQ is funded by Queensland Health. We provide the largest community support and treatment services for individuals and families living with and recovering from eating disorders, their carers and loved ones. By the sharing of recovery wisdom we aim to involve people with a lived experience, carers and family members and loved ones.

**Chairperson’s Report**

As chair of Eating Disorders Queensland (EDQ) I am delighted to introduce our annual report for 2018-19. It has been a busy, exciting and transformative year for Eating Disorders Queensland.

On the 5th October the Eating Issues Centre and the Eating Disorders Association merged to form the new entity, Eating Disorders Queensland. This came about after the Boards of both organisations worked collaboratively over the previous 12 months to scope the parameters and benefits of a merger. Each organisation undertook the necessary due diligence, and together developed a new Mission Statement and Strategic Plan to drive the new merged entity. Both organisations agreed from the start to make sure the proposed amalgamation would ensure positive outcomes for clients, carers, and employees and I believe that we have achieved this through a commitment to open and honest communication, good planning, and a shared vision for integrated services. Thank you to Belinda Chelius and Cath Doyle for demonstrating great leadership in bringing these organisations together as we build a future together.

We’ve also completed and endorsed a new Constitution which ensures that EDQ is consistent with modern corporate practices. It emphasises our commitment to best practice in human rights standards, and streamlines our governance to maximise our potential for growth and innovation.

EDQ is unwavering in its commitment to providing high quality services that meet the needs of our clients and carers. To this end we have been busy working towards meeting the Mental Health Accreditation Standards and accreditation to deliver the National Standards for Disability Services.

We’ve also introduced a new parallel Medicare service through the engagement/hosting of external practitioners. This gives clients the option to extend or fast track their therapy whilst serving to increase our service offerings and reduce waiting times. Next year we plan to significantly expand this service as we assist people to access specialist therapies.

I would like to take this opportunity to thank the EDQ Team, staff and volunteers, for their dedication and devotion to delivering outstanding services and support to our clients and the community. My sincere appreciation to General Manager Belinda Chelius for her efforts during our recent amalgamation, organisational restructure, project and infrastructure developments and the implementation of new processes and procedures across the organisation.

Sincere thanks and gratitude to my passionate Board colleagues who continually demonstrate a determination in all their efforts. Through their experiences and expertise, they have ensured that the board has played their part in a very successful year.

Karen Dare
Chair - Eating Disorders Queensland

**Service Delivery**

- **Research:** To research and build evidence to improve treatment and education responses.
- **Innovation and Leadership:** Improvements of treatment/support options.
- **Education:** Provide effective, peer-led education to diverse communities and health care professionals.
- **Peer Leadership:** Build peer leaders to guide recovery and hope.
- **Influence:** Champion sector and system reform.
- **State-wide Accessibility:** Build capacity to deliver across Queensland.

EDQ have ensured that the board has played their part in a very successful year - Karen Dare
Treasurer’s Report

The statement of Comprehensive Income for Eating Disorders Qld Limited (EDQ) shows a profit of $172,004. This profit is due to the consolidation of the Eating Issues Centre and Eating Disorders Qld in December 2018. The consolidation resulted in a gift being transferred from the Eating Issues Centre to Eating Disorders Qld in the amount of $176,198. Without the donation EDQ would have recorded a loss of $4,194. This was due to a depreciation write off as well as a slight increase in sundry expenses, specifically IT and compliance expenses resulting from the merger and accreditation.

EDQ also received a substantial increase in funding from Qld Health for its 2019 Budget Initiatives.

The statement of Financial position shows an increase in Net Assets from $131k to $303k and a drop in Current Liabilities from $202k to $193k. EDQ continues to hold sufficient funds to cover all its liabilities and provisions. The Staff and Board of EDQ are to be commended for their continuing efforts in providing a high standard of service to the community.

Karolina Pemberton
Treasurer

Incomes/Expenses | FY19 ($) | FY18 ($) | Growth (%)
--- | --- | --- | ---
Revenue | 1,112,707 | 673,231 | 65.28%
Other Income | 164,873 | 31,880 |
Employee Expenses | 713,008 | 310,211 |
Program Support Services | 129,402 | 41,731 |
EDA Sub Contract Expenses | 64,412 | 250,766 |
Audit Fees | 5,947 | 3,942 |
Depreciation | 2,757 | 0 |
Administrative Expenses | 176,018 | 92,691 |
Supervision | 3,355 | 2,997 |
Sundry Expenses | 10,677 | 3,071 |
Current year surplus/(deficit) before income tax | 172,004 | 298 |
Income Tax Expense | 0 | 0 |
Net year surplus/(deficit) | 172,004 | 298 |

We acknowledge the multifaceted and interactive factors that contribute to the development of eating issues and seek to promote empowerment, connections and change on individual and social levels.
Manager’s Report

In 2018/19, we were faced with a decision: either sticking to what was comfortable and avoiding the ‘too hard basket,’ or choosing to change. A change process, blurred by historical differences, embedded in competition, perfectionism and fear. How eating disorder thinking can penetrate even our corporate culture.

What was right for our clients, carers, families and the wider eating disorder system was for The Eating Issues Centre (TEIC) and Eating Disorders Association (EDA) to merge and form Eating Disorders Queensland. Consultation outcomes were clear from service users - an integrated service approach where individuals and carers can access support, in a safe, client-centred environment, with a specialised focus on eating disorder treatment and support.

Acceptance of change and moving out of the comfort zone needed to happen at a Board level first and foremost. Hard open conversations happened and although some board members moved on, we emerged with a Board invigorated by the level of discomfort, looking to embed values outlined in a brand-new strategic plan.

Our Vision: A Queensland free from Eating Disorders.

Our Mission: To facilitate hope and recovery for all people affected by eating disorders.

Our Values:

Nurture: Creating an inclusive, connected community that inspires hope and compassion.

Empower: Fostering a safe environment where people have the power to lead recovery.

Integrity: Working with deep respect, embracing honesty, trust and empathy.

Innovate: Creating together to provide high-quality responsive programs, services and initiatives.

Collaborate: Valuing diversity through sharing learning among people with eating disorders, carers and sector partners.

Then, teams were combined, exploring our cultural diversity and how to create a culture that was inclusive of all our service participants and practitioners. We stormed, we formed and we normed...not too dissimilar to the recovery process, which is never linear. Just like recovery we held on to what was working, earmarked what we needed to improve and let go of the unhelpful behaviours.

As a new entity, we were very excited to have Dr Jenny Gilmore, the founder of ISIS - The Eating Issues Centre, to walk us through this magnificent cultural re-birth. Ashurst Lawyers came on board to handle all the legal aspects of the merger pro bono, and dtb! Advertising walked us through the creative process of rebranding at a very reduced cost.

Holding me as the general manager, in a process that was completely unfamiliar to my Social Work brain, was Treasurer Rex Brar and Donna Alderman from Business in Mind (our accountants). The struggle was real, the discomfort was scary, yet we emerged as true recovery warriors.

I want to make space here for the incredible EDQ team of warriors, thank you for “the serenity to accept the things you could not change, the courage to change the things you could, and the wisdom to know the difference”, you are my safe space to fall.

As a new entity, we went into a negotiation process with Queensland Health to help us create a ‘specialist boutique’ service for all our clients, as informed by our clients. We were successful in securing ongoing funding, being the only NGO funded by Queensland Health, supporting Queenslanders impacted by eating disorders.

We are looking forward to 2019/20 as a strong Board and as a cohesive team, alongside those in the recovery process, and their loved ones. We are a vibrant community,

We are Eating Disorders Queensland.

Always with gratitude,

Belinda Chelius
General Manager - Eating Disorders Queensland
Our People
Board members

Karen Dare - Chairperson, Director
Expertise: Community Sector
Karen has a social sciences background and over 35 years of experience in the community sector, working with Community since 1994. She works with a strong community development focus and has extensive experience as a board member for prominent community and other organisations. Karen is recipient of the 2001 Centenary Medal and the Brisbane Australia Day Award for her contribution to the community sector.

Stacey Horder - Secretary, Director
Expertise: HR
Stacey has worked across the full growth cycle of companies – from start-ups, to mergers and acquisitions, alongside managing billion-dollar ventures. Throughout her career, Stacey has consistently advocated for culture and creating organisations that have a strong sense of community. She also spends time mentoring for start-ups and being involved in a Director capacity for not-for-profits.

Karolina Pemberton - Treasurer, Director
Karolina is a qualified accountant with over 17 years of experience across a range of sectors and specialties, including Financial and Management accounting, Budgeting and Forecasting, and not-for-profits. Karolina also volunteers as Treasurer of a P&F Association and has volunteered at the Brisbane International. Outside her professional life, Karolina has a love of family, cooking and tennis.

Susan Gobbart - Banking Signatory
Expertise: Psychology/Service Delivery
Susan is a psychologist with a special interest in complex trauma and co-occurring AOD and mental health concerns, as well as an interest in Clinical Governance, particularly program evaluation and service/client outcome measures. She has over 30 years of professional experience across a range of areas.

Vanessa Fabre - Ordinary Member
Vanessa is an Executive Manager at Multicultural Australia (formerly MDA Ltd), and has over 20 years’ experience in community and government sectors. Through her career, Vanessa has been an advocate for social justice and has led the development and implementation of significant social policies and change in areas including human services, community development, community capacity building, and access and inclusion.

Anastasia Blake - Ordinary Member (banking signatory)
Expertise: Nutrition
Anastasia worked in Education for more than 20 years, primarily in Computer Education and Policy managing initiatives. She has extensive experience in managing and delivering food programmes in various settings. Anastasia first began volunteering with EDQ in its very early days. She now supervises Health Science Dietetics students and is finalising a cookbook with Dr. Leanne Barron for those recovering from eating disorders.

Marc Bryant - Ordinary Member
Expertise: Carer/IT
Marc is a current member of the Qld Government Advisory Group (Eating Disorders), and also holds more than 20 years’ experience in State Government public service, including various expert panels and consulting groups. Marc has had approximately 6 years’ lived experience with eating disorders as a carer. He is also current Vice President of the Qld University Cycle Club.

Natasha McGrow - Ordinary Member
Natasha McGrow is a solicitor at Women’s Legal Service, Caboolture. She received her qualifications in the UK in 2009, and began her career in England before becoming qualified as a solicitor in Queensland in 2013. Natasha has primarily worked in Family Law and Domestic Violence matters, and volunteers at the Women’s Legal Clinic in Brisbane each week.

Front Row: Melissa Cheras, Belinda Chelius, Emma Trappett
Middle Row: Marina Nassif, Mel Marks, Mary-Ann Kissane, Emily Stanley, Christophe Langlasse, David Langford
Back Row: Rohie Marshall, Nat Scales, Lisa Kelly
Not Pictured: Bridie Stewart, Georgina Bullock, Cath Doyle
Service Delivery Model
Hope, Resilience, Recovery
Strategic Plan 2019 - 2021

<table>
<thead>
<tr>
<th>Build evidence, through innovation and research to improve clinical treatment responses</th>
<th>Build evidence, through innovation and research to improve carer and family services</th>
<th>Provide education to diverse communities and health care professionals</th>
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</thead>
<tbody>
<tr>
<td>• Address gaps in services identified through client feedback.</td>
<td>• Service delivery referral pathway from HHS to EDQ.</td>
<td>• Build partnerships with other carer organisations to identify and meet community needs.</td>
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<td>• Grow an online presence in carer and family services.</td>
<td>• Build connections with Primary Health Networks across the state.</td>
<td>• Ensure an emphasis on research development across all services.</td>
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<tr>
<td>• Review carer and family services through evaluation and client feedback.</td>
<td>• Develop specialist training sessions for multi-disciplinary practitioners.</td>
<td>• Build an evidence-based innovative program.</td>
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<tr>
<td>• Identify options for addressing growing waitlist, including a private practice arm, NDIS and other funding sources.</td>
<td>• Develop an Early Intervention/Prevention strategy targeting young people in schools.</td>
<td></td>
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<tr>
<td>• Ensure an emphasis on research development across all services.</td>
<td>• Ensure an emphasis on research development across all services.</td>
<td></td>
</tr>
<tr>
<td>Build a community of peer leaders to guide recovery and hope</td>
<td>Build our capacity to deliver state wide services, leading sector and system reform</td>
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<td></td>
<td></td>
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<tr>
<td>• Develop leadership and governance arrangements for peer mentors in order to increase their input and inclusion.</td>
<td>• Ensure effective responses to eating disorders are represented on statewide and national agendas.</td>
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<tr>
<td>• Improve support for peer mentors across the sector.</td>
<td>• Identify service delivery hubs to enhance coordinated response to eating disorders in QLD.</td>
<td></td>
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<td>• Identify funding options to pay for senior mentor services.</td>
<td>• Develop a need identification process to inform QLD Health of statewide needs.</td>
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<tr>
<td>Program overview</td>
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</table>

**Individual Clinical treatment**
- 30 Clinical Counselling sessions per client - Free
- Brief contacts
- Information, referrals
- Intentional Peer Support sessions - needs assessed (non-therapeutic)
- X3 12 Week Therapeutic Eating Disorders treatment group
- Regional groups run for Hospital Health services Eating Disorders Hubs
- X8 ED Community Reconnect groups
- Monthly Peer Support Group
- X2 6 monthly Peer Mentor Program
- X6 5 week Meal Support program (Community Table)
- Trauma Informed Yoga group
- Quarterly Vodcast and E-page
- Community Eating Disorders training (fee for service)
- Medicare and NDIS ARM - Separate from QHealth Funding

**Carers/Families/Loved ones**
- Short term support/Coaching
- Information, Referrals
- Community Education
- X2 6 monthly Carer Peer Mentoring
- X4 Fostering Recovery Skills Workshop
- X3 QuEDS day program Fostering Recovery
- Monthly Carer Connect Support groups
- Quarterly Newsletter

General Manager Belinda Chelius met with Senator Larissa Waters at a Caring Fairly roundtable discussion about informal and unpaid carers across Queensland. EDQ is a proud partner of Caring Fairly, a national coalition for carers.
### Our Clients and Services

#### Who did we support?

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<tr>
<th>Feature</th>
<th>Females</th>
<th>Males</th>
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<td><strong>%</strong></td>
<td><strong>Num</strong></td>
<td><strong>%</strong></td>
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<tr>
<td>Compulsive Eating</td>
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<td>0</td>
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<td><strong>Feature %</strong></td>
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<td>7</td>
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#### Medicare Related Services

In July 2018, we trialed a new Medicare arm. Clients with a Mental Health Care Plan or similar can access Medicare-subsidised individual counselling with either Claire Day (Social Worker) or Rosie Davidson (Clinical Psychologist).

This trial was so successful that in February 2019, we introduced three permanent Medicare counsellors to our team. Clients with a Mental Health Care Plan or similar can access Medicare-subsidised individual counselling or dietetics sessions with either Jane Bowman (Mental Health Social Worker), Carolyn Uhlmann (Registered Psychologist), or Megan Bray (Dietitian).

The option of accessing subsidised individual counselling has helped to reduce the waiting times for our free counselling, and we plan to increase the availability of Medicare sessions in the future to ensure that all clients can access counselling in a timely fashion.

Similarly, the ability to see a dietitian on-site has proven to be popular, with Megan now opening her books for a full day each week.

In December 2018, a new Medicare eating disorder funding initiative was announced, set to introduce life-changing amendments to the Medicare Benefits Scheme to improve access and affordability of eating disorder treatments. The reform is set to feature a dedicated single Medicare Benefits Scheme item number for eating disorder treatment for those with severe and complex illness, delivering up to 60 Medicare funded sessions of treatment – 46 psychotherapeutic and 20 dietetic across the range of eating disorders – anorexia nervosa, bulimia nervosa, binge eating disorder and atypical presentations.

The scheme also relies on diagnosis by a GP and mental health practitioner, to recognise that these psychiatric illnesses have a significant physical impact and integrated treatment is essential. Eating Disorders Queensland welcomes this reform as a step in the right direction towards improving accessibility and availability of care for those living with an eating disorder and will be expanding our Medicare arm from November 2019 to accommodate the increased number of sessions available to each client.
Throughout 2018 and 2019 EDQ has continued to grow the Medicare Arm, contracting practitioners to deliver evidence-based treatment under the Better Access Scheme. 

The service has successfully increased access for individuals to affordable and quality counselling for eating issues, and reduced time individuals spend on the counselling wait list. The ongoing use of the Eating Disorder Examination Questionnaire (EDE-Q), Recovery Assessment Scale (RAS-DS) and the Depression Anxiety Stress Scale (DASS) with all individual counselling clients enables the collection and evaluation of rich data which continues to inform service delivery and continuous improvement.

EDQ acknowledges the valuable contributions made by students, volunteers and Medicare-rebate counsellors to our counselling services, who are integral to service delivery and continuous improvement of service delivery.

Individual Counselling

Throughout 2018 and 2019 EDQ has continued to provide quality therapeutic services to individuals. Clients have continued to access counselling services via our free counselling services as well as the Medicare counselling stream which has continued to grow and develop.

Our one-on-one counselling services are firmly grounded in evidence-based models and techniques which are client driven, respectful and work to empower the individual. We work in a holistic way; working closely with other professionals and support that make up an individual’s treatment team. Moreover, we work collaboratively with clients to grow and develop their support networks, including connecting them in with those with a lived experience of eating issues.

In line with our strive for continuous improvement and the delivery of high-quality services, all practitioners undertake regular clinical, peer and external supervision. Initial intake and waitlist processes have continued to be reviewed and updated to adapt to EDQ’s growth and client demand for therapeutic counselling services.

Therapeutic Groups

Our long-running group therapy program is open to people of all genders from age 16 years. The popular therapeutic group aims to create a safe and supportive environment for people to explore some of the underlying reasons why we might be struggling with eating issues.

We look at a range of topics including feelings and needs, relationships and communication, body relationship and acceptance, mindfulness and how gender roles, cultural and family expectations might play a factor in eating issues.

The group explores these different topics through discussions and expressively based therapeutic activities which serve to explore the reasons underlying our eating disorder and build our support networks, skills and resources in our recovery journey.

The sense of community created in the groups and the story sharing by participants support people to counter the sense of shame, guilt and isolation that can come with having an eating issue.

During this financial year, a 10-week and a 12-week therapeutic group were run. Evaluation of the groups determined that while the extra time allowed opportunities for more activities and learning, it was not necessary for the growth of the clients within the group. Future groups will return to the 10-week program.

We have a wonderful range of mentors and speakers within our service and in these groups this year, we introduced the inclusion of two speakers to come into group towards the end to speak about their experience of recovery. This also was an opportunity for group participants to ask these speakers questions that they had in relation to recovery, ideas and what was helpful and not helpful. The speakers stay and share in the group meal and this was also an extended opportunity for the group to hear more from these speakers. Group participants shared that they really loved this aspect of the group and found it motivating, inspiring and gave them hope that recovery was possible.

In our final week reflection the group shared that at the beginning they felt/experienced overwhelming feelings, uneasiness, feeling of uncertainty. By midway through the group they were beginning to feel less isolated, more light within. Participants narrated that establishing connection within the group, listening to one another’s story and sharing their own story helped them grow and feel uplifted.

There was a sense of self-discovery, additionally participants began to learn new things and have different perspectives. Reflecting on being at the end of the group, people commented that they continued feeling positive and able to sit with their vulnerable feelings. Participants also mentioned that the group’s encouragement and warmth helped them to discover themselves.

**Individual Counselling and Therapeutic Groups**

<table>
<thead>
<tr>
<th>BRIS/METRO</th>
<th>STATE WIDE</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1457 Clients</td>
<td>253 Clients</td>
<td>1710 Clients</td>
</tr>
<tr>
<td>1959 Hours</td>
<td>413 Hours</td>
<td>2372 Hours</td>
</tr>
</tbody>
</table>

These can be broken down to: 3132 contacts/sessions, 32 group sessions, 119 therapeutic group hours. To be counted as a client, an individual must have received at least one contact with EDQ, during a non-administrative related service provision. NOTE: These cover both Individual Counselling and Therapeutic Groups.

“We now know there is room in life for mistakes, imperfection and messiness”

“Recovery is possible even if it takes time and that there is no time limit to recovery as long as I am making progress”
Peer Mentor Program

The EDQ Peer Mentor Program (PMP) takes place twice per calendar year and aims to support people who are recovering from eating issues. In each program, a selection of mentors will provide support for the mentee over a period of five to six months; a commitment to regular mentoring contact agreed to by the mentor and mentee for the duration of the program. Mentors are required to attend comprehensive training delivered by our PMP coordinator and participate in monthly one-on-one supervision to provide an avenue to discuss their mentorship and boundaries, ensuring they remain safe throughout the program. The design and structure of the Peer Mentor Program is based on best practice national and international standards from other mentoring programs. Eating Issues Practitioner Emily acted as coordinator throughout the two programs.

Round 1: July - December 2018

Eleven mentors and eleven mentees were matched and began the program, as well as two senior mentors.

One mentee was unable to complete the program due to personal reasons, and her mentor therefore also did not complete. Two senior mentors began and completed the program. Completion rate matched pairs: ten out of eleven

At the end of each program we receive feedback from our mentors and senior mentors regarding their own wellbeing and recovery in the context of mentoring relationships. This is what some of our mentors and senior mentors reflected when asked about their learnings and perceived benefits of being a part of the program:

From the mentors:
“IT was empowering to share my story and it helped to reaffirm my recovery”

From the mentees:
“T1 am so grateful for this opportunity! I was able to develop such a wonderful connection with my mentor and gained so much from the experience”

“This experience has given me hope and helped me learn and grow through connecting shared experiences and friendships”

Round 2: January - June 2019

Seven mentors and seven mentees were matched and began the program. Two mentors, and one mentee left the program before completion.

Two senior mentors began and completed the program. One senior mentor took on a mentoring role.

Completion rate matched pairs: six out of seven (with one senior mentor)

Lived experience speakers Lexi (left) and Lisa pictured here at an EDQ event

Training/Education

EDQ offers workshops and training sessions, in order to help educate both professionals and the community about eating disorders. Throughout this financial year, staff members prepared and delivered training sessions for Primary Health Networks, university classes, and schools. They also held stalls at several events, in order to increase awareness and education about eating disorders throughout our community. As with our other services, this is an area of growth for EDQ and we expect to be delivering many more presentations throughout 2019 and 2020.

Lived Experience
Non-therapeutic Groups

Community Table

Recovery through Connected Eating - FY 2018/19
The Community Table: Recovery through Connected Eating (CT) aims to support people who are recovering from eating issues. As previously identified by EDQ clients, there was a gap in relation to community-based meal support programs.

CT was developed to bridge that gap by providing a structured and supported group program to allow individuals to work towards nutritional goals, engage in social eating and develop skills to manage meal related anxiety and distress. Sensory and mindfulness-based activities provided clients with an opportunity to develop new strategies to manage meal related anxiety and distress.

Craft-based activities, gardening and connection building activities were also utilised to help manage meal related anxiety and distress in the moment. David Langford, Eating Issues Practitioner, co-facilitated all five rounds along with a staff member from the Queensland Eating Disorder Service Day Program. Peer Worker, Lisa Kelly, also helped to facilitate one round.

Statistical analysis of quantitative data completed by Dr Yvette Miller at the School of Public Health and Social Work at the Queensland University of Technology showed positive outcomes in each program, including statistically significant reduction in eating disorder symptomology and across the Restraint, Eating Concern and Shape Concern subscales.

A review of the qualitative feedback observed a range of common themes across all groups. The clients stated that they enjoyed the variety of different activities. The clients also identified that they found the structure of the program and support of Eating Issues Practitioners to be beneficial.

Several clients stated that they enjoyed the meals and asked for recipes so they could cook the meals at home.

Across as groups, clients identified that connection was an important component of the group, and while most clients felt connected, they would have appreciated further opportunities to develop stronger connections with each other.

The Community Table program will continue through 2019 and into 2020, with continuing evaluation to ensure that the program is suited to client needs.

Non-therapeutic Groups

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<th>BRIS/METRO</th>
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<tr>
<td>378 Clients</td>
<td>90 Clients</td>
<td>468 Clients</td>
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<tr>
<td>338 Hours</td>
<td>6.5 Hours</td>
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Sensory Activities
Gardening
Connection Building Activities
Our 2018 was action packed!

**World Eating Disorder Action Day (WEDAD)**
June – Busting Myths #WeDoAct2BreakStigma
The Eating Disorders Network in Brisbane - which consists of public, private and community eating disorder services - banded together for this event to help expand global awareness of eating disorders as genetically linked, treatable illnesses that can affect anyone. As a network of health professionals working the eating disorder sector we often see and hear of the negative influences of social media. This year we encouraged others to join us in breaking the stigma of eating disorders by focusing on positive social media messaging and interactions to create greater awareness. [https://youtu.be/7oIjO4doXIw](https://youtu.be/7oIjO4doXIw)

**Announcement of new Sunshine Coast PHN eating disorder trial**
February 6
Australia’s first trial of a best practice evidence-based approach to eating disorders treatment in a primary health network is being held on the Sunshine Coast.

**Body Image and Eating Disorder Awareness Week (BIEDAW)**
3 – 9 September – No Wrong Way to Have a Body
Urban Smart project – traffic box
In 2018 during Body Image and Eating Disorder Awareness Week, The Eating Issues Centre (TEIC) and the Eating Disorders Association (EDA), two Queensland based community organisations, supporting individuals living with eating disorders and their families, are asking people to change the conversation about bodies (their own and other people’s) from a negative to a positive one. There is no wrong way to have a body.

**Mental Health Week 2018**
27 September
Fence painting and staff videos
Urban Smart project – traffic box
[https://www.urbansmartprojects.com/gallery/4063](https://www.urbansmartprojects.com/gallery/4063)
Mental Health Expo

**Merger**
5 October
The Eating Issues Centre and Eating Disorders Association came together to become one – Eating Disorders Qld!

**Reconnect Event**
February 6
This Reconnect event provided an opportunity to pause, connect, and reflect on the year that was. EDQ staff led participants in a tactile creative activity.

**Carer Master Class – In Conversation with Prof. Janet Treasure**
9 December
In collaboration with QuEDS and MHPN, General Manager Belinda Chelius pictured here with Professor Janet Treasure – a leading expert in eating disorder tratment.

**Changes to Medicare Benefits Scheme Announced**
9 December
Announcement of new item numbers for eating disorders.

2019 was just as busy!

**Reconnect Event**
February 6
This event was about new beginnings, intention-setting, and cultivating community. Participants and staff came together to create a large multi-media mural in the EDQ common area.

**International Women’s Day Breakfast**
March 6, #BalanceforBetter
EDA celebrates women and advocates for the wellbeing of all women. To mark International Women’s Day in 2019, we hosted a breakfast event, providing a safe and nurturing space for women to come together and discuss the unique impact of eating disorders on women. Senator Deborah O’Neill, Shadow Minister for Mental Health and Shadow Assistant Minister for Innovation, spoke by video-conference on the theme of #BalanceforBetter and eating disorders.

Staff and guests pictured with their International Women’s Day pledges, with the theme ‘Balance for Better.’

**World Eating Disorders Awareness Day**
June 2
For World Eating Disorders Awareness Day 2019, we hosted a social media campaign highlighting 8 truths about eating disorders, including calls to action. We also hosted a breakfast event, followed by an Urban Art Walk that culminated in releasing purple flowers into the Brisbane River. We also got the chance to showcase our brand new #RecoveryWarriors t-shirts – which proved to be very popular in purple!

**Sane Online Forums – became members**
July 4, 2019
Australian researchers help identify first genes linked to anorexia nervosa (not EDQ specific)

**Winners of ‘Best Organisation’**
for “No Wrong Way to Have a Body” by Lisa Kelly
for Eating Disorders Queensland – Artforce Urban Smart Projects, Brisbane City Council

**Conferences we presented at:**

- **Brisbane South PHN Youth Health Forum**
  13th June 2019 – Eating Issues: A different approach to community treatment and support

- **Australia New Zealand Academy for Eating Disorders**
  1 August 2018 (Melbourne)

- **Caring Fairly Conference**
  August 2018 – Caring Fairly is a national campaign led by unpaid carers and specialist organisations that support and advocate for their rights. Launched in August 2018 and coordinated by Mind Australia. Caring Fairly is led by a coalition of over 25 carer support organisations, NGOs, peak bodies, and carers themselves.

- **National Eating Disorders and Obesity Conference**
  27 September 2018 (Tweed Heads)
Following the merge of EDA and TEIC in October 2018, EDQ has been proud to offer a range of support services for family members and carers who are supporting a loved one. During 2018-2019, the Family and Carer Team have supported 1212 carers across a range of support services including individual coaching; skills based workshops; carer connect support groups; and community education programs.

Carer Connect Support Group

This support group for family members and carers is facilitated by two Family and Carer coaches in a relaxed and supportive environment. The Group has been running once a month in the evening from 6:30-8:30pm, with a different theme/topic each month. EDQ Coaches provide information relevant to the monthly topic and facilitate group participants to connect with each other, share their experiences, ask questions or listen to others. The Group is carer focused and is an opportunity for carers to feel more connected, informed and less isolated.

Between March and June 2019 there were 4 Carer Connect Support Groups, with a total of 28 participants (with an average of 7 carers per group). Carers provide meaningful feedback via evaluation forms about what they have found beneficial and this input is used each month to inform future groups. In the next financial year we plan to invite guest speakers, including a carer speaker and an individual who has been through their own recovery journey to share their experiences and wisdom.

Skills Based Training

Our long-running 1-day Fostering Recovery Skills Based Workshop is open to family members and carers across Queensland. The workshop is based on the evidence informed work of Professor Janet Treasure, which focuses on a collaborative approach to supporting a loved one. The workshop aims to:

- Support family members and carers in deepening their understanding of eating disorders
- Identify collaborative ways to support loved ones with recovery
- Understand carer emotional and behavioural responses
- Understand stages of recovery
- Communicate strategies and meal support strategies

During the past year we have run 4 Fostering Recovery Workshops and supported 49 participants.

“Hearing other carers experiences and the breadth of information available”

“Opportunities to reflect and listen”

“Being with others who understand”

“Openness of the participants and quality and delivery of the material covered”

Carer Peer Mentor Program

At the start of 2019 the first rollout of the trial Carer Peer Mentor Program commenced. The purpose of the program is to connect Queensland carers who are currently supporting a loved one (mentees) with carers who have supported a love one in their recovery (mentors).

Eight mentors and mentees were matched, with all carer mentors trained to provide non-clinical, mentoring support. An evaluation of the trial program was conducted by QuEDS, and learnings will be used to inform the implementation and delivery of the next round of CPMP.

EDQ partnered with QuEDS to deliver the Fostering Recovery QuEDS Group for family members and carers of loved ones attending the QuEDS Day Program. The group is run over 3 nights and is co-facilitated by an EDQ Carer and Family Coach and a member of the QuEDS Day Program team. As with the Fostering Recovery Workshop, this group is based on the evidence informed work of Professor Janet Treasure, which focuses on a collaborative approach to supporting a loved one. The group aims to achieve the same as our 1-day Fostering Recovery Skills Based Workshop.

During the past year we have run 2 QuEDS FR Groups and supported 11 participants.

“Supportive environment, skilled facilitators who allowed people to have their voice/say but made themes relevant to the whole group. Diversity of people’s experiences and hearing others’ stories was great”

“The input from the facilitators has been really insightful and the sessions have really encouraged me to review my interactions and communication skills. I think the Fostering Recovery Group is really helpful and I would attend more!”

Family and Carer Support

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<th>STATE WIDE</th>
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<td>200</td>
<td>1212</td>
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<td>349 Hours</td>
<td>115 Hours</td>
<td>464 Hours</td>
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Carer Coach Mel pictured here with Michelle – a Lived Experience Carer speaker and mentor
Australian and New Zealand Academy for Eating Disorders

The Eating Disorders Queensland (previously TEIC) team travelled down to Melbourne for the Australian and New Zealand Academy for Eating Disorders (ANZAED) conference in August 2018 to learn about the latest research in the field of eating disorders. The theme focused on Courageous Conversations, Furthering Understanding and Embracing Change.

Emily Stanley (Eating Issues Practitioner) presented on Therapeutic Groups as a Treatment Option for Eating Disorders. Emily discussed that EDQ’s therapeutic groups were community based, recovery focused and encouraged creative expression/shared meals. She talked about how our groups are underpinned by a feminist practice and trauma-informed framework and discussed some common themes and activities within group under this framework.

The presentation demonstrated the benefits of EDQ’s group program and outlined where statistically significant improvements were seen in eating disorder behaviour across a variety of external evaluations completed from 2010-2018. The presentation also outlined where there were significant declines in eating disorder behaviour. The results showed no significant difference between findings in the 10-week and 18-week group programs. Emily also discussed participant feedback. The presentation outlined the benefits of EDQ’s therapeutic group program in the community and demonstrated the groups success in decreasing isolation/shame, increasing understanding of EIs, enhancing sense of self and improving capacity to seek support.

Eating Disorders Queensland is preparing further data and research analysis to build a continued evidence base for our community programs to present to future conferences.

Students and Volunteers

We are very fortunate to have great relationships with both Queensland University of Technology and University of Queensland. We offer several student placements each semester in a range of areas.

In 2018 for the first time, we introduced a placement for Health Sciences students. These students have a focus on dietetics and assist with the meal planning and preparation for our group programs. This allows the students insights and experience in working with specific dietary requirements. All our placement students are a welcome addition to our team and enable us to continue offering a wide variety of support options.

Claire Smith - ‘Catering for the programmes at EDQ gave me invaluable experience developing my skills in time management, resource allocation, catering for a diverse range of individual dietary requirements, and catering for individuals with eating disorders. My peers and I were warmly welcomed by all staff members. My placement experience was highly enjoyable and valuable to my future career in dietetics.’

Cinthia Ayala Macias - ‘My time at EDQ was wonderful. I had so much fun working with Anastasia and two other Health Science students while learning about food, nutrition and eating disorders; and how to work around eating disorder clients and professionals.’

Kelly D’cunha - ‘My time as a volunteer at EDQ is so special to me - it was a beautiful family to be a part of. I gained so many valuable skills that I have transferred to most opportunities that followed. I learnt how to prioritise my time, meal prep, work individually and in a team, and write recipes. The best part about being a volunteer is knowing that you are contributing in some way to someone’s recovery!’

Volunteers 2018 - 2019

Anastasia Blake leads the catering volunteers for the Group, Peer Mentor, Community Table and Speaker programmes, with over 600 meals cooked annually. Phew, it gets hot in the kitchen!

For the first time, three Dietetics students from the Health Sciences Faculty (UQ) completed their community placement at EDQ during semester two. We welcomed their energy, enthusiasm and contributions: Kelly cooked a delicious banana bread; Claire introduced us to Poke Bowls and Cinthia made a mean Pico de Gallo Salsa.

Alongside our catering volunteers and students, we have a number of other volunteers who offer up their time to assist us with event organisation and preparation, admin work, and even setting up our library! We appreciate all our volunteers and the time they spend with us.
Staff Profile

Lisa has a lived experience of eating issues and trauma, and holds knowledge and understanding around the difficulties associated with the journey towards recovery.

Since having overcome these experiences she has volunteered as a mentor, recovery group facilitator and speaker within the Eating Disorders Qld space for many years.

The peer support worker role seeks to complement other therapies and offer a safe, compassionate space to connect with a peer who understands the struggle involved with overcoming an eating disorder. One of EDQ’s most important values is that recovery is possible and in this role, Lisa is committed to empowering those in recovery by providing non-judgemental, compassionate support to break the shame and stigmas associated with having an eating disorder. Lisa values all individuals as experts of their own experience and seeks to reduce the isolation that is a key issue in the eating issues community.

A life that isn’t dictated by an eating disorder is possible and Lisa is passionate about supporting individuals on their journey to recovery. Peer support activities are tailored to the needs of clients and have included arts and crafts, support meal therapy, social eating and shopping. A visual artist and musician in her own time, Lisa has an undergraduate degree in Psychology and is currently completing her Masters in Social Work.

Lisa has collaborated with EDQ on many art projects that have involved community members, including painting two traffic control boxes with Urban Smart Projects and a mural at the centre in light of the merger event.

Volunteer Profile

Anastasia Blake met Dr. Leanne Barron in 2005 during tuckshop duty, where they got talking and found they had an interest in nutrition in common.

Anastasia Blake met Dr. Leanne Barron in 2005 during tuckshop duty, where they got talking and found they had an interest in nutrition in common.

During this time Dr Barron also became a support for Anastasia when her husband passed away, and over the years their connection grew.

In 2013 Dr Barron linked Anastasia in with ISIS – The Eating Issues Centre (now called Eating Disorders Queensland). Practitioners needed help with food preparation and did this on the run in between service delivery. Dr Barron saw the potential for a reciprocal relationship. Anastasia to cook for groups and a volunteering opportunity that would be meaningful to her.

This commitment grew into menu planning, ensuring nutrient-dense meals, adapting recipes for food allergies, and catering for the growing number of EDQ programmes.

Anastasia now oversees Health Science Dietetics student placements and is finalising a cookbook with Dr Leanne Barron for those recovering from eating disorders.

In 2015 Anastasia joined the Board as a member. Bringing her expertise in writing and editing, she has assisted the General Manager in producing press releases and helped with the content editing of our new website.

EDQ and all our clients, who enjoyed and benefitted from all the meals cooked, would like to show our gratitude for the 6 years of voluntary service, Anastasia has so kindly given to us.

We are beyond proud of what Lisa has managed to achieve over the past few years! We look forward to the next 6 years!
EDQ initially applied for a grant to run a therapeutic recovery group for individuals affected by eating disorders in Toowoomba. We were awarded a $5000 grant to reach regional and remote communities in the area.

After encountering some barriers in our initial project design, we redeveloped the project to be delivered via schools. This new project design featured strong messages for young people around the pitfalls of diet culture, social media literacy, debunking myths around good and bad foods and body neutrality/acceptance and weight stigma. We added some good old science into the picture and developed an interactive workshop, based on research that shows student preference for interactive learning.

The schools loved the program, and the evaluation speaks for itself!

EDQ would like to thank Queensland Community Foundation for the Grant, which taught us to be adaptive to local needs. Going to the young people and meeting them in their environment was crucial in order to build trust and rapport and create a safe environment for the students to share in.

This grant opportunity has also enabled us to collect very useful data around young people’s needs regarding Body Image and preventing Eating Disorders.

From these learnings EDQ is now creating an All of School Approach program, focused on an early intervention approach to Body Image issues, and the prevention of development of Eating Disorders.

Nearly half (46.1%) of the students noted that they would apply ‘body acceptance’ to their own lives. Students also commonly reported (42.1%) learning that diets don’t work and that they would be applying a balanced approach to food in the future.

Students Noted: what they liked most about the workshop.
- 22.3% ‘activities and interactive discussions’
- 18.4% ‘content information’
- 17.1% ‘reassuring and empowering’

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Students Noted: what they learned most from the workshop.
- 40.5% ‘body acceptance’
- 12.2% ‘don’t diet’
- 9.5% ‘understanding media’
- 8.1% ‘knowledge of body diversity’

Students wrote: ‘we are more than what we look like’, ‘don’t try to change’ ‘love who you are’ ‘I’ve learnt to stop seeing foods as good or bad and will use grey thinking’ and ‘I’ve learnt that after some time of dieting the weight is always gained again.’

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Age: The majority aged 14 (63.2%) and 15 (32.9%).

(85.6%) found the activities helpful. The facilitators were rated mostly as ‘great’ (39.5%) and ‘awesome’ (31.6%). The biggest takeaway was to ‘love your body’ (67.1%) and ‘diets are harmful’ (21.1%).

Age: The students were aged 15 (36.5%) and 16 (36.5%). There were 27 males (36.5%) and 44 females (59.5%). 3 students identifying as other (4%).

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(42.8%) found the activities interesting and useful. The videos were also rated interesting and useful (41.5%). The facilitators were rated as ‘great’ (40.5%) and ‘awesome’ (46%).
Our Supporters

To our supporters and the community, without each and every one of you we wouldn’t be able to do what we do. So thank you!

Other supporters
Dr. Leanne Barron
Dr Mark McGrath