

WEBVTT

NOTE duration:"00:47:14"

NOTE recognizability:0.855

NOTE language:en-us

NOTE Confidence: 0.8638146

00:00:00.000 --> 00:00:02.778 OK. So whenever I'm giving

NOTE Confidence: 0.8638146

00:00:02.778 --> 00:00:04.188 a talk on this topic,

NOTE Confidence: 0.8638146

00:00:04.190 --> 00:00:06.591 I always start with this image. For

NOTE Confidence: 0.8638146

00:00:06.591 --> 00:00:09.169 any folks that are in mental health,

NOTE Confidence: 0.8638146

00:00:09.170 --> 00:00:11.174 whether working in clinic based settings

NOTE Confidence: 0.8638146

00:00:11.174 --> 00:00:13.749 and your own practice in our school systems,

NOTE Confidence: 0.8638146

00:00:13.750 --> 00:00:15.630 you've probably encountered these

NOTE Confidence: 0.8638146

00:00:15.630 --> 00:00:18.347 silos that that come up often with

NOTE Confidence: 0.8638146

00:00:18.347 --> 00:00:19.837 complex presentations in adolescents

NOTE Confidence: 0.8638146

00:00:19.837 --> 00:00:22.420 and to I think Wendy's point in

NOTE Confidence: 0.8638146

00:00:22.487 --> 00:00:24.629 younger youth as well of treatments

NOTE Confidence: 0.8638146

00:00:24.629 --> 00:00:26.859 being quite siloed for one another.

NOTE Confidence: 0.8638146

00:00:26.860 --> 00:00:29.284 And I think that we've seen

NOTE Confidence: 0.8638146

00:00:29.284 --> 00:00:30.900 it really that epitomized
NOTE Confidence: 0.8638146

00:00:30.900 --> 00:00:32.844 in eating disorder care which I'll
NOTE Confidence: 0.8638146

00:00:32.844 --> 00:00:34.954 talk more about down the line is
NOTE Confidence: 0.8638146

00:00:34.954 --> 00:00:36.697 how it's become kind of such a
NOTE Confidence: 0.8638146

00:00:36.759 --> 00:00:38.499 niche area that it's often something
NOTE Confidence: 0.8638146

00:00:38.499 --> 00:00:40.788 that a lot of providers, unless it's
NOTE Confidence: 0.8638146

00:00:40.788 --> 00:00:43.044 been a specialty area of training,
NOTE Confidence: 0.8638146

00:00:43.044 --> 00:00:45.235 maybe have have some tentativeness
NOTE Confidence: 0.8638146

00:00:45.235 --> 00:00:47.425 with with approaching and managing.
NOTE Confidence: 0.8638146

00:00:47.430 --> 00:00:49.726 And so we're hoping and talking about
NOTE Confidence: 0.8638146

00:00:49.726 --> 00:00:51.442 these complex adolescents where
NOTE Confidence: 0.8638146

00:00:51.442 --> 00:00:54.114 this is often one component of a multi
NOTE Confidence: 0.8638146

00:00:54.179 --> 00:00:55.779 component presentation thinking about
NOTE Confidence: 0.8638146

00:00:55.779 --> 00:00:58.528 how best to navigate when you have
NOTE Confidence: 0.8638146

00:00:58.528 --> 00:01:01.312 a patient or a student or anyone
NOTE Confidence: 0.8638146

00:01:01.320 --> 00:01:03.294 raising some of these concerns and

NOTE Confidence: 0.8638146

00:01:03.294 --> 00:01:05.260 what's the right way to go?

NOTE Confidence: 0.8638146

00:01:05.260 --> 00:01:06.330 Because I think right now,

NOTE Confidence: 0.8638146

00:01:06.330 --> 00:01:06.596 again,

NOTE Confidence: 0.8638146

00:01:06.596 --> 00:01:08.458 with the siloed nature of care and

NOTE Confidence: 0.8638146

00:01:08.458 --> 00:01:10.600 such an uptick in cases as many

NOTE Confidence: 0.8638146

00:01:10.600 --> 00:01:12.150 of you have probably encountered,

NOTE Confidence: 0.8638146

00:01:12.150 --> 00:01:14.318 referrals to eating disorder

NOTE Confidence: 0.8638146

00:01:14.318 --> 00:01:17.028 specialists are often quite lengthy

NOTE Confidence: 0.8638146

00:01:17.028 --> 00:01:19.517 in terms of the wait list.

NOTE Confidence: 0.8638146

00:01:19.520 --> 00:01:21.914 So why has this become so siloed?

NOTE Confidence: 0.8638146

00:01:21.920 --> 00:01:24.566 I wish I had a a very clear straightforward

NOTE Confidence: 0.8638146

00:01:24.566 --> 00:01:26.360 addressable answer for everybody today,

NOTE Confidence: 0.8638146

00:01:26.360 --> 00:01:28.040 but it really has for some reason

NOTE Confidence: 0.8638146

00:01:28.040 --> 00:01:29.058 eating disorders have become

NOTE Confidence: 0.8638146

00:01:29.058 --> 00:01:30.552 this niche area and mental health

NOTE Confidence: 0.8638146

00:01:30.552 --> 00:01:32.218 training as well as medical training.
NOTE Confidence: 0.8638146

00:01:32.220 --> 00:01:34.089 So when I talk with my colleagues
NOTE Confidence: 0.8638146

00:01:34.089 --> 00:01:35.677 in the pediatric hospital in
NOTE Confidence: 0.8638146

00:01:35.677 --> 00:01:37.137 adolescent medicine for this,
NOTE Confidence: 0.8638146

00:01:37.140 --> 00:01:38.416 they talk about that,
NOTE Confidence: 0.8638146

00:01:38.416 --> 00:01:40.330 that same experience of that it's
NOTE Confidence: 0.8638146

00:01:40.389 --> 00:01:42.999 kind of you do eating disorders or you don't,
NOTE Confidence: 0.8638146

00:01:43.000 --> 00:01:44.968 which has really led to again,
NOTE Confidence: 0.8638146

00:01:44.968 --> 00:01:47.584 despite the fact that we often see
NOTE Confidence: 0.8638146

00:01:47.584 --> 00:01:49.236 co-occurring depression, anxiety,
NOTE Confidence: 0.8638146

00:01:49.240 --> 00:01:49.624 Um,
NOTE Confidence: 0.8638146

00:01:49.624 --> 00:01:51.928 other self injurious behaviors and number
NOTE Confidence: 0.8638146

00:01:51.928 --> 00:01:54.170 of concerning kind of presentations,
NOTE Confidence: 0.8638146

00:01:54.170 --> 00:01:55.160 it becomes this,
NOTE Confidence: 0.8638146

00:01:55.160 --> 00:01:57.140 this separate thing that we treat.
NOTE Confidence: 0.871179726428571

00:01:59.470 --> 00:02:02.008 So before going into a lot of those complex

NOTE Confidence: 0.871179726428571

00:02:02.008 --> 00:02:03.589 comorbidities and thinking about today,

NOTE Confidence: 0.871179726428571

00:02:03.590 --> 00:02:05.606 we're really talking about meeting the

NOTE Confidence: 0.871179726428571

00:02:05.606 --> 00:02:08.432 needs of of adolescents and I want to hit

NOTE Confidence: 0.871179726428571

00:02:08.432 --> 00:02:10.211 on some really important factors related

NOTE Confidence: 0.871179726428571

00:02:10.211 --> 00:02:12.515 to identity that are misrepresented when

NOTE Confidence: 0.871179726428571

00:02:12.515 --> 00:02:14.526 we're thinking about eating disorder

NOTE Confidence: 0.871179726428571

00:02:14.526 --> 00:02:16.586 treatment as well and assessment.

NOTE Confidence: 0.871179726428571

00:02:16.590 --> 00:02:18.582 So I invite everyone here just to think

NOTE Confidence: 0.871179726428571

00:02:18.582 --> 00:02:20.597 about what image comes to mind when you

NOTE Confidence: 0.871179726428571

00:02:20.597 --> 00:02:22.603 hear the term eating disorder and I show

NOTE Confidence: 0.871179726428571

00:02:22.603 --> 00:02:24.371 here the images that, when you Google

NOTE Confidence: 0.871179726428571

00:02:24.371 --> 00:02:27.080 it, are the first ones that come up and

NOTE Confidence: 0.871179726428571

00:02:27.155 --> 00:02:29.567 and yes these are presentations

NOTE Confidence: 0.871179726428571

00:02:29.570 --> 00:02:32.080 of adolescent and young adults, white

NOTE Confidence: 0.871179726428571

00:02:32.080 --> 00:02:35.080 females that are experiencing low weight.

NOTE Confidence: 0.871179726428571

00:02:35.080 --> 00:02:36.784 But there's this very clear idea
NOTE Confidence: 0.871179726428571

00:02:36.784 --> 00:02:38.930 of when you say eating disorder,
NOTE Confidence: 0.871179726428571

00:02:38.930 --> 00:02:39.578 what it looks like.
NOTE Confidence: 0.871179726428571

00:02:39.578 --> 00:02:40.798 And now I don't think that this
NOTE Confidence: 0.871179726428571

00:02:40.798 --> 00:02:41.828 is limited to eating disorder.
NOTE Confidence: 0.871179726428571

00:02:41.830 --> 00:02:44.358 I think to the point in both Michael
NOTE Confidence: 0.871179726428571

00:02:44.358 --> 00:02:46.739 and Youngsun's talk of hitting on
NOTE Confidence: 0.871179726428571

00:02:46.739 --> 00:02:48.877 of some of the different groups
NOTE Confidence: 0.871179726428571

00:02:48.877 --> 00:02:51.181 that are kind of unduly affected
NOTE Confidence: 0.871179726428571

00:02:51.181 --> 00:02:53.596 by depression and suicidality,
NOTE Confidence: 0.871179726428571

00:02:53.596 --> 00:02:56.736 we often have a misrepresentation.
NOTE Confidence: 0.871179726428571

00:02:56.740 --> 00:02:59.008 So in reality we know that feeding
NOTE Confidence: 0.871179726428571

00:02:59.008 --> 00:03:00.787 and eating disorders are complex
NOTE Confidence: 0.871179726428571

00:03:00.787 --> 00:03:01.900 and heterogeneous presentations
NOTE Confidence: 0.871179726428571

00:03:01.900 --> 00:03:04.936 that a lot of times couldn't be more
NOTE Confidence: 0.871179726428571

00:03:04.936 --> 00:03:06.420 different from one another.

NOTE Confidence: 0.871179726428571
00:03:06.420 --> 00:03:09.269 Now despite we lump all eating
NOTE Confidence: 0.871179726428571
00:03:09.269 --> 00:03:11.259 disorders into this one camp,
NOTE Confidence: 0.871179726428571
00:03:11.260 --> 00:03:12.982 a lot of times the co-occurring
NOTE Confidence: 0.871179726428571
00:03:12.982 --> 00:03:14.612 concerns and the presentations and
NOTE Confidence: 0.871179726428571
00:03:14.612 --> 00:03:16.276 what we're addressing therapeutically
NOTE Confidence: 0.871179726428571
00:03:16.276 --> 00:03:18.593 are more overlapping with non-eating
NOTE Confidence: 0.871179726428571
00:03:18.593 --> 00:03:20.083 disorder presentations and we'll hit
NOTE Confidence: 0.871179726428571
00:03:20.083 --> 00:03:22.850 on some of that of when we're thinking
NOTE Confidence: 0.871179726428571
00:03:22.850 --> 00:03:25.718 about what to keep an eye out for.
NOTE Confidence: 0.871179726428571
00:03:25.720 --> 00:03:28.411 So I pop up here the DSM or diagnostic
NOTE Confidence: 0.871179726428571
00:03:28.411 --> 00:03:30.264 manual's definition of eating and
NOTE Confidence: 0.871179726428571
00:03:30.264 --> 00:03:32.490 feeding disorders to just hit on
NOTE Confidence: 0.871179726428571
00:03:32.555 --> 00:03:35.051 how broad it ends up being and what
NOTE Confidence: 0.871179726428571
00:03:35.051 --> 00:03:37.310 we're having to consider and or what
NOTE Confidence: 0.871179726428571
00:03:37.310 --> 00:03:38.940 we're thinking about with feeding
NOTE Confidence: 0.871179726428571

00:03:39.006 --> 00:03:40.209 and eating disorders.
NOTE Confidence: 0.871179726428571

00:03:40.210 --> 00:03:42.376 So in essence to meet criteria,
NOTE Confidence: 0.871179726428571

00:03:42.380 --> 00:03:44.800 a persistence disturbance in eating
NOTE Confidence: 0.871179726428571

00:03:44.800 --> 00:03:47.137 or eating related behaviors that results
NOTE Confidence: 0.871179726428571

00:03:47.137 --> 00:03:49.916 in an altered consumption of food and
NOTE Confidence: 0.871179726428571

00:03:49.916 --> 00:03:51.292 significantly impairs functioning,
NOTE Confidence: 0.871179726428571

00:03:51.292 --> 00:03:53.376 either physical or psychosocial.
NOTE Confidence: 0.871179726428571

00:03:53.380 --> 00:03:56.124 So in essence if it's clinically significant and
NOTE Confidence: 0.871179726428571

00:03:56.130 --> 00:03:57.228 it has to do with food,
NOTE Confidence: 0.871179726428571

00:03:57.230 --> 00:03:58.609 then it it fits in that camp.
NOTE Confidence: 0.871179726428571

00:03:58.610 --> 00:04:01.714 So you can imagine the variety of what
NOTE Confidence: 0.871179726428571

00:04:01.714 --> 00:04:04.550 that means and what that looks like.
NOTE Confidence: 0.871179726428571

00:04:04.550 --> 00:04:06.636 Hitting some on then to that point
NOTE Confidence: 0.871179726428571

00:04:06.636 --> 00:04:08.678 of the diversity that we actually
NOTE Confidence: 0.871179726428571

00:04:08.678 --> 00:04:10.488 see an eating disorder presentations
NOTE Confidence: 0.871179726428571

00:04:10.488 --> 00:04:12.767 based on a number of aspects of

NOTE Confidence: 0.871179726428571
00:04:12.767 --> 00:04:14.545 identity and again that image
NOTE Confidence: 0.871179726428571
00:04:14.545 --> 00:04:15.970 that often comes to mind,
NOTE Confidence: 0.871179726428571
00:04:15.970 --> 00:04:18.292 these are some prevalence rates that
NOTE Confidence: 0.871179726428571
00:04:18.292 --> 00:04:21.454 have been put forward by both the
NOTE Confidence: 0.871179726428571
00:04:21.454 --> 00:04:23.963 National Eating Disorder Association as
NOTE Confidence: 0.871179726428571
00:04:23.963 --> 00:04:29.989 well as the association for or the ANAD.
NOTE Confidence: 0.871179726428571
00:04:29.990 --> 00:04:32.480 So we actually see that BIPOC
NOTE Confidence: 0.871179726428571
00:04:32.480 --> 00:04:34.140 individuals are significantly less
NOTE Confidence: 0.871179726428571
00:04:34.140 --> 00:04:35.725 likely than their white counterparts
NOTE Confidence: 0.871179726428571
00:04:35.725 --> 00:04:37.810 to have been asked by a provider
NOTE Confidence: 0.871179726428571
00:04:37.810 --> 00:04:39.586 about eating disorder symptoms.
NOTE Confidence: 0.871179726428571
00:04:39.590 --> 00:04:41.846 This is even in the context of when
NOTE Confidence: 0.871179726428571
00:04:41.846 --> 00:04:43.889 self reporting eating disorder concerns.
NOTE Confidence: 0.871179726428571
00:04:43.890 --> 00:04:45.934 So raising this to think about the
NOTE Confidence: 0.871179726428571
00:04:45.934 --> 00:04:47.856 students that you may be working with
NOTE Confidence: 0.871179726428571

00:04:47.856 --> 00:04:50.138 in some of just the data that we have

NOTE Confidence: 0.871179726428571

00:04:50.138 --> 00:04:52.375 of how some of these things can be

NOTE Confidence: 0.871179726428571

00:04:52.375 --> 00:04:55.405 missed in different systems of care.

NOTE Confidence: 0.857243292631579

00:04:55.410 --> 00:04:57.125 BIPOC individuals are half as

NOTE Confidence: 0.857243292631579

00:04:57.125 --> 00:04:59.493 likely to be diagnosed or receive

NOTE Confidence: 0.857243292631579

00:04:59.493 --> 00:05:01.825 treatment when experiencing clinically

NOTE Confidence: 0.857243292631579

00:05:01.825 --> 00:05:04.157 significant eating disorder concerns.

NOTE Confidence: 0.857243292631579

00:05:04.160 --> 00:05:06.035 Black individuals and Black youth

NOTE Confidence: 0.857243292631579

00:05:06.035 --> 00:05:07.910 are significantly less likely to

NOTE Confidence: 0.857243292631579

00:05:07.972 --> 00:05:09.932 be diagnosed with a presentation

NOTE Confidence: 0.857243292631579

00:05:09.932 --> 00:05:11.500 of restricting like anorexia,

NOTE Confidence: 0.857243292631579

00:05:11.500 --> 00:05:13.492 but may but experience the condition

NOTE Confidence: 0.857243292631579

00:05:13.492 --> 00:05:16.482 as a result for a longer period of time

NOTE Confidence: 0.857243292631579

00:05:16.482 --> 00:05:18.977 and develop more likely to develop than

NOTE Confidence: 0.857243292631579

00:05:18.977 --> 00:05:21.467 what we call a protracted presentation.

NOTE Confidence: 0.857243292631579

00:05:21.470 --> 00:05:22.625 And in reality,

NOTE Confidence: 0.857243292631579

00:05:22.625 --> 00:05:25.230 Black teenagers are 50% more likely

NOTE Confidence: 0.857243292631579

00:05:25.230 --> 00:05:27.880 to exhibit compensatory behaviors or

NOTE Confidence: 0.857243292631579

00:05:27.880 --> 00:05:30.611 bulimic behaviors of purging, excessive

NOTE Confidence: 0.857243292631579

00:05:30.611 --> 00:05:34.314 exercise, in addition to the binge behaviors.

NOTE Confidence: 0.857243292631579

00:05:34.320 --> 00:05:34.771 Similarly,

NOTE Confidence: 0.857243292631579

00:05:34.771 --> 00:05:37.928 we see that being more present in

NOTE Confidence: 0.857243292631579

00:05:37.928 --> 00:05:39.939 Hispanic and Latinx youth.

NOTE Confidence: 0.857243292631579

00:05:39.940 --> 00:05:42.160 We see actually Asian college

NOTE Confidence: 0.857243292631579

00:05:42.160 --> 00:05:43.936 students reporting higher rates

NOTE Confidence: 0.857243292631579

00:05:43.936 --> 00:05:46.964 of restriction as well as higher

NOTE Confidence: 0.857243292631579

00:05:46.964 --> 00:05:48.708 rates of body dissatisfaction.

NOTE Confidence: 0.845517160357143

00:05:50.880 --> 00:05:52.887 To a point that I will, I could give

NOTE Confidence: 0.845517160357143

00:05:52.887 --> 00:05:55.075 money talks on this and I know Ashley

NOTE Confidence: 0.845517160357143

00:05:55.075 --> 00:05:57.198 Rutherford will be hitting on considerations

NOTE Confidence: 0.845517160357143

00:05:57.198 --> 00:05:59.273 in gender dysphoria this afternoon,

NOTE Confidence: 0.845517160357143

00:05:59.280 --> 00:06:01.528 but this is something I think for anyone
NOTE Confidence: 0.845517160357143

00:06:01.528 --> 00:06:03.133 working with adolescents in school
NOTE Confidence: 0.845517160357143

00:06:03.133 --> 00:06:05.107 systems or clinical settings to be
NOTE Confidence: 0.845517160357143

00:06:05.107 --> 00:06:07.215 aware of is the clinically significant
NOTE Confidence: 0.845517160357143

00:06:07.215 --> 00:06:09.420 concerns of disordered eating in both
NOTE Confidence: 0.845517160357143

00:06:09.420 --> 00:06:11.820 sexual and gender minority individuals.
NOTE Confidence: 0.845517160357143

00:06:11.820 --> 00:06:14.620 And this is going to be very broad
NOTE Confidence: 0.845517160357143

00:06:14.620 --> 00:06:17.255 strokes overview but we see in gay
NOTE Confidence: 0.845517160357143

00:06:17.255 --> 00:06:19.740 men and gay adolescents or self
NOTE Confidence: 0.845517160357143

00:06:19.740 --> 00:06:22.080 reporting gay adolescents seven times
NOTE Confidence: 0.845517160357143

00:06:22.080 --> 00:06:25.277 more likely to report binge eating and
NOTE Confidence: 0.845517160357143

00:06:25.277 --> 00:06:28.007 12 times as likely to report purging.
NOTE Confidence: 0.845517160357143

00:06:28.010 --> 00:06:30.565 Significantly more likely to engage
NOTE Confidence: 0.845517160357143

00:06:30.565 --> 00:06:32.609 in any compensatory behaviors,
NOTE Confidence: 0.845517160357143

00:06:32.610 --> 00:06:34.528 to the point of an important distinction
NOTE Confidence: 0.845517160357143

00:06:34.528 --> 00:06:36.520 that would be happy to answer questions

NOTE Confidence: 0.845517160357143
00:06:36.520 --> 00:06:38.567 about our talk more about the distinction
NOTE Confidence: 0.845517160357143
00:06:38.567 --> 00:06:40.786 of being a sexual and gender minority.
NOTE Confidence: 0.845517160357143
00:06:40.790 --> 00:06:42.646 But in transgender individuals,
NOTE Confidence: 0.845517160357143
00:06:42.646 --> 00:06:45.430 we see eating disorders four times
NOTE Confidence: 0.845517160357143
00:06:45.505 --> 00:06:48.250 higher than their cisgender classmates.
NOTE Confidence: 0.845517160357143
00:06:48.250 --> 00:06:50.889 One in three individuals, this is again
NOTE Confidence: 0.845517160357143
00:06:50.890 --> 00:06:52.482 based on prevalence studies,
NOTE Confidence: 0.845517160357143
00:06:52.482 --> 00:06:54.472 reporting using disordered eating as
NOTE Confidence: 0.845517160357143
00:06:54.472 --> 00:06:56.860 a way to modify their body without
NOTE Confidence: 0.845517160357143
00:06:56.860 --> 00:06:58.989 hormones is just some research that
NOTE Confidence: 0.845517160357143
00:06:58.989 --> 00:07:00.949 we've been replicating within our
NOTE Confidence: 0.845517160357143
00:07:00.949 --> 00:07:03.681 gender program and we see gender
NOTE Confidence: 0.845517160357143
00:07:03.681 --> 00:07:05.749 dysphoria and body dissatisfaction
NOTE Confidence: 0.845517160357143
00:07:05.749 --> 00:07:09.158 often key links in disordered eating.
NOTE Confidence: 0.845517160357143
00:07:09.160 --> 00:07:11.584 And this is again true for not just
NOTE Confidence: 0.845517160357143

00:07:11.584 --> 00:07:13.610 our binary trans masculine and
NOTE Confidence: 0.845517160357143

00:07:13.610 --> 00:07:15.414 trans feminine individuals,
NOTE Confidence: 0.845517160357143

00:07:15.420 --> 00:07:19.518 but also for non binary individuals.
NOTE Confidence: 0.845517160357143

00:07:19.520 --> 00:07:21.296 To build on the last talk of our
NOTE Confidence: 0.845517160357143

00:07:21.296 --> 00:07:22.916 high risk presentations that we often
NOTE Confidence: 0.845517160357143

00:07:22.916 --> 00:07:24.951 have to think of these co-occurring
NOTE Confidence: 0.845517160357143

00:07:24.951 --> 00:07:26.727 concerns that it will then carry
NOTE Confidence: 0.845517160357143

00:07:26.727 --> 00:07:28.932 over into the afternoon specifically
NOTE Confidence: 0.845517160357143

00:07:28.932 --> 00:07:31.556 in gender minority youth.
NOTE Confidence: 0.845517160357143

00:07:31.560 --> 00:07:33.872 This is a kind of just a highlight
NOTE Confidence: 0.845517160357143

00:07:33.872 --> 00:07:36.336 why we can't treat these things
NOTE Confidence: 0.845517160357143

00:07:36.336 --> 00:07:38.596 separately. In some prevalence work
NOTE Confidence: 0.845517160357143

00:07:38.596 --> 00:07:40.743 that has looked at comorbidities
NOTE Confidence: 0.845517160357143

00:07:40.743 --> 00:07:44.258 of eating disorders with suicide,
NOTE Confidence: 0.845517160357143

00:07:44.260 --> 00:07:45.980 suicidal ideation and suicide
NOTE Confidence: 0.845517160357143

00:07:45.980 --> 00:07:48.130 attempts actually, in individuals who

NOTE Confidence: 0.845517160357143
00:07:48.130 --> 00:07:49.430 identify as trans both
NOTE Confidence: 0.845517160357143
00:07:49.430 --> 00:07:51.740 binary and non binary, research showed
NOTE Confidence: 0.845517160357143
00:07:51.740 --> 00:07:54.351 that for those youth who identify as
NOTE Confidence: 0.845517160357143
00:07:54.351 --> 00:07:56.675 both trans and having a history of
NOTE Confidence: 0.845517160357143
00:07:56.747 --> 00:07:58.781 an eating disorder being 20 times
NOTE Confidence: 0.845517160357143
00:07:58.781 --> 00:08:01.259 based on the odds ratios to have
NOTE Confidence: 0.845517160357143
00:08:01.259 --> 00:08:03.497 attempted suicide in the past year.
NOTE Confidence: 0.845517160357143
00:08:03.500 --> 00:08:05.555 Then two really important
NOTE Confidence: 0.845517160357143
00:08:05.555 --> 00:08:06.377 comparison groups,
NOTE Confidence: 0.845517160357143
00:08:06.380 --> 00:08:08.135 both cisgender females with an
NOTE Confidence: 0.845517160357143
00:08:08.135 --> 00:08:09.890 eating disorder who are already
NOTE Confidence: 0.845517160357143
00:08:09.950 --> 00:08:11.480 at higher risk for suicide,
NOTE Confidence: 0.845517160357143
00:08:11.480 --> 00:08:13.300 as well as trans individuals
NOTE Confidence: 0.845517160357143
00:08:13.300 --> 00:08:14.756 without an eating disorder.
NOTE Confidence: 0.845517160357143
00:08:14.760 --> 00:08:16.104 And to the point of the last talk,
NOTE Confidence: 0.845517160357143

00:08:16.110 --> 00:08:19.486 that is also a very high risk population.

NOTE Confidence: 0.845517160357143

00:08:19.490 --> 00:08:22.178 We also see that about 3/4 of trans

NOTE Confidence: 0.845517160357143

00:08:22.178 --> 00:08:24.528 youth with an eating disorder

NOTE Confidence: 0.845517160357143

00:08:24.528 --> 00:08:26.660 endorse either suicide attempts,

NOTE Confidence: 0.845517160357143

00:08:26.660 --> 00:08:28.832 suicidal ideation or engaging in non

NOTE Confidence: 0.845517160357143

00:08:28.832 --> 00:08:31.130 suicidal self injury within the last year.

NOTE Confidence: 0.845517160357143

00:08:31.130 --> 00:08:31.652 So again,

NOTE Confidence: 0.845517160357143

00:08:31.652 --> 00:08:33.479 this is to highlight in the purpose

NOTE Confidence: 0.845517160357143

00:08:33.479 --> 00:08:35.517 of our our talk today why we have

NOTE Confidence: 0.845517160357143

00:08:35.517 --> 00:08:37.324 to think about these high risk

NOTE Confidence: 0.845517160357143

00:08:37.324 --> 00:08:38.676 adolescents very holistically and

NOTE Confidence: 0.845517160357143

00:08:38.676 --> 00:08:41.206 and of these complex interacting

NOTE Confidence: 0.845517160357143

00:08:41.206 --> 00:08:44.996 kind of presentations that they're

NOTE Confidence: 0.845517160357143

00:08:44.996 --> 00:08:47.270 experiencing as well.

NOTE Confidence: 0.845517160357143

00:08:47.270 --> 00:08:48.650 I'm hitting on some other things,

NOTE Confidence: 0.845517160357143

00:08:48.650 --> 00:08:50.612 just considerations that we do see

NOTE Confidence: 0.845517160357143

00:08:50.612 --> 00:08:52.401 higher rates of disordered eating

NOTE Confidence: 0.845517160357143

00:08:52.401 --> 00:08:54.496 concerns in individuals with physical

NOTE Confidence: 0.845517160357143

00:08:54.496 --> 00:08:56.594 disabilities and individuals with autism

NOTE Confidence: 0.845517160357143

00:08:56.594 --> 00:08:58.429 and other forms of neurodiversity,

NOTE Confidence: 0.845517160357143

00:08:58.430 --> 00:09:00.174 including ADHD,

NOTE Confidence: 0.845517160357143

00:09:00.174 --> 00:09:02.790 as well as

NOTE Confidence: 0.855915268

00:09:02.790 --> 00:09:05.580 in individuals with ASD traits.

NOTE Confidence: 0.81633773

00:09:07.910 --> 00:09:09.702 And again building on the points that I

NOTE Confidence: 0.81633773

00:09:09.702 --> 00:09:11.568 think Wendy had raised up that we can't,

NOTE Confidence: 0.81633773

00:09:11.570 --> 00:09:13.208 even though we often think about adolescence,

NOTE Confidence: 0.81633773

00:09:13.210 --> 00:09:14.890 young adult with eating disorders,

NOTE Confidence: 0.81633773

00:09:14.890 --> 00:09:16.390 thinking about those risk

NOTE Confidence: 0.81633773

00:09:16.390 --> 00:09:18.265 factors at a younger age.

NOTE Confidence: 0.81633773

00:09:18.270 --> 00:09:20.146 In some prevalence work that has been

NOTE Confidence: 0.81633773

00:09:20.146 --> 00:09:22.585 done in the school systems over 40% of

NOTE Confidence: 0.81633773

00:09:22.585 --> 00:09:25.105 1st to 3rd grade girls in the sample,
NOTE Confidence: 0.81633773

00:09:25.110 --> 00:09:27.350 in a nationally representative sample,
NOTE Confidence: 0.81633773

00:09:27.350 --> 00:09:29.590 reporting wanting to be thinner.
NOTE Confidence: 0.81633773

00:09:29.590 --> 00:09:32.974 Over 80% of 10 year old children reported a
NOTE Confidence: 0.81633773

00:09:32.974 --> 00:09:36.410 fear of being fat or fat being a bad thing.
NOTE Confidence: 0.81633773

00:09:36.410 --> 00:09:38.480 Close to half of 9 to 11 year olds
NOTE Confidence: 0.81633773

00:09:38.480 --> 00:09:40.288 in the sample reporting sometimes
NOTE Confidence: 0.81633773

00:09:40.288 --> 00:09:42.183 are very often on diets.
NOTE Confidence: 0.81633773

00:09:42.190 --> 00:09:44.118 Now what I highlight here is this is
NOTE Confidence: 0.81633773

00:09:44.118 --> 00:09:46.208 the self report of a 9 to 11 year old.
NOTE Confidence: 0.81633773

00:09:46.210 --> 00:09:48.298 So what that diet entails is not
NOTE Confidence: 0.81633773

00:09:48.298 --> 00:09:50.685 clear and may not actually be the
NOTE Confidence: 0.81633773

00:09:50.685 --> 00:09:52.129 behaviors of severe restriction,
NOTE Confidence: 0.81633773

00:09:52.130 --> 00:09:53.858 but that we're thinking about that
NOTE Confidence: 0.81633773

00:09:53.858 --> 00:09:56.161 cognitive mindset of I need to lose weight
NOTE Confidence: 0.81633773

00:09:56.161 --> 00:09:58.110 or there's something wrong with my body.

NOTE Confidence: 0.81633773

00:09:58.110 --> 00:10:00.931 We see a high prevalence of adolescent

NOTE Confidence: 0.81633773

00:10:00.931 --> 00:10:02.828 girls engaging in compensatory

NOTE Confidence: 0.81633773

00:10:02.828 --> 00:10:05.888 behaviors and and maladaptive dieting

NOTE Confidence: 0.81633773

00:10:05.890 --> 00:10:06.632 behaviors.

NOTE Confidence: 0.81633773

00:10:06.632 --> 00:10:09.600 And in college samples,

NOTE Confidence: 0.81633773

00:10:09.600 --> 00:10:12.402 over 90% of women reporting attempting

NOTE Confidence: 0.81633773

00:10:12.402 --> 00:10:15.316 to control their weight due to

NOTE Confidence: 0.81633773

00:10:15.316 --> 00:10:17.736 dissatisfaction with body and dieting.

NOTE Confidence: 0.81633773

00:10:17.740 --> 00:10:19.833 So an important piece to consider here

NOTE Confidence: 0.81633773

00:10:19.833 --> 00:10:21.894 with all these risk factors though and

NOTE Confidence: 0.81633773

00:10:21.894 --> 00:10:24.302 what we'll get back to in terms of

NOTE Confidence: 0.81633773

00:10:24.302 --> 00:10:26.366 again what populations are affected is

NOTE Confidence: 0.81633773

00:10:26.366 --> 00:10:28.632 actually when we're looking at truly

NOTE Confidence: 0.81633773

00:10:28.632 --> 00:10:30.597 what's income encompassed by that

NOTE Confidence: 0.81633773

00:10:30.600 --> 00:10:32.676 the diagnosis of an eating disorder.

NOTE Confidence: 0.81633773

00:10:32.680 --> 00:10:33.408 And yes,
NOTE Confidence: 0.81633773

00:10:33.408 --> 00:10:34.864 there are those specifically
NOTE Confidence: 0.81633773

00:10:34.864 --> 00:10:36.320 related to severe restriction,
NOTE Confidence: 0.81633773

00:10:36.320 --> 00:10:38.323 but actually less than 6% of
NOTE Confidence: 0.81633773

00:10:38.323 --> 00:10:39.838 individuals with eating disorders are
NOTE Confidence: 0.81633773

00:10:39.838 --> 00:10:41.320 actually in the underweight zone.
NOTE Confidence: 0.81633773

00:10:41.320 --> 00:10:43.255 So that clinically significant impairment
NOTE Confidence: 0.81633773

00:10:43.255 --> 00:10:45.700 on life that that is associated
NOTE Confidence: 0.81633773

00:10:45.700 --> 00:10:47.890 with having an eating disorder.
NOTE Confidence: 0.81633773

00:10:47.890 --> 00:10:50.270 Less than 6% of individuals who meet
NOTE Confidence: 0.81633773

00:10:50.270 --> 00:10:52.967 criteria for other types of eating disorders,
NOTE Confidence: 0.81633773

00:10:52.970 --> 00:10:53.938 whether bulimia,
NOTE Confidence: 0.81633773

00:10:53.938 --> 00:10:54.906 binge eating,
NOTE Confidence: 0.81633773

00:10:54.906 --> 00:10:56.842 other presentations that we'll
NOTE Confidence: 0.81633773

00:10:56.842 --> 00:10:59.409 talk about are actually look like
NOTE Confidence: 0.81633773

00:10:59.409 --> 00:11:01.707 what society has decided in eating

NOTE Confidence: 0.81633773

00:11:01.776 --> 00:11:03.120 disorder looks like.

NOTE Confidence: 0.81633773

00:11:03.120 --> 00:11:05.395 And so yeah despite what all the

NOTE Confidence: 0.81633773

00:11:05.395 --> 00:11:07.080 all this data shows us,

NOTE Confidence: 0.81633773

00:11:07.080 --> 00:11:09.036 there's a swag stereotype that exists

NOTE Confidence: 0.81633773

00:11:09.036 --> 00:11:10.980 and thinking about the students and

NOTE Confidence: 0.81633773

00:11:10.980 --> 00:11:12.996 patients that you work with and

NOTE Confidence: 0.81633773

00:11:12.996 --> 00:11:14.978 some of what can lead to hesitancy

NOTE Confidence: 0.81633773

00:11:14.978 --> 00:11:16.654 of endorsing some of these behaviors

NOTE Confidence: 0.81633773

00:11:16.654 --> 00:11:18.698 is that to have an eating disorder

NOTE Confidence: 0.81633773

00:11:18.700 --> 00:11:20.950 you, it's a skinny white affluent

NOTE Confidence: 0.81633773

00:11:20.950 --> 00:11:23.797 girl when we know that as a result,

NOTE Confidence: 0.81633773

00:11:23.800 --> 00:11:25.696 a number of our current treatment

NOTE Confidence: 0.81633773

00:11:25.696 --> 00:11:28.530 models are based on samples and this

NOTE Confidence: 0.81633773

00:11:28.530 --> 00:11:30.786 population sample of affluent, young adult,

NOTE Confidence: 0.81633773

00:11:30.790 --> 00:11:32.106 cisgender, neurotypical, white women.

NOTE Confidence: 0.81633773

00:11:32.106 --> 00:11:34.680 A big part of this that that will
NOTE Confidence: 0.81633773

00:11:34.680 --> 00:11:36.288 hit on briefly is also because
NOTE Confidence: 0.81633773

00:11:36.288 --> 00:11:38.455 of some of the models of care and
NOTE Confidence: 0.81633773

00:11:38.455 --> 00:11:40.902 often self pay models to accessing
NOTE Confidence: 0.81633773

00:11:40.902 --> 00:11:42.990 eating disorder treatment.
NOTE Confidence: 0.81633773

00:11:42.990 --> 00:11:45.664 And the swag stereotype that we see
NOTE Confidence: 0.81633773

00:11:45.664 --> 00:11:48.340 even what what what's illustrated?
NOTE Confidence: 0.81633773

00:11:48.340 --> 00:11:50.228 So to head on broadly and I'll be
NOTE Confidence: 0.81633773

00:11:50.228 --> 00:11:51.654 mindful time to go through quickly
NOTE Confidence: 0.81633773

00:11:51.654 --> 00:11:53.638 to hit more on kind of treatment
NOTE Confidence: 0.81633773

00:11:53.638 --> 00:11:55.360 approaches that could be used in
NOTE Confidence: 0.81633773

00:11:55.360 --> 00:11:57.098 the school systems more robustly.
NOTE Confidence: 0.81633773

00:11:57.098 --> 00:11:59.028 But thinking about the diagnosis
NOTE Confidence: 0.81633773

00:11:59.028 --> 00:11:59.800 that are
NOTE Confidence: 0.836099282777778

00:11:59.861 --> 00:12:02.156 encompassed in that eating and
NOTE Confidence: 0.836099282777778

00:12:02.156 --> 00:12:03.533 feeding disorder presentation.

NOTE Confidence: 0.836099282777778

00:12:03.540 --> 00:12:06.780 So we have pica, rumination disorder,

NOTE Confidence: 0.836099282777778

00:12:06.780 --> 00:12:07.995 avoidant and restrictive

NOTE Confidence: 0.836099282777778

00:12:07.995 --> 00:12:09.210 food intake disorder,

NOTE Confidence: 0.836099282777778

00:12:09.210 --> 00:12:10.188 I'll hit on each of these,

NOTE Confidence: 0.836099282777778

00:12:10.190 --> 00:12:11.785 this is something called ARFID

NOTE Confidence: 0.836099282777778

00:12:11.785 --> 00:12:13.813 that I'm sure folks are hearing

NOTE Confidence: 0.836099282777778

00:12:13.813 --> 00:12:15.638 more and more about, anorexia,

NOTE Confidence: 0.836099282777778

00:12:15.640 --> 00:12:18.910 bulimia and then binge eating disorder.

NOTE Confidence: 0.836099282777778

00:12:18.910 --> 00:12:20.558 The really tough part,

NOTE Confidence: 0.836099282777778

00:12:20.558 --> 00:12:22.618 especially in from a developmental

NOTE Confidence: 0.836099282777778

00:12:22.618 --> 00:12:24.992 lens with adolescence is based

NOTE Confidence: 0.836099282777778

00:12:24.992 --> 00:12:26.884 on DSM criteria classification

NOTE Confidence: 0.836099282777778

00:12:26.890 --> 00:12:29.116 to meet one of these diagnosis

NOTE Confidence: 0.836099282777778

00:12:29.116 --> 00:12:30.229 is mutually exclusive.

NOTE Confidence: 0.836099282777778

00:12:30.230 --> 00:12:32.624 And so for anybody who works with

NOTE Confidence: 0.836099282777778

00:12:32.624 --> 00:12:34.310 children or adolescents to and to.
NOTE Confidence: 0.836099282777778

00:12:34.310 --> 00:12:35.798 I think a really important point
NOTE Confidence: 0.836099282777778

00:12:35.798 --> 00:12:37.558 that Dr. Bloch had raised in the
NOTE Confidence: 0.836099282777778

00:12:37.558 --> 00:12:38.992 last study of how sometimes our
NOTE Confidence: 0.836099282777778

00:12:38.992 --> 00:12:40.544 models of care for both assessment
NOTE Confidence: 0.836099282777778

00:12:40.544 --> 00:12:41.809 and treatment for youth are
NOTE Confidence: 0.836099282777778

00:12:41.810 --> 00:12:44.948 based on adult models of things,
NOTE Confidence: 0.836099282777778

00:12:44.950 --> 00:12:48.538 it's not uncommon that we see more of either
NOTE Confidence: 0.836099282777778

00:12:48.538 --> 00:12:50.250 sub threshold presentations that
NOTE Confidence: 0.836099282777778

00:12:50.250 --> 00:12:51.962 are still clinically significant
NOTE Confidence: 0.836099282777778

00:12:51.962 --> 00:12:54.263 or things that kind of blend a few
NOTE Confidence: 0.836099282777778

00:12:54.263 --> 00:12:56.254 of these boxes and so then we end
NOTE Confidence: 0.836099282777778

00:12:56.254 --> 00:12:58.790 up with this catch all term of the
NOTE Confidence: 0.836099282777778

00:12:58.790 --> 00:13:01.090 other specified feeding and eating
NOTE Confidence: 0.836099282777778

00:13:01.090 --> 00:13:03.773 disorder when it is probably more
NOTE Confidence: 0.836099282777778

00:13:03.773 --> 00:13:06.299 accurate to have to dually identify

NOTE Confidence: 0.836099282777778
00:13:06.385 --> 00:13:08.224 the clinical conceptualization
NOTE Confidence: 0.836099282777778
00:13:08.224 --> 00:13:10.676 of multiple diagnoses.
NOTE Confidence: 0.836099282777778
00:13:10.680 --> 00:13:13.232 So I used this infographic as a as
NOTE Confidence: 0.836099282777778
00:13:13.232 --> 00:13:16.159 opposed to having to just walk you all
NOTE Confidence: 0.836099282777778
00:13:16.159 --> 00:13:18.700 through the specific DSM diagnoses.
NOTE Confidence: 0.836099282777778
00:13:18.700 --> 00:13:20.569 But to hit on broadly what we're
NOTE Confidence: 0.836099282777778
00:13:20.569 --> 00:13:22.262 thinking of with these different
NOTE Confidence: 0.836099282777778
00:13:22.262 --> 00:13:23.922 presentations and the conceptualization
NOTE Confidence: 0.836099282777778
00:13:23.922 --> 00:13:26.502 and to highlight why they're so
NOTE Confidence: 0.836099282777778
00:13:26.502 --> 00:13:27.795 actually distinctly different
NOTE Confidence: 0.836099282777778
00:13:27.795 --> 00:13:29.519 despite being lumped together,
NOTE Confidence: 0.836099282777778
00:13:29.520 --> 00:13:32.467 anorexia is what is more of
NOTE Confidence: 0.836099282777778
00:13:32.467 --> 00:13:33.730 that quintessential traditional
NOTE Confidence: 0.836099282777778
00:13:33.800 --> 00:13:36.138 idea of what an eating disorder is.
NOTE Confidence: 0.836099282777778
00:13:36.140 --> 00:13:37.860 So it's having significantly
NOTE Confidence: 0.836099282777778

00:13:37.860 --> 00:13:40.010 low weight or significantly low
NOTE Confidence: 0.836099282777778

00:13:40.010 --> 00:13:42.095 restriction that is associated with
NOTE Confidence: 0.836099282777778

00:13:42.095 --> 00:13:44.590 the unrealistic idea about body image
NOTE Confidence: 0.836099282777778

00:13:44.590 --> 00:13:46.984 and an intense fear of gaining weight.
NOTE Confidence: 0.836099282777778

00:13:46.990 --> 00:13:48.590 Now really important components here
NOTE Confidence: 0.836099282777778

00:13:48.590 --> 00:13:50.535 and thinking about what the students
NOTE Confidence: 0.836099282777778

00:13:50.535 --> 00:13:52.305 and patients that you're working with
NOTE Confidence: 0.836099282777778

00:13:52.305 --> 00:13:54.490 is even when you are seeing low weight
NOTE Confidence: 0.836099282777778

00:13:54.490 --> 00:13:56.103 to meet criteria for for anorexia,
NOTE Confidence: 0.836099282777778

00:13:56.103 --> 00:13:58.644 it is that intense fear of gaining
NOTE Confidence: 0.836099282777778

00:13:58.644 --> 00:14:00.953 weight and then the unrealistic idea
NOTE Confidence: 0.836099282777778

00:14:00.953 --> 00:14:03.983 of body image is something that we call
NOTE Confidence: 0.836099282777778

00:14:03.983 --> 00:14:06.783 kind of an overvaluation of weight and shape.
NOTE Confidence: 0.836099282777778

00:14:06.790 --> 00:14:08.370 So when you're thinking about
NOTE Confidence: 0.836099282777778

00:14:08.370 --> 00:14:10.190 kind of an adolescent or
NOTE Confidence: 0.836099282777778

00:14:10.190 --> 00:14:12.278 child or adult sense of self,

NOTE Confidence: 0.836099282777778

00:14:12.280 --> 00:14:14.240 their weight and body shape being one

NOTE Confidence: 0.836099282777778

00:14:14.240 --> 00:14:16.688 of the most important factors for that.

NOTE Confidence: 0.836099282777778

00:14:16.690 --> 00:14:18.650 And this is a really important piece

NOTE Confidence: 0.836099282777778

00:14:18.650 --> 00:14:21.065 to hit on because it is often what

NOTE Confidence: 0.836099282777778

00:14:21.065 --> 00:14:23.458 leads to kind of hesitancy to actually

NOTE Confidence: 0.836099282777778

00:14:23.458 --> 00:14:25.078 disclosing that that's happening

NOTE Confidence: 0.836099282777778

00:14:25.078 --> 00:14:27.477 or seeking treatment is when we

NOTE Confidence: 0.836099282777778

00:14:27.477 --> 00:14:29.031 all have things that are important

NOTE Confidence: 0.836099282777778

00:14:29.031 --> 00:14:31.078 to how we view ourselves as people.

NOTE Confidence: 0.836099282777778

00:14:31.080 --> 00:14:33.120 If if you're a provider in the school

NOTE Confidence: 0.836099282777778

00:14:33.120 --> 00:14:34.729 systems or clinical provider a lot

NOTE Confidence: 0.836099282777778

00:14:34.729 --> 00:14:36.775 of times you're work is a part of

NOTE Confidence: 0.836099282777778

00:14:36.775 --> 00:14:38.471 it and maybe being a parent or a

NOTE Confidence: 0.836099282777778

00:14:38.480 --> 00:14:40.520 daughter or a son or you know a

NOTE Confidence: 0.836099282777778

00:14:40.520 --> 00:14:41.142 a friend,

NOTE Confidence: 0.836099282777778

00:14:41.142 --> 00:14:43.008 a partner to somebody and maybe
NOTE Confidence: 0.836099282777778

00:14:43.008 --> 00:14:45.218 ways that we contribute to society.
NOTE Confidence: 0.836099282777778

00:14:45.220 --> 00:14:47.964 All these factors that impact how we
NOTE Confidence: 0.836099282777778

00:14:47.964 --> 00:14:49.922 evaluate ourselves and our judgment
NOTE Confidence: 0.836099282777778

00:14:49.922 --> 00:14:52.170 of ourself and youth and adult
NOTE Confidence: 0.836099282777778

00:14:52.170 --> 00:14:54.120 when experiencing anorexia is that
NOTE Confidence: 0.836099282777778

00:14:54.120 --> 00:14:56.306 there's such an over emphasis put
NOTE Confidence: 0.836099282777778

00:14:56.306 --> 00:14:58.310 on weight and shape that actually
NOTE Confidence: 0.871112784782609

00:14:58.381 --> 00:15:00.481 the getting better, the having to
NOTE Confidence: 0.871112784782609

00:15:00.481 --> 00:15:02.016 increase intake is almost telling
NOTE Confidence: 0.871112784782609

00:15:02.016 --> 00:15:04.090 all part of their brain that
NOTE Confidence: 0.871112784782609

00:15:04.090 --> 00:15:06.040 what they're doing is bad or wrong.
NOTE Confidence: 0.871112784782609

00:15:06.040 --> 00:15:07.762 So it really it's it's what we
NOTE Confidence: 0.871112784782609

00:15:07.762 --> 00:15:10.390 have to do to get better is almost
NOTE Confidence: 0.871112784782609

00:15:10.390 --> 00:15:11.854 antithetical to everything that
NOTE Confidence: 0.871112784782609

00:15:11.854 --> 00:15:13.600 their brain is telling them.

NOTE Confidence: 0.871112784782609
00:15:13.600 --> 00:15:15.080 Bulimia is, you know,
NOTE Confidence: 0.871112784782609
00:15:15.080 --> 00:15:17.300 it's interesting as I've had a
NOTE Confidence: 0.871112784782609
00:15:17.372 --> 00:15:19.634 colleague say that bulimia is a
NOTE Confidence: 0.871112784782609
00:15:19.634 --> 00:15:22.051 diagnosis of the past because now
NOTE Confidence: 0.871112784782609
00:15:22.051 --> 00:15:24.559 we're seeing much more of anorexia,
NOTE Confidence: 0.871112784782609
00:15:24.560 --> 00:15:25.752 binge purge type system,
NOTE Confidence: 0.871112784782609
00:15:25.752 --> 00:15:26.944 a lot of restrictions,
NOTE Confidence: 0.871112784782609
00:15:26.950 --> 00:15:28.204 significantly low weight.
NOTE Confidence: 0.871112784782609
00:15:28.204 --> 00:15:31.296 But with bulimia, it is a true binge episode.
NOTE Confidence: 0.871112784782609
00:15:31.300 --> 00:15:32.910 So a significantly large amount
NOTE Confidence: 0.871112784782609
00:15:32.910 --> 00:15:35.207 of food and an experience of loss
NOTE Confidence: 0.871112784782609
00:15:35.207 --> 00:15:36.762 of control couldn't have stopped
NOTE Confidence: 0.871112784782609
00:15:36.762 --> 00:15:38.898 self with then followed by some
NOTE Confidence: 0.871112784782609
00:15:38.898 --> 00:15:40.418 type of compensatory behavior.
NOTE Confidence: 0.871112784782609
00:15:40.420 --> 00:15:42.248 So over exercise, severe
NOTE Confidence: 0.871112784782609

00:15:42.248 --> 00:15:44.076 fasting after the fact,
NOTE Confidence: 0.871112784782609

00:15:44.080 --> 00:15:46.640 or of course, purging behaviors,
NOTE Confidence: 0.871112784782609

00:15:46.640 --> 00:15:50.010 use of laxatives, even diuretics.
NOTE Confidence: 0.871112784782609

00:15:50.010 --> 00:15:51.895 Binge eating disorder is in
NOTE Confidence: 0.871112784782609

00:15:51.895 --> 00:15:53.780 essence the bulimia without the
NOTE Confidence: 0.871112784782609

00:15:53.850 --> 00:15:55.770 without the purging behaviors.
NOTE Confidence: 0.871112784782609

00:15:55.770 --> 00:15:58.024 So we still are seeing that eating
NOTE Confidence: 0.871112784782609

00:15:58.024 --> 00:15:59.380 that significantly large amount
NOTE Confidence: 0.871112784782609

00:15:59.380 --> 00:16:01.020 of food. An important component
NOTE Confidence: 0.871112784782609

00:16:01.020 --> 00:16:02.925 here to identify for the
NOTE Confidence: 0.871112784782609

00:16:02.925 --> 00:16:04.533 clinical distress is the sense of
NOTE Confidence: 0.871112784782609

00:16:04.533 --> 00:16:06.334 loss of control. A patient wants
NOTE Confidence: 0.871112784782609

00:16:06.334 --> 00:16:06.966 you know,
NOTE Confidence: 0.871112784782609

00:16:06.970 --> 00:16:08.433 we talked about like the trains left
NOTE Confidence: 0.871112784782609

00:16:08.433 --> 00:16:09.580 the station, couldn't have stopped
NOTE Confidence: 0.871112784782609

00:16:09.580 --> 00:16:12.877 self if tried, and so there's feelings of

NOTE Confidence: 0.871112784782609
00:16:12.877 --> 00:16:16.269 guilt and disgust associated afterwards.
NOTE Confidence: 0.871112784782609
00:16:16.270 --> 00:16:17.815 Rumination disorder and Pica are
NOTE Confidence: 0.871112784782609
00:16:17.815 --> 00:16:19.955 those that we won't hit on these
NOTE Confidence: 0.871112784782609
00:16:19.955 --> 00:16:22.277 ones as much because these are more
NOTE Confidence: 0.871112784782609
00:16:22.277 --> 00:16:26.519 common in youth and adolescents with
NOTE Confidence: 0.871112784782609
00:16:26.519 --> 00:16:27.933 neurodevelopmental disabilities.
NOTE Confidence: 0.871112784782609
00:16:27.940 --> 00:16:29.850 So rumination is the regurgitation,
NOTE Confidence: 0.871112784782609
00:16:29.850 --> 00:16:32.165 it's not the purging, regurgitation
NOTE Confidence: 0.871112784782609
00:16:32.165 --> 00:16:35.539 into the mouth and re swallowing and
NOTE Confidence: 0.871112784782609
00:16:35.539 --> 00:16:38.948 then pica eating the non food objects.
NOTE Confidence: 0.871112784782609
00:16:38.950 --> 00:16:41.062 ARFID, or avoidant restrictive
NOTE Confidence: 0.871112784782609
00:16:41.062 --> 00:16:42.646 food intake disorder,
NOTE Confidence: 0.871112784782609
00:16:42.650 --> 00:16:43.940 this is one that we're seeing
NOTE Confidence: 0.871112784782609
00:16:43.940 --> 00:16:45.429 quite an uptake in the pandemic.
NOTE Confidence: 0.871112784782609
00:16:45.430 --> 00:16:47.380 And actually this really complicated
NOTE Confidence: 0.871112784782609

00:16:47.380 --> 00:16:49.330 blurred line between that and
NOTE Confidence: 0.871112784782609

00:16:49.395 --> 00:16:51.561 anorexia because what ARFID is
NOTE Confidence: 0.871112784782609

00:16:51.561 --> 00:16:53.576 is severe restriction, low weight,
NOTE Confidence: 0.871112784782609

00:16:53.576 --> 00:16:55.428 malnutrition, malnutrition in youth/
NOTE Confidence: 0.871112784782609

00:16:55.430 --> 00:16:57.025 adolescents for reasons that don't
NOTE Confidence: 0.871112784782609

00:16:57.025 --> 00:16:59.593 have to do with that point I was
NOTE Confidence: 0.871112784782609

00:16:59.593 --> 00:17:01.405 saying of an overvaluation of weight
NOTE Confidence: 0.871112784782609

00:17:01.405 --> 00:17:03.629 and shape or fear of gaining weight.
NOTE Confidence: 0.871112784782609

00:17:03.630 --> 00:17:05.997 So we often see it due to a fear
NOTE Confidence: 0.871112784782609

00:17:05.997 --> 00:17:07.768 of or an avoidance of
NOTE Confidence: 0.871112784782609

00:17:07.770 --> 00:17:08.586 negative consequences.
NOTE Confidence: 0.871112784782609

00:17:08.586 --> 00:17:08.994 So,
NOTE Confidence: 0.871112784782609

00:17:08.994 --> 00:17:09.810 for example,
NOTE Confidence: 0.871112784782609

00:17:09.810 --> 00:17:11.826 we've seen quite a number of youth
NOTE Confidence: 0.871112784782609

00:17:11.826 --> 00:17:13.376 with GI complicated GI histories
NOTE Confidence: 0.871112784782609

00:17:13.376 --> 00:17:14.951 that will then avoid eating

NOTE Confidence: 0.871112784782609

00:17:14.951 --> 00:17:16.658 because there's a fear of pain.

NOTE Confidence: 0.871112784782609

00:17:16.660 --> 00:17:18.996 Or we often see, because of food sensitivity,

NOTE Confidence: 0.871112784782609

00:17:19.000 --> 00:17:21.012 the textures of things,

NOTE Confidence: 0.871112784782609

00:17:21.012 --> 00:17:23.508 severe restriction or kind of an

NOTE Confidence: 0.871112784782609

00:17:23.508 --> 00:17:25.740 unawareness of their own hunger cues.

NOTE Confidence: 0.871112784782609

00:17:25.740 --> 00:17:27.780 The challenging part here is when

NOTE Confidence: 0.871112784782609

00:17:27.780 --> 00:17:29.832 these were developed, ARFID, anorexia,

NOTE Confidence: 0.871112784782609

00:17:29.832 --> 00:17:31.380 considered quite separate.

NOTE Confidence: 0.871112784782609

00:17:31.380 --> 00:17:32.976 But if you imagined all those points,

NOTE Confidence: 0.871112784782609

00:17:32.980 --> 00:17:35.044 I was saying of how especially

NOTE Confidence: 0.871112784782609

00:17:35.044 --> 00:17:36.759 young youth and adolescents are

NOTE Confidence: 0.871112784782609

00:17:36.759 --> 00:17:38.385 at such high risk for these,

NOTE Confidence: 0.871112784782609

00:17:38.390 --> 00:17:38.774 um,

NOTE Confidence: 0.871112784782609

00:17:38.774 --> 00:17:40.310 disordered eating concerns based

NOTE Confidence: 0.871112784782609

00:17:40.310 --> 00:17:42.893 on societal kind of body image on

NOTE Confidence: 0.871112784782609

00:17:42.893 --> 00:17:44.993 things that can be thrown at them.
NOTE Confidence: 0.871112784782609

00:17:45.000 --> 00:17:46.680 You may have an adolescence who
NOTE Confidence: 0.871112784782609

00:17:46.680 --> 00:17:48.587 it started as this avoidance and
NOTE Confidence: 0.871112784782609

00:17:48.587 --> 00:17:50.043 restricting more indicative of
NOTE Confidence: 0.871112784782609

00:17:50.043 --> 00:17:52.244 ARFID though we also have body
NOTE Confidence: 0.871112784782609

00:17:52.244 --> 00:17:53.954 image concerns that are very
NOTE Confidence: 0.871112784782609

00:17:53.954 --> 00:17:55.552 understandable and adolescent so.
NOTE Confidence: 0.871112784782609

00:17:55.552 --> 00:17:57.840 So this is where some of those diagnostic
NOTE Confidence: 0.844831627142857

00:17:57.891 --> 00:17:59.267 lines become quite blurred.
NOTE Confidence: 0.908068365714286

00:18:01.630 --> 00:18:04.304 And so often we think about here,
NOTE Confidence: 0.908068365714286

00:18:04.310 --> 00:18:06.191 I would say we, we like to try to
NOTE Confidence: 0.908068365714286

00:18:06.191 --> 00:18:08.163 pull these things apart and say
NOTE Confidence: 0.908068365714286

00:18:08.163 --> 00:18:09.527 that there's those presentations
NOTE Confidence: 0.908068365714286

00:18:09.527 --> 00:18:11.359 of restriction like anorexia,
NOTE Confidence: 0.908068365714286

00:18:11.360 --> 00:18:14.230 anxiety, pain sensory, ARFID, pica,
NOTE Confidence: 0.908068365714286

00:18:14.230 --> 00:18:16.470 dysregulation, loss of control,

NOTE Confidence: 0.908068365714286
00:18:16.470 --> 00:18:17.698 bulimia, binge eating.
NOTE Confidence: 0.908068365714286
00:18:17.698 --> 00:18:19.368 But really there's this overlap,
NOTE Confidence: 0.908068365714286
00:18:19.370 --> 00:18:21.306 they really are more of these Venn diagrams,
NOTE Confidence: 0.908068365714286
00:18:21.310 --> 00:18:23.626 which again can make things like
NOTE Confidence: 0.908068365714286
00:18:23.626 --> 00:18:24.784 accessing appropriate assessment
NOTE Confidence: 0.908068365714286
00:18:24.784 --> 00:18:26.519 and treatment quite tricky.
NOTE Confidence: 0.828216233684211
00:18:29.020 --> 00:18:30.707 I share these rates because I know
NOTE Confidence: 0.828216233684211
00:18:30.707 --> 00:18:32.526 we're hitting a lot on today with
NOTE Confidence: 0.828216233684211
00:18:32.526 --> 00:18:33.836 the uptick during the pandemic.
NOTE Confidence: 0.828216233684211
00:18:33.840 --> 00:18:35.862 These are actually the most recently
NOTE Confidence: 0.828216233684211
00:18:35.862 --> 00:18:37.706 published rates by NIMH from
NOTE Confidence: 0.828216233684211
00:18:37.706 --> 00:18:39.430 their National Comorbidity survey
NOTE Confidence: 0.828216233684211
00:18:39.430 --> 00:18:41.154 and the Adolescent Supplement.
NOTE Confidence: 0.828216233684211
00:18:41.160 --> 00:18:42.936 So this was from about 20 years ago
NOTE Confidence: 0.828216233684211
00:18:42.940 --> 00:18:45.026 and we have seen a significant increase
NOTE Confidence: 0.828216233684211

00:18:45.026 --> 00:18:46.780 during the pandemic that I'll hit on.
NOTE Confidence: 0.828216233684211

00:18:46.780 --> 00:18:49.700 But you see even at that time and prior to
NOTE Confidence: 0.828216233684211

00:18:49.770 --> 00:18:52.618 the current kind of crisis that we're in,
NOTE Confidence: 0.828216233684211

00:18:52.620 --> 00:18:55.100 you see what you saw by the time of 18,
NOTE Confidence: 0.828216233684211

00:18:55.100 --> 00:18:57.883 close to 4% of females and 1.5%
NOTE Confidence: 0.828216233684211

00:18:57.883 --> 00:19:00.398 of males meeting criteria
NOTE Confidence: 0.828216233684211

00:19:00.398 --> 00:19:02.410 for an eating disorder.
NOTE Confidence: 0.828216233684211

00:19:02.410 --> 00:19:03.598 Now during the pandemic,
NOTE Confidence: 0.828216233684211

00:19:03.598 --> 00:19:05.380 just like any of the concerns
NOTE Confidence: 0.828216233684211

00:19:05.441 --> 00:19:07.146 that we're talking about today,
NOTE Confidence: 0.828216233684211

00:19:07.150 --> 00:19:10.120 it has just kind of significantly
NOTE Confidence: 0.828216233684211

00:19:10.120 --> 00:19:11.110 been exacerbated.
NOTE Confidence: 0.828216233684211

00:19:11.110 --> 00:19:12.001 So there's this,
NOTE Confidence: 0.828216233684211

00:19:12.001 --> 00:19:13.783 I remember this editorial that came
NOTE Confidence: 0.828216233684211

00:19:13.783 --> 00:19:15.921 out in May of 2020 and it was the
NOTE Confidence: 0.828216233684211

00:19:15.921 --> 00:19:17.777 COVID-19 and the implications for eating

NOTE Confidence: 0.828216233684211

00:19:17.777 --> 00:19:19.811 disorders and it kind of anticipated

NOTE Confidence: 0.828216233684211

00:19:19.820 --> 00:19:21.164 that we were going to see an uptick,

NOTE Confidence: 0.828216233684211

00:19:21.170 --> 00:19:23.470 but completely underestimated kind

NOTE Confidence: 0.828216233684211

00:19:23.470 --> 00:19:27.098 of what has actually happened. And the

NOTE Confidence: 0.828216233684211

00:19:27.098 --> 00:19:28.968 first publication pertinent to the

NOTE Confidence: 0.828216233684211

00:19:28.968 --> 00:19:30.775 children and adolescents that we're

NOTE Confidence: 0.828216233684211

00:19:30.775 --> 00:19:32.659 talking about a very severe cases

NOTE Confidence: 0.828216233684211

00:19:32.660 --> 00:19:34.228 that highlighted the increase

NOTE Confidence: 0.828216233684211

00:19:34.228 --> 00:19:36.188 in the most severe cases,

NOTE Confidence: 0.828216233684211

00:19:36.190 --> 00:19:37.975 so these are going to be youth

NOTE Confidence: 0.828216233684211

00:19:37.975 --> 00:19:39.208 who are hospitalized medically

NOTE Confidence: 0.828216233684211

00:19:39.208 --> 00:19:40.880 for the complications associated

NOTE Confidence: 0.828216233684211

00:19:40.880 --> 00:19:42.134 with restrictive eating,

NOTE Confidence: 0.828216233684211

00:19:42.140 --> 00:19:44.079 so issues with vitals, what's going on

NOTE Confidence: 0.828216233684211

00:19:44.079 --> 00:19:46.059 with the heart and you know that that

NOTE Confidence: 0.828216233684211

00:19:46.059 --> 00:19:48.367 they have to be in the hospital to be
NOTE Confidence: 0.828216233684211

00:19:48.367 --> 00:19:50.250 weight restored and stabilized,
NOTE Confidence: 0.828216233684211

00:19:50.250 --> 00:19:54.264 we saw published in July of 2021 from a
NOTE Confidence: 0.828216233684211

00:19:54.264 --> 00:19:56.232 hospital in Michigan that just noting
NOTE Confidence: 0.828216233684211

00:19:56.232 --> 00:19:58.319 the difference in admission rates
NOTE Confidence: 0.828216233684211

00:19:58.319 --> 00:20:00.429 and it being significantly higher
NOTE Confidence: 0.828216233684211

00:20:00.429 --> 00:20:02.895 that now in the last year we've seen
NOTE Confidence: 0.828216233684211

00:20:02.900 --> 00:20:04.220 replicated throughout the country
NOTE Confidence: 0.828216233684211

00:20:04.220 --> 00:20:05.870 as well as in Europe,
NOTE Confidence: 0.828216233684211

00:20:05.870 --> 00:20:08.046 and I'll hit on some of the data
NOTE Confidence: 0.828216233684211

00:20:08.046 --> 00:20:10.170 that we've actually seen at the
NOTE Confidence: 0.828216233684211

00:20:10.170 --> 00:20:12.065 children's hospital in New Haven.
NOTE Confidence: 0.828216233684211

00:20:12.070 --> 00:20:13.620 When we think about what's
NOTE Confidence: 0.828216233684211

00:20:13.620 --> 00:20:14.860 exacerbated those prevalence rates,
NOTE Confidence: 0.828216233684211

00:20:14.860 --> 00:20:17.128 it really was the pandemic created a
NOTE Confidence: 0.828216233684211

00:20:17.128 --> 00:20:19.660 perfect storm for eating disorders to grow,

NOTE Confidence: 0.828216233684211
00:20:19.660 --> 00:20:21.364 both those related to restriction as
NOTE Confidence: 0.828216233684211
00:20:21.364 --> 00:20:23.378 well as those with loss of control.
NOTE Confidence: 0.828216233684211
00:20:23.380 --> 00:20:25.320 So there's this greater susceptibility
NOTE Confidence: 0.828216233684211
00:20:25.320 --> 00:20:27.260 to illness just associated with
NOTE Confidence: 0.828216233684211
00:20:27.319 --> 00:20:28.539 being in the pandemic.
NOTE Confidence: 0.828216233684211
00:20:28.540 --> 00:20:29.620 The presentation of,
NOTE Confidence: 0.828216233684211
00:20:29.620 --> 00:20:30.340 you know,
NOTE Confidence: 0.828216233684211
00:20:30.340 --> 00:20:32.344 much related to eating disorders in
NOTE Confidence: 0.828216233684211
00:20:32.344 --> 00:20:34.372 the camp of restricting being about
NOTE Confidence: 0.828216233684211
00:20:34.372 --> 00:20:36.274 control and what you're doing is
NOTE Confidence: 0.828216233684211
00:20:36.274 --> 00:20:38.482 taking away all control about the
NOTE Confidence: 0.828216233684211
00:20:38.482 --> 00:20:39.998 environment and really isolating
NOTE Confidence: 0.828216233684211
00:20:39.998 --> 00:20:42.484 somebody and really being socially connected
NOTE Confidence: 0.828216233684211
00:20:42.484 --> 00:20:45.070 are some of the most protective factors
NOTE Confidence: 0.828216233684211
00:20:45.136 --> 00:20:47.165 here. And then there's the amount
NOTE Confidence: 0.828216233684211

00:20:47.165 --> 00:20:48.230 of virtual interaction,
NOTE Confidence: 0.828216233684211

00:20:48.230 --> 00:20:50.170 only seeing your peers online,
NOTE Confidence: 0.828216233684211

00:20:50.170 --> 00:20:52.162 only seeing filtered images of your
NOTE Confidence: 0.828216233684211

00:20:52.162 --> 00:20:53.863 friends online and the dangers
NOTE Confidence: 0.828216233684211

00:20:53.863 --> 00:20:55.729 of social media on body image.
NOTE Confidence: 0.828216233684211

00:20:55.730 --> 00:20:58.090 So not only only getting to connect via
NOTE Confidence: 0.828216233684211

00:20:58.090 --> 00:21:00.770 zoom and having to see yourself on screen,
NOTE Confidence: 0.828216233684211

00:21:00.770 --> 00:21:02.470 but then everything that you
NOTE Confidence: 0.828216233684211

00:21:02.470 --> 00:21:04.170 see online through social media
NOTE Confidence: 0.828216233684211

00:21:04.229 --> 00:21:06.437 engendering a more negative body image.
NOTE Confidence: 0.828216233684211

00:21:06.440 --> 00:21:08.416 And so I'm I'm sure that folks had
NOTE Confidence: 0.828216233684211

00:21:08.416 --> 00:21:10.544 seen that the time of when the pieces
NOTE Confidence: 0.828216233684211

00:21:10.544 --> 00:21:12.390 coming out from the the Facebook and
NOTE Confidence: 0.828216233684211

00:21:12.390 --> 00:21:14.326 Instagram whistleblower of the
NOTE Confidence: 0.828216233684211

00:21:14.326 --> 00:21:16.746 algorithms that they actually identified
NOTE Confidence: 0.828216233684211

00:21:16.746 --> 00:21:18.727 that once youth and adolescents

NOTE Confidence: 0.828216233684211
00:21:18.727 --> 00:21:20.869 were starting to look at like
NOTE Confidence: 0.837507025454545
00:21:20.870 --> 00:21:23.096 any types of thing on Instagram
NOTE Confidence: 0.837507025454545
00:21:23.096 --> 00:21:25.100 related to to body image,
NOTE Confidence: 0.837507025454545
00:21:25.100 --> 00:21:26.900 even more positive body image,
NOTE Confidence: 0.837507025454545
00:21:26.900 --> 00:21:28.418 some of the algorithm could take
NOTE Confidence: 0.837507025454545
00:21:28.418 --> 00:21:30.350 them to pro Ana or pro anorexia
NOTE Confidence: 0.837507025454545
00:21:30.350 --> 00:21:31.795 sites because it increases the
NOTE Confidence: 0.837507025454545
00:21:31.795 --> 00:21:33.562 clicks of things and so that there
NOTE Confidence: 0.837507025454545
00:21:33.562 --> 00:21:35.682 really are a lot of these dangers
NOTE Confidence: 0.837507025454545
00:21:35.682 --> 00:21:38.137 to what could be vulnerability
NOTE Confidence: 0.837507025454545
00:21:38.137 --> 00:21:41.338 factors for the youth currently.
NOTE Confidence: 0.837507025454545
00:21:41.340 --> 00:21:42.755 When we're looking specifically, and
NOTE Confidence: 0.837507025454545
00:21:42.755 --> 00:21:45.030 for those of us that are in
NOTE Confidence: 0.837507025454545
00:21:45.030 --> 00:21:46.370 Connecticut, at what we've actually
NOTE Confidence: 0.837507025454545
00:21:46.370 --> 00:21:48.353 seen at Yale New Haven Children's
NOTE Confidence: 0.837507025454545

00:21:48.353 --> 00:21:50.093 Hospital to highlight this increase.
NOTE Confidence: 0.837507025454545

00:21:50.100 --> 00:21:52.098 So these are again youth hospitalized
NOTE Confidence: 0.837507025454545

00:21:52.098 --> 00:21:54.039 for the severe medical complications
NOTE Confidence: 0.837507025454545

00:21:54.039 --> 00:21:56.219 associated with restrictive eating.
NOTE Confidence: 0.837507025454545

00:21:56.220 --> 00:21:57.840 We did a medical record review
NOTE Confidence: 0.837507025454545

00:21:57.840 --> 00:21:59.746 of the three years prior to the
NOTE Confidence: 0.837507025454545

00:21:59.746 --> 00:22:01.867 start of the pandemic and had 48
NOTE Confidence: 0.837507025454545

00:22:01.867 --> 00:22:04.175 children hospitalized for those
NOTE Confidence: 0.837507025454545

00:22:04.175 --> 00:22:05.906 severe medical complications.
NOTE Confidence: 0.837507025454545

00:22:05.910 --> 00:22:07.654 And then in looking in just the first
NOTE Confidence: 0.837507025454545

00:22:07.654 --> 00:22:09.236 year and a half of the pandemic,
NOTE Confidence: 0.837507025454545

00:22:09.240 --> 00:22:10.524 we saw already 60.
NOTE Confidence: 0.837507025454545

00:22:10.524 --> 00:22:12.847 So we'll be looking again at the
NOTE Confidence: 0.837507025454545

00:22:12.847 --> 00:22:15.129 end of this calendar year for that
NOTE Confidence: 0.837507025454545

00:22:15.129 --> 00:22:16.740 full three-year period and of
NOTE Confidence: 0.837507025454545

00:22:16.740 --> 00:22:18.660 course not expecting just doubles,

NOTE Confidence: 0.837507025454545
00:22:18.660 --> 00:22:20.244 but to just show that in that time
NOTE Confidence: 0.837507025454545
00:22:20.244 --> 00:22:22.019 period we would expect it to more than
NOTE Confidence: 0.837507025454545
00:22:22.019 --> 00:22:23.600 double or maybe even triple to what
NOTE Confidence: 0.837507025454545
00:22:23.600 --> 00:22:27.510 we saw the three years before the pandemic.
NOTE Confidence: 0.837507025454545
00:22:27.510 --> 00:22:28.910 We also saw an increase
NOTE Confidence: 0.837507025454545
00:22:28.910 --> 00:22:30.310 in the length of stay.
NOTE Confidence: 0.837507025454545
00:22:30.310 --> 00:22:32.870 This was both due to lack of resource
NOTE Confidence: 0.837507025454545
00:22:32.870 --> 00:22:34.540 and available for disposition or
NOTE Confidence: 0.837507025454545
00:22:34.540 --> 00:22:36.780 for where to refer folks as well
NOTE Confidence: 0.837507025454545
00:22:36.849 --> 00:22:39.313 as what we saw of the increase
NOTE Confidence: 0.837507025454545
00:22:39.313 --> 00:22:40.369 in severity presentation.
NOTE Confidence: 0.837507025454545
00:22:40.370 --> 00:22:42.134 To the point that's been raised
NOTE Confidence: 0.837507025454545
00:22:42.134 --> 00:22:43.740 about how much more concern
NOTE Confidence: 0.837507025454545
00:22:43.740 --> 00:22:45.570 we're seeing in younger youth,
NOTE Confidence: 0.837507025454545
00:22:45.570 --> 00:22:47.766 a significantly higher number of youth
NOTE Confidence: 0.837507025454545

00:22:47.766 --> 00:22:50.744 under the age of 13 being hospitalized
NOTE Confidence: 0.837507025454545

00:22:50.744 --> 00:22:53.154 for the severe medical complication.
NOTE Confidence: 0.837507025454545

00:22:53.160 --> 00:22:56.274 Requiring medical, um, psychiatric medication,
NOTE Confidence: 0.837507025454545

00:22:56.274 --> 00:22:58.350 more patients
NOTE Confidence: 0.837507025454545

00:22:58.350 --> 00:22:59.655 requiring discharge to a higher
NOTE Confidence: 0.837507025454545

00:22:59.655 --> 00:23:00.960 level of care and again,
NOTE Confidence: 0.837507025454545

00:23:00.960 --> 00:23:02.370 what we've seen around the country.
NOTE Confidence: 0.83605680875

00:23:04.480 --> 00:23:06.600 To hit on some of the severity and why,
NOTE Confidence: 0.83605680875

00:23:06.600 --> 00:23:08.420 including in the talk today and thinking
NOTE Confidence: 0.83605680875

00:23:08.420 --> 00:23:10.460 of how to provide more resources,
NOTE Confidence: 0.83605680875

00:23:10.460 --> 00:23:12.870 eating disorders are among the
NOTE Confidence: 0.83605680875

00:23:12.870 --> 00:23:14.798 deadliest mental illnesses,
NOTE Confidence: 0.83605680875

00:23:14.798 --> 00:23:17.128 second only to opioid overdoses.
NOTE Confidence: 0.83605680875

00:23:17.130 --> 00:23:18.946 Anorexia specifically has a
NOTE Confidence: 0.83605680875

00:23:18.946 --> 00:23:21.216 relapse rate of approaching 50%.
NOTE Confidence: 0.83605680875

00:23:21.220 --> 00:23:23.428 So even when technically

NOTE Confidence: 0.83605680875
00:23:23.428 --> 00:23:25.084 going into remission,
NOTE Confidence: 0.83605680875
00:23:25.090 --> 00:23:27.910 one in two individuals will relapse.
NOTE Confidence: 0.83605680875
00:23:27.910 --> 00:23:29.790 The standardized mortality ratio,
NOTE Confidence: 0.83605680875
00:23:29.790 --> 00:23:32.177 or what that means of somebody at
NOTE Confidence: 0.83605680875
00:23:32.177 --> 00:23:34.650 an age with anorexia compared to
NOTE Confidence: 0.83605680875
00:23:34.650 --> 00:23:37.380 somebody without is six times as
NOTE Confidence: 0.83605680875
00:23:37.380 --> 00:23:39.969 likely to to have early mortality.
NOTE Confidence: 0.83605680875
00:23:39.970 --> 00:23:41.965 This is a really important point to
NOTE Confidence: 0.83605680875
00:23:41.965 --> 00:23:43.465 working with children and adolescents.
NOTE Confidence: 0.83605680875
00:23:43.465 --> 00:23:45.530 It's about one in five individuals who,
NOTE Confidence: 0.83605680875
00:23:45.530 --> 00:23:47.750 once meeting criteria for individual
NOTE Confidence: 0.83605680875
00:23:47.750 --> 00:23:49.268 develop what we call a severe
NOTE Confidence: 0.83605680875
00:23:49.268 --> 00:23:50.027 and protracted illness,
NOTE Confidence: 0.83605680875
00:23:50.030 --> 00:23:52.658 which means it does never get
NOTE Confidence: 0.83605680875
00:23:52.658 --> 00:23:55.010 better until the until death.
NOTE Confidence: 0.83605680875

00:23:55.010 --> 00:23:57.250 We see a death about once every hour
NOTE Confidence: 0.83605680875

00:23:57.250 --> 00:23:58.928 attributed to an eating disorder.
NOTE Confidence: 0.83605680875

00:23:58.930 --> 00:24:01.710 And among individuals with anorexia,
NOTE Confidence: 0.83605680875

00:24:01.710 --> 00:24:03.468 we do see those higher rates
NOTE Confidence: 0.83605680875

00:24:03.468 --> 00:24:05.150 of suicide and of course,
NOTE Confidence: 0.83605680875

00:24:05.150 --> 00:24:06.359 the medical complications
NOTE Confidence: 0.83605680875

00:24:06.359 --> 00:24:08.374 associated with an early death.
NOTE Confidence: 0.863842613666667

00:24:10.900 --> 00:24:12.724 Eating disorders cost a great deal
NOTE Confidence: 0.863842613666667

00:24:12.724 --> 00:24:14.973 to both our hospital systems and,
NOTE Confidence: 0.863842613666667

00:24:14.973 --> 00:24:17.227 so this is again why we continue
NOTE Confidence: 0.863842613666667

00:24:17.296 --> 00:24:19.340 to think about other ways to both
NOTE Confidence: 0.863842613666667

00:24:19.340 --> 00:24:21.102 meet of course public health costs,
NOTE Confidence: 0.863842613666667

00:24:21.102 --> 00:24:23.160 but more so the individual need of
NOTE Confidence: 0.863842613666667

00:24:23.215 --> 00:24:24.979 our of our patients and students.
NOTE Confidence: 0.863842613666667

00:24:24.980 --> 00:24:26.408 Really important point here,
NOTE Confidence: 0.863842613666667

00:24:26.408 --> 00:24:29.153 again this isn't for those very severe

NOTE Confidence: 0.863842613666667
00:24:29.153 --> 00:24:31.297 restrictive presentations of anorexia,
NOTE Confidence: 0.863842613666667
00:24:31.300 --> 00:24:32.830 but about one in 10 individuals
NOTE Confidence: 0.863842613666667
00:24:32.830 --> 00:24:34.370 in their life meet criteria,
NOTE Confidence: 0.863842613666667
00:24:34.370 --> 00:24:36.140 clinical criteria for an eating disorder.
NOTE Confidence: 0.863842613666667
00:24:36.140 --> 00:24:38.606 This includes all those of the
NOTE Confidence: 0.863842613666667
00:24:38.606 --> 00:24:39.839 binge eating, bulimia,
NOTE Confidence: 0.863842613666667
00:24:39.840 --> 00:24:42.005 ARFID, so important to highlight
NOTE Confidence: 0.863842613666667
00:24:42.005 --> 00:24:45.002 to again the likelihood of a number
NOTE Confidence: 0.863842613666667
00:24:45.002 --> 00:24:47.252 of students or patients that you
NOTE Confidence: 0.863842613666667
00:24:47.252 --> 00:24:49.792 have that may be meeting criteria but
NOTE Confidence: 0.863842613666667
00:24:49.792 --> 00:24:51.613 not sharing. Our treatment
NOTE Confidence: 0.863842613666667
00:24:51.613 --> 00:24:53.539 approaches that I'll hit on where
NOTE Confidence: 0.863842613666667
00:24:53.539 --> 00:24:55.491 we're really working to build because
NOTE Confidence: 0.863842613666667
00:24:55.491 --> 00:24:57.820 we we haven't really hit on the
NOTE Confidence: 0.863842613666667
00:24:57.820 --> 00:24:59.208 most effective strategies yet.
NOTE Confidence: 0.863842613666667

00:24:59.210 --> 00:25:01.030 And unfortunately we don't have
NOTE Confidence: 0.863842613666667

00:25:01.030 --> 00:25:02.850 medications that actually are FDA
NOTE Confidence: 0.863842613666667

00:25:02.914 --> 00:25:05.098 approved or shown to be effective
NOTE Confidence: 0.863842613666667

00:25:05.098 --> 00:25:06.554 currently for addressing eating
NOTE Confidence: 0.863842613666667

00:25:06.618 --> 00:25:08.470 disorder concerns in adolescents.
NOTE Confidence: 0.863842613666667

00:25:08.470 --> 00:25:10.170 We do have some efficacy
NOTE Confidence: 0.863842613666667

00:25:10.170 --> 00:25:11.976 in adults. Often when we see
NOTE Confidence: 0.863842613666667

00:25:11.976 --> 00:25:13.808 medications being used and if any
NOTE Confidence: 0.863842613666667

00:25:13.808 --> 00:25:15.218 folks have questions on that,
NOTE Confidence: 0.863842613666667

00:25:15.220 --> 00:25:16.936 we fortunately have a number of
NOTE Confidence: 0.863842613666667

00:25:16.936 --> 00:25:19.144 psychiatrists here on our panel today, as
NOTE Confidence: 0.863842613666667

00:25:19.144 --> 00:25:20.834 treating those co-occurring conditions.
NOTE Confidence: 0.863842613666667

00:25:20.840 --> 00:25:22.960 So the co-occurring depression
NOTE Confidence: 0.863842613666667

00:25:22.960 --> 00:25:25.890 or anxiety or other concerns.
NOTE Confidence: 0.863842613666667

00:25:25.890 --> 00:25:27.730 So to the point of the high comorbidities,
NOTE Confidence: 0.863842613666667

00:25:27.730 --> 00:25:29.575 the high comorbidities again already

NOTE Confidence: 0.863842613666667

00:25:29.575 --> 00:25:31.801 hitting on the higher rates that

NOTE Confidence: 0.863842613666667

00:25:31.801 --> 00:25:33.739 we see in individuals with gender

NOTE Confidence: 0.863842613666667

00:25:33.739 --> 00:25:35.777 dysphoria as well as the higher

NOTE Confidence: 0.863842613666667

00:25:35.777 --> 00:25:37.125 rates of suicidal ideation.

NOTE Confidence: 0.863842613666667

00:25:37.130 --> 00:25:39.194 We do see greater negative long

NOTE Confidence: 0.863842613666667

00:25:39.194 --> 00:25:41.372 term effects when there are those

NOTE Confidence: 0.863842613666667

00:25:41.372 --> 00:25:42.848 associated comorbidities and why

NOTE Confidence: 0.863842613666667

00:25:42.848 --> 00:25:45.388 we want to treat the whole child.

NOTE Confidence: 0.863842613666667

00:25:45.390 --> 00:25:48.225 We see over half of adolescents with

NOTE Confidence: 0.863842613666667

00:25:48.225 --> 00:25:51.079 anorexia having some type of mood disorder.

NOTE Confidence: 0.863842613666667

00:25:51.080 --> 00:25:52.963 The challenge here is that it's

NOTE Confidence: 0.863842613666667

00:25:52.963 --> 00:25:54.938 the chicken or the egg question

NOTE Confidence: 0.863842613666667

00:25:54.938 --> 00:25:56.414 just because severe starvation

NOTE Confidence: 0.863842613666667

00:25:56.420 --> 00:25:58.865 can, of course,

NOTE Confidence: 0.863842613666667

00:25:58.865 --> 00:26:02.011 impact mood. We see about one in

NOTE Confidence: 0.863842613666667

00:26:02.011 --> 00:26:03.974 four individuals with anorexia meeting
NOTE Confidence: 0.863842613666667

00:26:03.974 --> 00:26:06.219 criteria for an anxiety disorder.
NOTE Confidence: 0.863842613666667

00:26:06.220 --> 00:26:08.880 One in four individuals have
NOTE Confidence: 0.863842613666667

00:26:08.880 --> 00:26:11.540 experiencing a substance abuse concern,
NOTE Confidence: 0.863842613666667

00:26:11.540 --> 00:26:12.796 most prevalent those associated
NOTE Confidence: 0.863842613666667

00:26:12.796 --> 00:26:13.738 with weight loss,
NOTE Confidence: 0.863842613666667

00:26:13.740 --> 00:26:16.620 including cocaine and amphetamines, and high
NOTE Confidence: 0.863842613666667

00:26:16.620 --> 00:26:20.699 rates of OCD in individuals with anorexia.
NOTE Confidence: 0.863842613666667

00:26:20.700 --> 00:26:22.572 One of an important distinction here
NOTE Confidence: 0.863842613666667

00:26:22.572 --> 00:26:24.795 is because there is often such an
NOTE Confidence: 0.863842613666667

00:26:24.795 --> 00:26:26.619 obsession related to food and body
NOTE Confidence: 0.863842613666667

00:26:26.620 --> 00:26:29.063 image, a co-occurrence of OCD is
NOTE Confidence: 0.863842613666667

00:26:29.063 --> 00:26:31.304 only considered truly a co-occurring
NOTE Confidence: 0.863842613666667

00:26:31.304 --> 00:26:33.554 disorder if the OCD symptoms occur
NOTE Confidence: 0.863842613666667

00:26:33.554 --> 00:26:35.978 outside of eating and weight concerns.
NOTE Confidence: 0.846026795

00:26:38.160 --> 00:26:40.253 I highlight here again also just to

NOTE Confidence: 0.846026795
00:26:40.253 --> 00:26:41.933 show that these complex adolescents
NOTE Confidence: 0.846026795
00:26:41.933 --> 00:26:44.439 and how all of these pieces come
NOTE Confidence: 0.846026795
00:26:44.439 --> 00:26:46.083 together that actually the NYSARC
NOTE Confidence: 0.846026795
00:26:46.083 --> 00:26:48.330 data set that looks, it's an adult
NOTE Confidence: 0.846026795
00:26:48.330 --> 00:26:51.200 data set that looks at a nationally
NOTE Confidence: 0.846026795
00:26:51.200 --> 00:26:52.868 representative sample across the
NOTE Confidence: 0.846026795
00:26:52.868 --> 00:26:54.690 country had, based on self report
NOTE Confidence: 0.846026795
00:26:54.690 --> 00:26:56.913 from adults who had had a lifetime
NOTE Confidence: 0.846026795
00:26:56.913 --> 00:26:59.097 diagnosis of eating disorder of an
NOTE Confidence: 0.846026795
00:26:59.097 --> 00:27:00.899 eating disorder showing how high,
NOTE Confidence: 0.846026795
00:27:00.900 --> 00:27:03.402 how high suicide attempt rates were.
NOTE Confidence: 0.846026795
00:27:03.402 --> 00:27:05.571 So especially in that anorexia
NOTE Confidence: 0.846026795
00:27:05.571 --> 00:27:07.267 binge purge type, so
NOTE Confidence: 0.846026795
00:27:07.270 --> 00:27:08.640 experiencing like a loss of
NOTE Confidence: 0.846026795
00:27:08.640 --> 00:27:10.010 control with eating and purging,
NOTE Confidence: 0.846026795

00:27:10.010 --> 00:27:11.460 but still having that very
NOTE Confidence: 0.846026795

00:27:11.460 --> 00:27:12.330 significantly low weight.
NOTE Confidence: 0.85519921

00:27:14.840 --> 00:27:16.664 And the reality is despite us
NOTE Confidence: 0.85519921

00:27:16.664 --> 00:27:17.576 really understanding this,
NOTE Confidence: 0.85519921

00:27:17.580 --> 00:27:19.569 we continue to be in a crisis of care
NOTE Confidence: 0.85519921

00:27:19.569 --> 00:27:21.617 in treating patients with anorexia.
NOTE Confidence: 0.85519921

00:27:21.620 --> 00:27:23.096 And this is true for adolescents.
NOTE Confidence: 0.85519921

00:27:23.100 --> 00:27:24.972 This is a wonderful, a wonderful
NOTE Confidence: 0.85519921

00:27:24.972 --> 00:27:27.109 read for anybody who has free time,
NOTE Confidence: 0.85519921

00:27:27.110 --> 00:27:28.538 just about a page and 1/2 paper
NOTE Confidence: 0.85519921

00:27:28.538 --> 00:27:30.375 that was in the journal JAMA
NOTE Confidence: 0.85519921

00:27:30.375 --> 00:27:31.845 Psychiatry last year that highlights
NOTE Confidence: 0.85519921

00:27:31.845 --> 00:27:33.517 kind of all the reasons for this.
NOTE Confidence: 0.85519921

00:27:33.520 --> 00:27:35.669 And why our team is really thinking
NOTE Confidence: 0.85519921

00:27:35.669 --> 00:27:37.349 again about meeting the complex
NOTE Confidence: 0.85519921

00:27:37.349 --> 00:27:39.431 needs of adolescence is how we've

NOTE Confidence: 0.85519921

00:27:39.431 --> 00:27:41.102 really developed into this siloed

NOTE Confidence: 0.85519921

00:27:41.102 --> 00:27:42.944 nature of care from funding sources

NOTE Confidence: 0.85519921

00:27:42.944 --> 00:27:45.210 to how clinical care is provided.

NOTE Confidence: 0.85519921

00:27:45.210 --> 00:27:46.862 And why we really have to think

NOTE Confidence: 0.85519921

00:27:46.862 --> 00:27:48.250 about innovative ways of addressing,

NOTE Confidence: 0.85519921

00:27:48.250 --> 00:27:51.570 especially through prevention efforts.

NOTE Confidence: 0.85519921

00:27:51.570 --> 00:27:53.586 So some of the common evidence based

NOTE Confidence: 0.85519921

00:27:53.586 --> 00:27:55.291 treatments for eating disorders and I

NOTE Confidence: 0.85519921

00:27:55.291 --> 00:27:57.132 I often like to say evidence informed

NOTE Confidence: 0.85519921

00:27:57.185 --> 00:27:58.851 just because even though and you know

NOTE Confidence: 0.85519921

00:27:58.851 --> 00:28:01.325 I think of course very highly of all

NOTE Confidence: 0.85519921

00:28:01.325 --> 00:28:03.438 these approaches, is our remission rates

NOTE Confidence: 0.85519921

00:28:03.438 --> 00:28:05.766 aren't where we would like them to be.

NOTE Confidence: 0.85519921

00:28:05.770 --> 00:28:07.624 So but these are the ones that we

NOTE Confidence: 0.85519921

00:28:07.624 --> 00:28:09.684 are often using to when somebody is

NOTE Confidence: 0.85519921

00:28:09.684 --> 00:28:11.183 engaged in eating disorder treatment
NOTE Confidence: 0.85519921

00:28:11.183 --> 00:28:13.127 I'll hit on some of the most the
NOTE Confidence: 0.85519921

00:28:13.127 --> 00:28:16.120 most common ones and the most
NOTE Confidence: 0.85519921

00:28:16.120 --> 00:28:18.870 frequently used. So in adolescents,
NOTE Confidence: 0.85519921

00:28:18.870 --> 00:28:20.654 so if you if you have any students
NOTE Confidence: 0.85519921

00:28:20.654 --> 00:28:22.118 or patients that you are seeing
NOTE Confidence: 0.85519921

00:28:22.120 --> 00:28:24.521 truly it is restricting and we need
NOTE Confidence: 0.85519921

00:28:24.521 --> 00:28:27.009 to focus on weight restoration,
NOTE Confidence: 0.85519921

00:28:27.010 --> 00:28:29.416 family based treatment is one of
NOTE Confidence: 0.85519921

00:28:29.416 --> 00:28:31.020 the most effective modalities
NOTE Confidence: 0.85519921

00:28:31.090 --> 00:28:32.578 for weight restoration.
NOTE Confidence: 0.85519921

00:28:32.580 --> 00:28:35.455 What this therapeutic approach
NOTE Confidence: 0.85519921

00:28:35.455 --> 00:28:38.914 entails and is in essence the idea
NOTE Confidence: 0.85519921

00:28:38.914 --> 00:28:40.666 that when somebody has entered into
NOTE Confidence: 0.85519921

00:28:40.666 --> 00:28:42.624 the eating disorder mindset right, and
NOTE Confidence: 0.85519921

00:28:42.624 --> 00:28:44.598 that they're that for an adolescent

NOTE Confidence: 0.85519921

00:28:44.658 --> 00:28:46.555 that isn't able to think as clearly

NOTE Confidence: 0.85519921

00:28:46.555 --> 00:28:48.562 because of the way that it really

NOTE Confidence: 0.85519921

00:28:48.562 --> 00:28:50.350 has kind of taken over thought

NOTE Confidence: 0.85519921

00:28:50.419 --> 00:28:52.369 processes and the way that that,

NOTE Confidence: 0.85519921

00:28:52.370 --> 00:28:53.865 because of that overvaluation of

NOTE Confidence: 0.85519921

00:28:53.865 --> 00:28:55.700 weight and shape is getting in

NOTE Confidence: 0.85519921

00:28:55.700 --> 00:28:57.723 the way of engaging in things like

NOTE Confidence: 0.85519921

00:28:57.723 --> 00:28:58.900 cognitive behavioral strategies.

NOTE Confidence: 0.85519921

00:28:58.900 --> 00:29:01.014 The idea from a developmental lens is

NOTE Confidence: 0.85519921

00:29:01.014 --> 00:29:03.586 that we have to turn over nurturing the

NOTE Confidence: 0.85519921

00:29:03.586 --> 00:29:05.920 the child or adolescent to the parent.

NOTE Confidence: 0.85519921

00:29:05.920 --> 00:29:06.422 So this,

NOTE Confidence: 0.85519921

00:29:06.422 --> 00:29:07.928 the first phase is the parents

NOTE Confidence: 0.85519921

00:29:07.928 --> 00:29:09.872 kind of have to completely take

NOTE Confidence: 0.85519921

00:29:09.872 --> 00:29:11.597 over the weight restoration phase.

NOTE Confidence: 0.85519921

00:29:11.600 --> 00:29:13.544 Then there's a second phase of
NOTE Confidence: 0.85519921

00:29:13.544 --> 00:29:15.509 really trying to transition back over
NOTE Confidence: 0.85519921

00:29:15.509 --> 00:29:17.321 control to eating to the adolescent
NOTE Confidence: 0.85519921

00:29:17.321 --> 00:29:18.944 and then thinking before launching
NOTE Confidence: 0.85519921

00:29:18.944 --> 00:29:21.177 of how to address some of those
NOTE Confidence: 0.85519921

00:29:21.180 --> 00:29:23.000 factors that may have contributed
NOTE Confidence: 0.85519921

00:29:23.000 --> 00:29:25.648 to the eating disorder in the 1st place.
NOTE Confidence: 0.85519921

00:29:25.650 --> 00:29:28.135 Now because of this FBT, or family
NOTE Confidence: 0.85519921

00:29:28.135 --> 00:29:30.234 based treatment, is the most
NOTE Confidence: 0.85519921

00:29:30.234 --> 00:29:32.150 effective for weight restoration,
NOTE Confidence: 0.85519921

00:29:32.150 --> 00:29:33.910 but it does not work for all families.
NOTE Confidence: 0.85519921

00:29:33.910 --> 00:29:35.800 And so this is one of the places that
NOTE Confidence: 0.85519921

00:29:35.800 --> 00:29:37.596 we're getting into with these complex
NOTE Confidence: 0.85519921

00:29:37.596 --> 00:29:39.707 adolescents is for anybody here and I
NOTE Confidence: 0.85519921

00:29:39.707 --> 00:29:41.261 know you know probably everybody here
NOTE Confidence: 0.85519921

00:29:41.261 --> 00:29:42.964 who works with children and adolescents,

NOTE Confidence: 0.85519921

00:29:42.964 --> 00:29:45.057 some of the rule outs for things

NOTE Confidence: 0.85519921

00:29:45.057 --> 00:29:47.470 like this are you know the more toxic

NOTE Confidence: 0.85519921

00:29:47.470 --> 00:29:49.444 or negative family dynamics or any

NOTE Confidence: 0.85519921

00:29:49.444 --> 00:29:51.208 issues in the family system that

NOTE Confidence: 0.85519921

00:29:51.208 --> 00:29:53.410 would get in the way of treatment.

NOTE Confidence: 0.853328585666667

00:29:53.410 --> 00:29:55.265 That parents have to be available to

NOTE Confidence: 0.853328585666667

00:29:55.265 --> 00:29:57.415 do refeeding at all the meals and be

NOTE Confidence: 0.853328585666667

00:29:57.415 --> 00:29:59.070 monitoring those things and if there

NOTE Confidence: 0.853328585666667

00:29:59.070 --> 00:30:00.876 are things like co-occurring suicidality

NOTE Confidence: 0.853328585666667

00:30:00.876 --> 00:30:02.902 or high risk behaviors that it's

NOTE Confidence: 0.853328585666667

00:30:02.902 --> 00:30:05.146 it's often a counter indicator for

NOTE Confidence: 0.853328585666667

00:30:05.146 --> 00:30:07.358 family based treatment alone, itself.

NOTE Confidence: 0.853328585666667

00:30:07.360 --> 00:30:10.167 So that makes, as we're seeing this

NOTE Confidence: 0.853328585666667

00:30:10.167 --> 00:30:13.110 uptick this uptick in very complex cases,

NOTE Confidence: 0.853328585666667

00:30:13.110 --> 00:30:14.790 often things that we can pull from

NOTE Confidence: 0.853328585666667

00:30:14.790 --> 00:30:15.510 for this approach,
NOTE Confidence: 0.853328585666667

00:30:15.510 --> 00:30:17.974 but can be difficult to only
NOTE Confidence: 0.853328585666667

00:30:17.974 --> 00:30:20.374 implement when we have to address
NOTE Confidence: 0.853328585666667

00:30:20.374 --> 00:30:22.484 these other high risk concerns.
NOTE Confidence: 0.853328585666667

00:30:22.490 --> 00:30:24.422 Some of the other strategies then
NOTE Confidence: 0.853328585666667

00:30:24.422 --> 00:30:26.909 that we think about as well are
NOTE Confidence: 0.853328585666667

00:30:26.909 --> 00:30:28.794 things pulling from for example
NOTE Confidence: 0.853328585666667

00:30:28.794 --> 00:30:30.100 cognitive behavior therapy.
NOTE Confidence: 0.853328585666667

00:30:30.100 --> 00:30:32.206 So what CBT for eating disorders
NOTE Confidence: 0.853328585666667

00:30:32.206 --> 00:30:35.334 looks at is in essence a multi stage
NOTE Confidence: 0.853328585666667

00:30:35.334 --> 00:30:37.800 approach of both kind of starting
NOTE Confidence: 0.853328585666667

00:30:37.878 --> 00:30:40.720 with where somebody is at right after,
NOTE Confidence: 0.853328585666667

00:30:40.720 --> 00:30:42.850 especially more so after that immediate
NOTE Confidence: 0.853328585666667

00:30:42.850 --> 00:30:45.007 weight restoration that we need some
NOTE Confidence: 0.853328585666667

00:30:45.007 --> 00:30:46.359 stabilization there because again
NOTE Confidence: 0.853328585666667

00:30:46.359 --> 00:30:48.928 if somebody is in such a place of

NOTE Confidence: 0.853328585666667
00:30:48.928 --> 00:30:51.248 starvation or malnutrition engaging
NOTE Confidence: 0.853328585666667
00:30:51.248 --> 00:30:53.276 in cognitive strategies
NOTE Confidence: 0.853328585666667
00:30:53.280 --> 00:30:55.898 to change thoughts is you know an
NOTE Confidence: 0.853328585666667
00:30:55.898 --> 00:30:58.129 untenable task in a lot of ways.
NOTE Confidence: 0.853328585666667
00:30:58.130 --> 00:31:00.314 So we have to have that immediate
NOTE Confidence: 0.853328585666667
00:31:00.314 --> 00:31:01.901 stabilization and then we're focusing
NOTE Confidence: 0.853328585666667
00:31:01.901 --> 00:31:03.966 on really what are the roots of
NOTE Confidence: 0.853328585666667
00:31:03.966 --> 00:31:05.948 what's kind of perpetuated the
NOTE Confidence: 0.853328585666667
00:31:05.948 --> 00:31:07.166 disordered eating behavior.
NOTE Confidence: 0.853328585666667
00:31:07.170 --> 00:31:09.378 So things related to body image
NOTE Confidence: 0.853328585666667
00:31:09.378 --> 00:31:11.363 and addressing those concerns, the
NOTE Confidence: 0.853328585666667
00:31:11.363 --> 00:31:12.249 dietary restraint,
NOTE Confidence: 0.853328585666667
00:31:12.250 --> 00:31:13.660 how do we just restructure our
NOTE Confidence: 0.853328585666667
00:31:13.660 --> 00:31:15.599 schedule in day to make sure getting
NOTE Confidence: 0.853328585666667
00:31:15.599 --> 00:31:17.184 enough, and then identifying events,
NOTE Confidence: 0.853328585666667

00:31:17.190 --> 00:31:19.510 moods and stressors and preparing
NOTE Confidence: 0.853328585666667

00:31:19.510 --> 00:31:22.432 to address for what could be
NOTE Confidence: 0.853328585666667

00:31:22.432 --> 00:31:24.508 more stressors moving forward.
NOTE Confidence: 0.853328585666667

00:31:24.510 --> 00:31:25.970 Another very interesting approach
NOTE Confidence: 0.853328585666667

00:31:25.970 --> 00:31:28.160 that people pull from is I'm
NOTE Confidence: 0.853328585666667

00:31:28.220 --> 00:31:30.692 sure folks here are familiar with
NOTE Confidence: 0.853328585666667

00:31:30.692 --> 00:31:31.928 dialectical behavior therapy.
NOTE Confidence: 0.853328585666667

00:31:31.930 --> 00:31:34.190 What radically open dialectical behavior
NOTE Confidence: 0.853328585666667

00:31:34.190 --> 00:31:37.090 therapy is actually almost the opposite,
NOTE Confidence: 0.853328585666667

00:31:37.090 --> 00:31:38.784 to the extent or another end
NOTE Confidence: 0.853328585666667

00:31:38.784 --> 00:31:39.510 of the spectrum.
NOTE Confidence: 0.853328585666667

00:31:39.510 --> 00:31:42.352 So with the idea of DBT being
NOTE Confidence: 0.853328585666667

00:31:42.352 --> 00:31:44.491 for presentations of severe
NOTE Confidence: 0.853328585666667

00:31:44.491 --> 00:31:46.169 emotional dysregulation,
NOTE Confidence: 0.853328585666667

00:31:46.170 --> 00:31:49.010 radically open DBT focuses on
NOTE Confidence: 0.853328585666667

00:31:49.010 --> 00:31:51.850 presentations of maladaptive over control.

NOTE Confidence: 0.853328585666667
00:31:51.850 --> 00:31:54.066 So you think about, and the idea with
NOTE Confidence: 0.853328585666667
00:31:54.070 --> 00:31:54.474 um,
NOTE Confidence: 0.853328585666667
00:31:54.474 --> 00:31:56.898 with individuals or youth with that,
NOTE Confidence: 0.853328585666667
00:31:56.900 --> 00:31:59.150 with something like anorexia are
NOTE Confidence: 0.853328585666667
00:31:59.150 --> 00:32:00.950 often very disconnected from
NOTE Confidence: 0.853328585666667
00:32:00.950 --> 00:32:03.279 others, socially isolating, feeling
NOTE Confidence: 0.853328585666667
00:32:03.280 --> 00:32:04.700 a distance that leads to
NOTE Confidence: 0.853328585666667
00:32:04.700 --> 00:32:05.836 the depression and anxiety,
NOTE Confidence: 0.853328585666667
00:32:05.840 --> 00:32:07.877 and really wanting to mask those feelings.
NOTE Confidence: 0.853328585666667
00:32:07.880 --> 00:32:08.422 And so,
NOTE Confidence: 0.853328585666667
00:32:08.422 --> 00:32:10.319 so much of what the approach here
NOTE Confidence: 0.853328585666667
00:32:10.319 --> 00:32:12.400 is about being able to engage
NOTE Confidence: 0.853328585666667
00:32:12.400 --> 00:32:13.796 in more open expression,
NOTE Confidence: 0.853328585666667
00:32:13.800 --> 00:32:15.440 becoming more socially connected,
NOTE Confidence: 0.853328585666667
00:32:15.440 --> 00:32:17.080 feeling safe and secure.
NOTE Confidence: 0.853328585666667

00:32:17.080 --> 00:32:19.560 So it really is focusing in some ways
NOTE Confidence: 0.853328585666667

00:32:19.560 --> 00:32:22.318 similar to other approaches of that
NOTE Confidence: 0.853328585666667

00:32:22.318 --> 00:32:24.386 social and interpersonal connectedness.
NOTE Confidence: 0.853328585666667

00:32:24.390 --> 00:32:26.470 I always like to bring this one into
NOTE Confidence: 0.853328585666667

00:32:26.470 --> 00:32:28.826 the talk as well because I think that
NOTE Confidence: 0.853328585666667

00:32:28.826 --> 00:32:30.741 it highlights even the the model
NOTE Confidence: 0.853328585666667

00:32:30.741 --> 00:32:32.421 here highlights why the pandemic
NOTE Confidence: 0.853328585666667

00:32:32.421 --> 00:32:34.576 was so damaging for eating disorders
NOTE Confidence: 0.853328585666667

00:32:34.576 --> 00:32:36.486 is we're saying being socially
NOTE Confidence: 0.853328585666667

00:32:36.486 --> 00:32:38.747 connected to others is so protective
NOTE Confidence: 0.853328585666667

00:32:38.747 --> 00:32:40.537 for eating disorders because you
NOTE Confidence: 0.853328585666667

00:32:40.537 --> 00:32:42.677 you know if you're so isolated and
NOTE Confidence: 0.853328585666667

00:32:42.677 --> 00:32:44.338 so focused on the eating disorder
NOTE Confidence: 0.853328585666667

00:32:44.338 --> 00:32:45.608 and the restricting the foods,
NOTE Confidence: 0.853328585666667

00:32:45.610 --> 00:32:47.415 itself that being connected
NOTE Confidence: 0.853328585666667

00:32:47.415 --> 00:32:49.220 with others is really protective

NOTE Confidence: 0.853328585666667

00:32:49.278 --> 00:32:51.217 against that and that was taken

NOTE Confidence: 0.853328585666667

00:32:51.217 --> 00:32:52.832 away during the pandemic and had

NOTE Confidence: 0.853328585666667

00:32:52.832 --> 00:32:54.272 to be for the sake of

NOTE Confidence: 0.7826165

00:32:54.280 --> 00:32:55.180 of isolation.

NOTE Confidence: 0.890410156333333

00:32:57.440 --> 00:32:59.428 And then there is an approach here

NOTE Confidence: 0.890410156333333

00:32:59.428 --> 00:33:01.348 thinking of some almost just pragmatic

NOTE Confidence: 0.890410156333333

00:33:01.348 --> 00:33:03.693 and having resources for folks

NOTE Confidence: 0.890410156333333

00:33:03.749 --> 00:33:05.702 here that are looking for you know,

NOTE Confidence: 0.890410156333333

00:33:05.702 --> 00:33:07.460 I'm seeing some some students or

NOTE Confidence: 0.890410156333333

00:33:07.460 --> 00:33:09.166 people that I work with some eating

NOTE Confidence: 0.890410156333333

00:33:09.166 --> 00:33:11.056 concerns that I would like to address.

NOTE Confidence: 0.890410156333333

00:33:11.060 --> 00:33:13.796 It's not needing to go to a specialty

NOTE Confidence: 0.890410156333333

00:33:13.796 --> 00:33:15.825 eating disorder facility or requiring

NOTE Confidence: 0.890410156333333

00:33:15.825 --> 00:33:18.381 that type of intervention, is the

NOTE Confidence: 0.890410156333333

00:33:18.381 --> 00:33:20.099 integrative modalities therapy.

NOTE Confidence: 0.890410156333333

00:33:20.100 --> 00:33:21.804 So in essence what the authors did here

NOTE Confidence: 0.890410156333333

00:33:21.804 --> 00:33:23.547 was take a number of the treatment

NOTE Confidence: 0.890410156333333

00:33:23.547 --> 00:33:24.812 approaches and create a buffet.

NOTE Confidence: 0.890410156333333

00:33:24.820 --> 00:33:26.787 So it's not a a structured protocol.

NOTE Confidence: 0.890410156333333

00:33:26.790 --> 00:33:29.283 Um, it is a manual but basically takes a

NOTE Confidence: 0.890410156333333

00:33:29.283 --> 00:33:31.478 lot of the evidence based interventions

NOTE Confidence: 0.890410156333333

00:33:31.478 --> 00:33:34.243 that we have for eating concerns and

NOTE Confidence: 0.890410156333333

00:33:34.243 --> 00:33:36.769 has resources both for clinicians to

NOTE Confidence: 0.890410156333333

00:33:36.769 --> 00:33:38.900 utilize different formats used for group,

NOTE Confidence: 0.890410156333333

00:33:38.900 --> 00:33:39.860 for parent work,

NOTE Confidence: 0.890410156333333

00:33:39.860 --> 00:33:41.595 for individual work that

NOTE Confidence: 0.890410156333333

00:33:41.595 --> 00:33:43.799 hits on the foundations of these

NOTE Confidence: 0.890410156333333

00:33:43.799 --> 00:33:45.799 different ones that I mentioned.

NOTE Confidence: 0.890410156333333

00:33:45.800 --> 00:33:47.672 So they take the foundations of

NOTE Confidence: 0.890410156333333

00:33:47.672 --> 00:33:49.267 family based treatment and doing

NOTE Confidence: 0.890410156333333

00:33:49.267 --> 00:33:51.007 some family work without having to

NOTE Confidence: 0.890410156333333

00:33:51.007 --> 00:33:53.199 do purely the family based treatment

NOTE Confidence: 0.890410156333333

00:33:53.199 --> 00:33:55.299 model, using acceptance and mindfulness

NOTE Confidence: 0.890410156333333

00:33:55.299 --> 00:33:57.283 based approaches, focusing on again

NOTE Confidence: 0.890410156333333

00:33:57.283 --> 00:33:59.188 because that dietary restraint that

NOTE Confidence: 0.890410156333333

00:33:59.188 --> 00:34:01.595 pack and happens, engaging in more

NOTE Confidence: 0.890410156333333

00:34:01.595 --> 00:34:03.575 regulative and appetite of eating.

NOTE Confidence: 0.890410156333333

00:34:03.580 --> 00:34:05.589 So that structure of how to

NOTE Confidence: 0.890410156333333

00:34:05.589 --> 00:34:07.524 reconfigure those cues to let you know

NOTE Confidence: 0.890410156333333

00:34:07.524 --> 00:34:09.472 when you're hungry and full and then

NOTE Confidence: 0.890410156333333

00:34:09.472 --> 00:34:11.277 really focusing on body acceptance.

NOTE Confidence: 0.890410156333333

00:34:11.280 --> 00:34:11.527 So,

NOTE Confidence: 0.890410156333333

00:34:11.527 --> 00:34:13.503 so this is a wonderful one that I

NOTE Confidence: 0.890410156333333

00:34:13.503 --> 00:34:15.747 think is a great resource for anybody

NOTE Confidence: 0.890410156333333

00:34:15.747 --> 00:34:17.675 working with students or patients

NOTE Confidence: 0.890410156333333

00:34:17.675 --> 00:34:19.979 in these age ranges because it does

NOTE Confidence: 0.890410156333333

00:34:19.980 --> 00:34:22.076 have the pieces that you can kind of
NOTE Confidence: 0.890410156333333

00:34:22.076 --> 00:34:24.151 pull from and you can download what
NOTE Confidence: 0.890410156333333

00:34:24.151 --> 00:34:25.997 why you can't download the whole
NOTE Confidence: 0.890410156333333

00:34:25.997 --> 00:34:27.809 manual online and it does have
NOTE Confidence: 0.890410156333333

00:34:27.810 --> 00:34:29.060 to be purchased they are,
NOTE Confidence: 0.890410156333333

00:34:29.060 --> 00:34:30.929 I do highlight that all of their
NOTE Confidence: 0.890410156333333

00:34:30.929 --> 00:34:32.382 worksheets and things are freely
NOTE Confidence: 0.890410156333333

00:34:32.382 --> 00:34:33.887 available online and they have
NOTE Confidence: 0.890410156333333

00:34:33.887 --> 00:34:35.439 available for folks to download.
NOTE Confidence: 0.865280381333334

00:34:37.640 --> 00:34:40.259 So before and, trying to be mindful of making
NOTE Confidence: 0.865280381333334

00:34:40.259 --> 00:34:42.696 time for discussion points or questions,
NOTE Confidence: 0.865280381333334

00:34:42.700 --> 00:34:44.374 I do want to hit on some of the
NOTE Confidence: 0.865280381333334

00:34:44.374 --> 00:34:46.036 things that are most effective here.
NOTE Confidence: 0.865280381333334

00:34:46.040 --> 00:34:48.126 And one we're thinking about what this
NOTE Confidence: 0.865280381333334

00:34:48.126 --> 00:34:50.009 uptick in concerns and what's actually
NOTE Confidence: 0.865280381333334

00:34:50.009 --> 00:34:52.172 most effective to caring for youth with

NOTE Confidence: 0.865280381333334

00:34:52.228 --> 00:34:53.926 these concerns is that early detection

NOTE Confidence: 0.865280381333334

00:34:53.926 --> 00:34:55.626 is the the most effective thing.

NOTE Confidence: 0.865280381333334

00:34:55.626 --> 00:34:57.324 So it is, unfortunately we've gotten

NOTE Confidence: 0.865280381333334

00:34:57.324 --> 00:34:59.057 to this place with the crisis and

NOTE Confidence: 0.865280381333334

00:34:59.057 --> 00:35:01.050 care that we're in of having to be so

NOTE Confidence: 0.865280381333334

00:35:01.050 --> 00:35:02.597 reactive that a lot of times people

NOTE Confidence: 0.865280381333334

00:35:02.597 --> 00:35:04.676 aren't able to access care until you

NOTE Confidence: 0.865280381333334

00:35:04.676 --> 00:35:06.479 are requiring going to the hospital.

NOTE Confidence: 0.865280381333334

00:35:06.480 --> 00:35:08.712 But really what we know, because

NOTE Confidence: 0.865280381333334

00:35:08.712 --> 00:35:10.679 how these presentations can become

NOTE Confidence: 0.865280381333334

00:35:10.679 --> 00:35:13.139 so severe and protracted, is early

NOTE Confidence: 0.865280381333334

00:35:13.139 --> 00:35:15.085 detection and addressing those things

NOTE Confidence: 0.865280381333334

00:35:15.085 --> 00:35:16.705 that can lead to those,

NOTE Confidence: 0.865280381333334

00:35:16.710 --> 00:35:17.954 those very severe presentations

NOTE Confidence: 0.865280381333334

00:35:17.954 --> 00:35:20.450 is going to be the most effective.

NOTE Confidence: 0.865280381333334

00:35:20.450 --> 00:35:22.766 And so there are some really
NOTE Confidence: 0.865280381333334

00:35:22.766 --> 00:35:24.310 wonderful prevention programs that
NOTE Confidence: 0.865280381333334

00:35:24.376 --> 00:35:25.906 are really aimed at this.
NOTE Confidence: 0.865280381333334

00:35:25.910 --> 00:35:28.334 So one thinking specifically to school
NOTE Confidence: 0.865280381333334

00:35:28.334 --> 00:35:30.792 systems but have been implemented in
NOTE Confidence: 0.865280381333334

00:35:30.792 --> 00:35:33.096 other settings are things known as
NOTE Confidence: 0.865280381333334

00:35:33.096 --> 00:35:36.702 the body project. So for folks who
NOTE Confidence: 0.865280381333334

00:35:36.702 --> 00:35:37.818 aren't familiar,
NOTE Confidence: 0.865280381333334

00:35:37.820 --> 00:35:40.070 it's what's called a cognitive
NOTE Confidence: 0.865280381333334

00:35:40.070 --> 00:35:41.420 dissonance based program.
NOTE Confidence: 0.865280381333334

00:35:41.420 --> 00:35:43.388 It was actually developed to be
NOTE Confidence: 0.865280381333334

00:35:43.388 --> 00:35:45.390 implemented in high schools with
NOTE Confidence: 0.865280381333334

00:35:45.390 --> 00:35:47.595 with high school girls and what it
NOTE Confidence: 0.865280381333334

00:35:47.595 --> 00:35:49.650 does is really engender or promote
NOTE Confidence: 0.865280381333334

00:35:49.650 --> 00:35:51.671 a positive body image and social
NOTE Confidence: 0.865280381333334

00:35:51.671 --> 00:35:53.777 connectedness with the idea of then

NOTE Confidence: 0.865280381333334
00:35:53.777 --> 00:35:55.819 being a preventative approach to
NOTE Confidence: 0.865280381333334
00:35:55.819 --> 00:35:57.675 developing disordered eating concerns.
NOTE Confidence: 0.865280381333334
00:35:57.680 --> 00:35:59.416 Now of course during the course of
NOTE Confidence: 0.865280381333334
00:35:59.416 --> 00:36:01.505 the pandemic when at home for all the
NOTE Confidence: 0.865280381333334
00:36:01.505 --> 00:36:02.795 reasons that our behavioral health
NOTE Confidence: 0.865280381333334
00:36:02.846 --> 00:36:04.508 concerns escalated in the 1st place
NOTE Confidence: 0.865280381333334
00:36:04.508 --> 00:36:06.017 was quite difficult to implement.
NOTE Confidence: 0.865280381333334
00:36:06.017 --> 00:36:09.193 So what the the approach does is really
NOTE Confidence: 0.865280381333334
00:36:09.193 --> 00:36:11.189 challenge unwanted body comments,
NOTE Confidence: 0.865280381333334
00:36:11.190 --> 00:36:13.665 focuses on improving body image
NOTE Confidence: 0.865280381333334
00:36:13.665 --> 00:36:15.150 and connects other,
NOTE Confidence: 0.865280381333334
00:36:15.150 --> 00:36:17.100 connects students and patients with
NOTE Confidence: 0.865280381333334
00:36:17.100 --> 00:36:19.548 others that are impacted by the
NOTE Confidence: 0.865280381333334
00:36:19.548 --> 00:36:21.280 complicated relationship of food
NOTE Confidence: 0.865280381333334
00:36:21.280 --> 00:36:23.479 and exercise and really focuses
NOTE Confidence: 0.865280381333334

00:36:23.479 --> 00:36:24.808 on that validation.
NOTE Confidence: 0.865280381333334

00:36:24.810 --> 00:36:25.716 Because again,
NOTE Confidence: 0.865280381333334

00:36:25.716 --> 00:36:27.981 eating disorders are such isolating
NOTE Confidence: 0.865280381333334

00:36:27.981 --> 00:36:29.710 presentations that really feeling
NOTE Confidence: 0.865280381333334

00:36:29.710 --> 00:36:31.838 connected to others and validated in a,
NOTE Confidence: 0.865280381333334

00:36:31.838 --> 00:36:34.657 is a way of being protected and commits
NOTE Confidence: 0.865280381333334

00:36:34.657 --> 00:36:36.936 to making positive change as a group.
NOTE Confidence: 0.865280381333334

00:36:36.936 --> 00:36:38.910 So for folks that that are interested
NOTE Confidence: 0.865280381333334

00:36:38.975 --> 00:36:41.152 just to provide one resource and
NOTE Confidence: 0.865280381333334

00:36:41.152 --> 00:36:43.349 know no conflicts of interest on my
NOTE Confidence: 0.865280381333334

00:36:43.349 --> 00:36:45.149 end to disclose just thinking more
NOTE Confidence: 0.865280381333334

00:36:45.150 --> 00:36:46.670 of resources that are available.
NOTE Confidence: 0.865280381333334

00:36:46.670 --> 00:36:48.386 They do have workshops and things
NOTE Confidence: 0.865280381333334

00:36:48.386 --> 00:36:50.229 online to both train individuals who
NOTE Confidence: 0.865280381333334

00:36:50.229 --> 00:36:52.167 are interested in running such groups
NOTE Confidence: 0.865280381333334

00:36:52.167 --> 00:36:54.114 or even providing to students and

NOTE Confidence: 0.865280381333334

00:36:54.114 --> 00:36:55.986 families and patients of, for some

NOTE Confidence: 0.865280381333334

00:36:55.990 --> 00:36:57.886 of their online resources as well

NOTE Confidence: 0.865280381333334

00:36:57.890 --> 00:37:00.020 that really focuses on again that

NOTE Confidence: 0.865280381333334

00:37:00.020 --> 00:37:01.838 way of engendering healthy body

NOTE Confidence: 0.865280381333334

00:37:01.838 --> 00:37:03.860 images and self esteem within the

NOTE Confidence: 0.865280381333334

00:37:03.860 --> 00:37:05.679 school systems and really addressing

NOTE Confidence: 0.865280381333334

00:37:05.679 --> 00:37:07.539 more of that prevention.

NOTE Confidence: 0.865280381333334

00:37:07.540 --> 00:37:10.924 As opposed to why do we react when somebody,

NOTE Confidence: 0.865280381333334

00:37:10.930 --> 00:37:12.460 when something develops so significantly

NOTE Confidence: 0.865280381333334

00:37:12.460 --> 00:37:14.470 to require being in the hospital.

NOTE Confidence: 0.865280381333334

00:37:14.470 --> 00:37:16.255 But these all these things that we

NOTE Confidence: 0.865280381333334

00:37:16.255 --> 00:37:18.308 know that are risk factors for getting

NOTE Confidence: 0.865280381333334

00:37:18.308 --> 00:37:20.156 to that point and really building

NOTE Confidence: 0.865280381333334

00:37:20.214 --> 00:37:21.818 more healthful both connections

NOTE Confidence: 0.865280381333334

00:37:21.818 --> 00:37:23.823 with others and healthful practices,

NOTE Confidence: 0.865280381333334

00:37:23.830 --> 00:37:26.962 learning those things early on in
NOTE Confidence: 0.865280381333334

00:37:26.962 --> 00:37:29.134 a validating environment. OK.
NOTE Confidence: 0.865280381333334

00:37:29.134 --> 00:37:32.758 And I will stop there
NOTE Confidence: 0.907761066

00:37:32.760 --> 00:37:35.752 and would be open to any questions that
NOTE Confidence: 0.907761066

00:37:35.752 --> 00:37:38.490 that have been raised by the group.
NOTE Confidence: 0.638663212

00:37:42.990 --> 00:37:46.490 So I unmuted Nicole.
NOTE Confidence: 0.638663212

00:37:46.490 --> 00:37:48.722 I don't know if you want to ask your
NOTE Confidence: 0.638663212

00:37:48.722 --> 00:37:50.409 question or you want me to ask it.
NOTE Confidence: 0.945946922857143

00:37:51.350 --> 00:37:54.654 Oh yeah, I can definitely do that.
NOTE Confidence: 0.945946922857143

00:37:54.660 --> 00:37:58.012 My biggest struggle is I work with younger
NOTE Confidence: 0.945946922857143

00:37:58.012 --> 00:38:00.922 adolescents and I can usually see risk
NOTE Confidence: 0.945946922857143

00:38:00.922 --> 00:38:03.505 factors for eating disorders and they're
NOTE Confidence: 0.945946922857143

00:38:03.505 --> 00:38:06.095 not meeting criteria for diagnosis.
NOTE Confidence: 0.945946922857143

00:38:06.100 --> 00:38:09.220 What would you suggest as the best treatment,
NOTE Confidence: 0.945946922857143

00:38:09.220 --> 00:38:12.200 especially if there's minimal parent
NOTE Confidence: 0.945946922857143

00:38:12.200 --> 00:38:15.733 engagement and their behaviors can be

NOTE Confidence: 0.945946922857143
00:38:15.733 --> 00:38:18.166 impacting the risk? For reference,
NOTE Confidence: 0.945946922857143
00:38:18.166 --> 00:38:21.827 I'm in a school based clinical setting.
NOTE Confidence: 0.945946922857143
00:38:21.830 --> 00:38:24.502 Nicole, it's a really great question and I
NOTE Confidence: 0.945946922857143
00:38:24.502 --> 00:38:27.125 think that this is a crux of some of our,
NOTE Confidence: 0.945946922857143
00:38:27.130 --> 00:38:29.048 I guess to highlight why I think
NOTE Confidence: 0.945946922857143
00:38:29.048 --> 00:38:31.004 preventative work is so much more important
NOTE Confidence: 0.945946922857143
00:38:31.004 --> 00:38:33.482 is there's this whole idea of like a
NOTE Confidence: 0.945946922857143
00:38:33.482 --> 00:38:35.096 clinical staging model of probably what
NOTE Confidence: 0.945946922857143
00:38:35.096 --> 00:38:37.212 you are seeing are the patients that
NOTE Confidence: 0.945946922857143
00:38:37.212 --> 00:38:38.850 if when intervention doesn't happen,
NOTE Confidence: 0.945946922857143
00:38:38.850 --> 00:38:41.368 we end up seeing those more, you know,
NOTE Confidence: 0.945946922857143
00:38:41.368 --> 00:38:43.213 severe presentations and that question
NOTE Confidence: 0.945946922857143
00:38:43.213 --> 00:38:46.288 comes up of why don't we intervene earlier.
NOTE Confidence: 0.945946922857143
00:38:46.290 --> 00:38:47.088 To that point,
NOTE Confidence: 0.945946922857143
00:38:47.088 --> 00:38:48.684 I completely hear what you're saying.
NOTE Confidence: 0.945946922857143

00:38:48.690 --> 00:38:50.522 We're then it's hard to often get parental
NOTE Confidence: 0.945946922857143

00:38:50.522 --> 00:38:52.250 engagement to get the appropriate resources.
NOTE Confidence: 0.945946922857143

00:38:52.250 --> 00:38:52.587 Right.
NOTE Confidence: 0.945946922857143

00:38:52.587 --> 00:38:54.609 Because if somebody's not meeting criteria
NOTE Confidence: 0.945946922857143

00:38:54.609 --> 00:38:56.689 for a diagnosis that we can put down
NOTE Confidence: 0.945946922857143

00:38:56.689 --> 00:38:58.734 all the, all of the things that can make
NOTE Confidence: 0.945946922857143

00:38:58.734 --> 00:39:00.591 it more of a challenge for providers.
NOTE Confidence: 0.945946922857143

00:39:00.591 --> 00:39:04.110 I think really what I what we know
NOTE Confidence: 0.945946922857143

00:39:04.193 --> 00:39:07.089 across eating disorder presentations,
NOTE Confidence: 0.945946922857143

00:39:07.090 --> 00:39:09.298 what are some of the underlying
NOTE Confidence: 0.945946922857143

00:39:09.300 --> 00:39:11.544 challenges with the exception of those
NOTE Confidence: 0.945946922857143

00:39:11.544 --> 00:39:14.226 that are more related to like food
NOTE Confidence: 0.945946922857143

00:39:14.226 --> 00:39:16.987 sensitivity and if it truly is like
NOTE Confidence: 0.945946922857143

00:39:16.987 --> 00:39:19.491 a fear avoidance of textures or
NOTE Confidence: 0.945946922857143

00:39:19.491 --> 00:39:22.289 or pain, is the the benefits of body
NOTE Confidence: 0.945946922857143

00:39:22.290 --> 00:39:22.643 acceptance.

NOTE Confidence: 0.945946922857143
00:39:22.643 --> 00:39:25.114 So this is true of whether somebody's
NOTE Confidence: 0.945946922857143
00:39:25.114 --> 00:39:27.208 experiencing more loss of control or
NOTE Confidence: 0.945946922857143
00:39:27.208 --> 00:39:28.868 purging behaviors or more restrictive
NOTE Confidence: 0.945946922857143
00:39:28.868 --> 00:39:30.602 eating is really engendering and
NOTE Confidence: 0.945946922857143
00:39:30.602 --> 00:39:31.946 focusing on those pieces.
NOTE Confidence: 0.945946922857143
00:39:31.950 --> 00:39:33.805 So that even though it's the
NOTE Confidence: 0.945946922857143
00:39:33.805 --> 00:39:35.295 interesting part of eating disorder
NOTE Confidence: 0.945946922857143
00:39:35.295 --> 00:39:37.215 treatment of when somebody has developed
NOTE Confidence: 0.945946922857143
00:39:37.215 --> 00:39:38.772 a very, very severe presentation,
NOTE Confidence: 0.945946922857143
00:39:38.772 --> 00:39:41.286 almost what we have to do to stabilize
NOTE Confidence: 0.945946922857143
00:39:41.286 --> 00:39:43.533 then is so opposite of what
NOTE Confidence: 0.945946922857143
00:39:43.533 --> 00:39:45.324 actually helps long term right is
NOTE Confidence: 0.945946922857143
00:39:45.324 --> 00:39:47.614 because it's so focused on on the food,
NOTE Confidence: 0.945946922857143
00:39:47.614 --> 00:39:49.274 just getting into enough calories.
NOTE Confidence: 0.945946922857143
00:39:49.280 --> 00:39:50.862 But when you have somebody with more
NOTE Confidence: 0.945946922857143

00:39:50.862 --> 00:39:52.680 of that sub threshold presentation
NOTE Confidence: 0.945946922857143

00:39:52.680 --> 00:39:54.660 or the subclinical and you can
NOTE Confidence: 0.945946922857143

00:39:54.660 --> 00:39:57.128 really focus more so on engendering
NOTE Confidence: 0.945946922857143

00:39:57.128 --> 00:39:59.294 that positive body image and if
NOTE Confidence: 0.945946922857143

00:39:59.294 --> 00:40:01.367 possible to be able to identify what
NOTE Confidence: 0.945946922857143

00:40:01.367 --> 00:40:03.570 are some of those things at home that
NOTE Confidence: 0.945946922857143

00:40:03.570 --> 00:40:05.220 actually might be doing the opposite
NOTE Confidence: 0.945946922857143

00:40:05.277 --> 00:40:07.048 in a strength based way for parents,
NOTE Confidence: 0.945946922857143

00:40:07.050 --> 00:40:07.341 right.
NOTE Confidence: 0.945946922857143

00:40:07.341 --> 00:40:09.087 If the child can identify things
NOTE Confidence: 0.945946922857143

00:40:09.087 --> 00:40:11.279 that do make them want to skip meals
NOTE Confidence: 0.945946922857143

00:40:11.279 --> 00:40:13.235 or you know really focusing on
NOTE Confidence: 0.945946922857143

00:40:13.235 --> 00:40:15.149 that communication of it to really
NOTE Confidence: 0.945946922857143

00:40:15.149 --> 00:40:16.975 promote as opposed to here is what
NOTE Confidence: 0.945946922857143

00:40:16.975 --> 00:40:18.290 parents are doing wrong, right.
NOTE Confidence: 0.945946922857143

00:40:18.290 --> 00:40:20.450 But rather here's what we just

NOTE Confidence: 0.945946922857143
00:40:20.450 --> 00:40:22.800 know would be the most helpful.
NOTE Confidence: 0.945946922857143
00:40:22.800 --> 00:40:23.604 Yeah, that's great.
NOTE Confidence: 0.945946922857143
00:40:23.604 --> 00:40:24.140 Thank you.
NOTE Confidence: 0.747501115555556
00:40:27.750 --> 00:40:31.323 So I'll ask a follow up question to Nicole's.
NOTE Confidence: 0.747501115555556
00:40:31.330 --> 00:40:33.490 I don't quite know how to ask the question.
NOTE Confidence: 0.747501115555556
00:40:33.490 --> 00:40:36.685 So Rebecca, try to make some sense of it.
NOTE Confidence: 0.747501115555556
00:40:36.690 --> 00:40:39.283 I guess I was just thinking in if I were
NOTE Confidence: 0.747501115555556
00:40:39.283 --> 00:40:41.867 in schools the thing I'd be really struggling,
NOTE Confidence: 0.747501115555556
00:40:41.870 --> 00:40:43.385 there are multiple things that
NOTE Confidence: 0.747501115555556
00:40:43.385 --> 00:40:44.900 I'd really struggle with in
NOTE Confidence: 0.747501115555556
00:40:44.953 --> 00:40:46.519 in sort of helping these kids,
NOTE Confidence: 0.747501115555556
00:40:46.520 --> 00:40:49.248 the first one is sort of thinking about
NOTE Confidence: 0.747501115555556
00:40:49.250 --> 00:40:52.125 group level, school level interventions
NOTE Confidence: 0.747501115555556
00:40:52.125 --> 00:40:55.000 versus individual interventions and just
NOTE Confidence: 0.747501115555556
00:40:55.000 --> 00:40:56.860 here are your thoughts more
NOTE Confidence: 0.747501115555556

00:40:56.860 --> 00:40:58.720 about that and then what,
NOTE Confidence: 0.747501115555556

00:40:58.720 --> 00:41:01.175 what should someone do if
NOTE Confidence: 0.747501115555556

00:41:01.175 --> 00:41:03.630 they actually see a kid
NOTE Confidence: 0.747501115555556

00:41:03.630 --> 00:41:05.170 sort of struggling
NOTE Confidence: 0.747501115555556

00:41:05.170 --> 00:41:06.710 in this school setting,
NOTE Confidence: 0.747501115555556

00:41:06.710 --> 00:41:08.575 like what's the appropriate
NOTE Confidence: 0.747501115555556

00:41:08.575 --> 00:41:10.067 place of teachers and
NOTE Confidence: 0.741627865714286

00:41:12.180 --> 00:41:14.595 and adults to intervene and have
NOTE Confidence: 0.741627865714286

00:41:14.600 --> 00:41:16.550 what's an effective way to
NOTE Confidence: 0.741627865714286

00:41:16.550 --> 00:41:18.110 actually think about intervening?
NOTE Confidence: 0.856378479333333

00:41:19.640 --> 00:41:20.980 Both really great questions.
NOTE Confidence: 0.856378479333333

00:41:20.980 --> 00:41:23.447 I think that to the point of
NOTE Confidence: 0.856378479333333

00:41:23.447 --> 00:41:24.987 the individual versus group,
NOTE Confidence: 0.856378479333333

00:41:24.990 --> 00:41:26.910 I think when resources are available
NOTE Confidence: 0.856378479333333

00:41:26.910 --> 00:41:29.709 for group and if it is kind of being
NOTE Confidence: 0.856378479333333

00:41:29.709 --> 00:41:31.710 more implemented in a school setting,

NOTE Confidence: 0.856378479333333
00:41:31.710 --> 00:41:33.010 that's always what I would
NOTE Confidence: 0.856378479333333
00:41:33.010 --> 00:41:34.050 go with because again,
NOTE Confidence: 0.856378479333333
00:41:34.050 --> 00:41:36.282 I think that there's that to the point of
NOTE Confidence: 0.856378479333333
00:41:36.282 --> 00:41:38.787 how these presentations can be so isolating,
NOTE Confidence: 0.856378479333333
00:41:38.790 --> 00:41:41.282 it's that really it can be very
NOTE Confidence: 0.856378479333333
00:41:41.282 --> 00:41:42.350 validating and supportive.
NOTE Confidence: 0.856378479333333
00:41:42.350 --> 00:41:44.317 Now the reason that I bring up
NOTE Confidence: 0.856378479333333
00:41:44.317 --> 00:41:46.130 in the schools that that does
NOTE Confidence: 0.856378479333333
00:41:46.130 --> 00:41:48.230 seem and feel safer is when there
NOTE Confidence: 0.856378479333333
00:41:48.297 --> 00:41:50.297 are really severe presentations
NOTE Confidence: 0.856378479333333
00:41:50.300 --> 00:41:51.728 sometimes that can be less helpful
NOTE Confidence: 0.856378479333333
00:41:51.728 --> 00:41:53.255 right at like the inpatient level
NOTE Confidence: 0.856378479333333
00:41:53.255 --> 00:41:55.082 or things like that where more of
NOTE Confidence: 0.856378479333333
00:41:55.082 --> 00:41:56.403 because people aren't really in
NOTE Confidence: 0.856378479333333
00:41:56.403 --> 00:41:57.915 that place often of being ready
NOTE Confidence: 0.856378479333333

00:41:57.920 --> 00:42:00.027 to make changes of sharing some of
NOTE Confidence: 0.8563784793333333

00:42:00.027 --> 00:42:03.031 the ways to more engage in the
NOTE Confidence: 0.8563784793333333

00:42:03.031 --> 00:42:04.659 more problematic eating behavior.
NOTE Confidence: 0.8563784793333333

00:42:04.660 --> 00:42:06.641 So group at higher levels of care
NOTE Confidence: 0.8563784793333333

00:42:06.641 --> 00:42:08.389 aren't always the most effective
NOTE Confidence: 0.8563784793333333

00:42:08.390 --> 00:42:10.441 but in the school based setting when
NOTE Confidence: 0.8563784793333333

00:42:10.441 --> 00:42:12.335 we're thinking more from preventative,
NOTE Confidence: 0.8563784793333333

00:42:12.335 --> 00:42:13.778 sub threshold presentations,
NOTE Confidence: 0.8563784793333333

00:42:13.780 --> 00:42:14.839 getting socially connected,
NOTE Confidence: 0.8563784793333333

00:42:14.839 --> 00:42:16.604 normalizing that it makes sense
NOTE Confidence: 0.8563784793333333

00:42:16.604 --> 00:42:18.741 that these students are feeling
NOTE Confidence: 0.8563784793333333

00:42:18.741 --> 00:42:21.060 uncomfortable about their bodies in this way,
NOTE Confidence: 0.8563784793333333

00:42:21.060 --> 00:42:23.472 trying to promote more healthful ways
NOTE Confidence: 0.8563784793333333

00:42:23.472 --> 00:42:25.548 that actually and healthful ways
NOTE Confidence: 0.8563784793333333

00:42:25.548 --> 00:42:27.133 of managing relationships with food,
NOTE Confidence: 0.8563784793333333

00:42:27.133 --> 00:42:28.958 as well as thinking about promoting

NOTE Confidence: 0.856378479333333

00:42:28.958 --> 00:42:31.015 not focusing on food so much what

NOTE Confidence: 0.856378479333333

00:42:31.015 --> 00:42:32.940 are the other kind of things we're

NOTE Confidence: 0.856378479333333

00:42:32.940 --> 00:42:35.152 focusing on in life that makes life

NOTE Confidence: 0.856378479333333

00:42:35.152 --> 00:42:37.512 worth living is the most protective.

NOTE Confidence: 0.856378479333333

00:42:37.512 --> 00:42:39.516 When doing individual work

NOTE Confidence: 0.856378479333333

00:42:39.520 --> 00:42:41.389 though to that point I think ways

NOTE Confidence: 0.856378479333333

00:42:41.389 --> 00:42:43.391 to continue to just provide that

NOTE Confidence: 0.856378479333333

00:42:43.391 --> 00:42:45.286 validating environment is the most

NOTE Confidence: 0.856378479333333

00:42:45.286 --> 00:42:47.240 important thing of kind of normalizing

NOTE Confidence: 0.856378479333333

00:42:47.240 --> 00:42:49.241 why this makes so much sense that

NOTE Confidence: 0.856378479333333

00:42:49.241 --> 00:42:51.278 the youth is struggling with it and

NOTE Confidence: 0.856378479333333

00:42:51.280 --> 00:42:53.460 also you providing that validation

NOTE Confidence: 0.856378479333333

00:42:53.460 --> 00:42:56.529 and acceptance to try to make change

NOTE Confidence: 0.856378479333333

00:42:56.530 --> 00:42:58.924 to then challenge some of those more

NOTE Confidence: 0.856378479333333

00:42:58.924 --> 00:43:00.875 negative thoughts. I think to the

NOTE Confidence: 0.856378479333333

00:43:00.875 --> 00:43:02.884 point or the to the question about
NOTE Confidence: 0.8563784793333333

00:43:02.948 --> 00:43:05.209 the resources though and where to go,
NOTE Confidence: 0.8563784793333333

00:43:05.210 --> 00:43:06.875 one of the you know, a lot of times
NOTE Confidence: 0.8563784793333333

00:43:06.875 --> 00:43:08.666 as part of kind of series of talks
NOTE Confidence: 0.8563784793333333

00:43:08.666 --> 00:43:10.706 I often have to give a talk on why
NOTE Confidence: 0.8563784793333333

00:43:10.706 --> 00:43:12.240 parents are often very much in
NOTE Confidence: 0.8563784793333333

00:43:12.240 --> 00:43:14.190 denial of realizing how severe their
NOTE Confidence: 0.8563784793333333

00:43:14.190 --> 00:43:15.800 their child's presentation is.
NOTE Confidence: 0.8563784793333333

00:43:15.800 --> 00:43:17.872 So I raised this to your point Dr
NOTE Confidence: 0.8563784793333333

00:43:17.872 --> 00:43:20.181 Bloch is I think that that's something
NOTE Confidence: 0.8563784793333333

00:43:20.181 --> 00:43:22.244 for school providers to be mindful
NOTE Confidence: 0.8563784793333333

00:43:22.244 --> 00:43:25.566 of is just that we we do see with
NOTE Confidence: 0.8563784793333333

00:43:25.566 --> 00:43:27.489 presentation with eating disorder
NOTE Confidence: 0.8563784793333333

00:43:27.489 --> 00:43:29.660 concerns more more frequently we
NOTE Confidence: 0.8563784793333333

00:43:29.660 --> 00:43:31.940 see parents kind of being resistant
NOTE Confidence: 0.8563784793333333

00:43:32.010 --> 00:43:34.098 to acknowledging the severity of it

NOTE Confidence: 0.856378479333333

00:43:34.098 --> 00:43:36.459 because so many of the behaviors

NOTE Confidence: 0.856378479333333

00:43:36.460 --> 00:43:37.543 start very healthfully.

NOTE Confidence: 0.856378479333333

00:43:37.543 --> 00:43:40.070 And then there's this this thin line

NOTE Confidence: 0.856378479333333

00:43:40.141 --> 00:43:42.235 of when it does become maladaptive

NOTE Confidence: 0.856378479333333

00:43:42.235 --> 00:43:44.744 and these are, because these are often

NOTE Confidence: 0.856378479333333

00:43:44.744 --> 00:43:46.489 students or children who present

NOTE Confidence: 0.856378479333333

00:43:46.489 --> 00:43:47.822 as very high achieving,

NOTE Confidence: 0.856378479333333

00:43:47.822 --> 00:43:49.718 they're a bit anxious maybe you

NOTE Confidence: 0.856378479333333

00:43:49.718 --> 00:43:51.938 know kind of have, do really well in

NOTE Confidence: 0.856378479333333

00:43:51.938 --> 00:43:53.570 school doing all the things right

NOTE Confidence: 0.856378479333333

00:43:53.570 --> 00:43:55.509 and seeing things start to go in

NOTE Confidence: 0.856378479333333

00:43:55.509 --> 00:43:57.814 this scary more negative direction

NOTE Confidence: 0.856378479333333

00:43:57.814 --> 00:44:00.344 parents are understandably avoidant of.

NOTE Confidence: 0.856378479333333

00:44:00.350 --> 00:44:01.520 So there's been some qualitative

NOTE Confidence: 0.856378479333333

00:44:01.520 --> 00:44:02.690 work with parents who have

NOTE Confidence: 0.846783859333333

00:44:02.730 --> 00:44:03.918 you know in the interviews they
NOTE Confidence: 0.8467838593333333

00:44:03.918 --> 00:44:05.503 talk about like "we had to be at the
NOTE Confidence: 0.8467838593333333

00:44:05.503 --> 00:44:06.912 point of having go to the hospital
NOTE Confidence: 0.8467838593333333

00:44:06.912 --> 00:44:08.216 before I could even
NOTE Confidence: 0.8467838593333333

00:44:08.216 --> 00:44:09.740 acknowledge what was going on."
NOTE Confidence: 0.8467838593333333

00:44:09.740 --> 00:44:11.780 So I think for school providers
NOTE Confidence: 0.8467838593333333

00:44:11.780 --> 00:44:13.640 that are noticing those things,
NOTE Confidence: 0.8467838593333333

00:44:13.640 --> 00:44:15.338 trying to think about how to
NOTE Confidence: 0.8467838593333333

00:44:15.338 --> 00:44:17.110 approach with parents in that very
NOTE Confidence: 0.8467838593333333

00:44:17.110 --> 00:44:18.844 supportive way and just being mindful
NOTE Confidence: 0.8467838593333333

00:44:18.844 --> 00:44:20.620 of the parent potentially being
NOTE Confidence: 0.8467838593333333

00:44:20.620 --> 00:44:22.525 very resistant to this feedback.
NOTE Confidence: 0.8467838593333333

00:44:22.530 --> 00:44:24.490 And so very much in a
NOTE Confidence: 0.8467838593333333

00:44:24.490 --> 00:44:25.684 non judgmental observation of just
NOTE Confidence: 0.8467838593333333

00:44:25.684 --> 00:44:27.430 what has been noticed at school.
NOTE Confidence: 0.8467838593333333

00:44:27.430 --> 00:44:28.840 The student is isolating more.

NOTE Confidence: 0.846783859333333

00:44:28.840 --> 00:44:29.910 The student is sitting alone

NOTE Confidence: 0.846783859333333

00:44:29.910 --> 00:44:30.980 at lunch and not eating.

NOTE Confidence: 0.846783859333333

00:44:30.980 --> 00:44:32.825 Just providing the data without

NOTE Confidence: 0.846783859333333

00:44:32.825 --> 00:44:35.100 any judgment to it and then

NOTE Confidence: 0.846783859333333

00:44:35.100 --> 00:44:36.865 providing some of the

NOTE Confidence: 0.846783859333333

00:44:36.870 --> 00:44:40.086 um, the ideas for resources to the families.

NOTE Confidence: 0.846783859333333

00:44:40.090 --> 00:44:42.550 I think approaching the if,

NOTE Confidence: 0.846783859333333

00:44:42.550 --> 00:44:44.370 I think offering to the child if

NOTE Confidence: 0.846783859333333

00:44:44.370 --> 00:44:46.456 there are groups going on is always

NOTE Confidence: 0.846783859333333

00:44:46.456 --> 00:44:48.294 a valuable thing and things that

NOTE Confidence: 0.846783859333333

00:44:48.294 --> 00:44:50.226 can be more related to the social,

NOTE Confidence: 0.846783859333333

00:44:50.230 --> 00:44:51.409 the social connection.

NOTE Confidence: 0.846783859333333

00:44:51.409 --> 00:44:52.588 I think though,

NOTE Confidence: 0.846783859333333

00:44:52.590 --> 00:44:54.500 unless the child is actually

NOTE Confidence: 0.846783859333333

00:44:54.500 --> 00:44:56.028 raising the eating concerns,

NOTE Confidence: 0.846783859333333

00:44:56.030 --> 00:44:57.920 that can be a quite a challenging

NOTE Confidence: 0.846783859333333

00:44:57.920 --> 00:44:59.667 things to raise at school because

NOTE Confidence: 0.846783859333333

00:44:59.667 --> 00:45:01.419 it is something that really just

NOTE Confidence: 0.846783859333333

00:45:01.419 --> 00:45:02.941 as part of the presentation

NOTE Confidence: 0.846783859333333

00:45:02.941 --> 00:45:04.693 is kept so much more hidden.

NOTE Confidence: 0.86304470625

00:45:06.690 --> 00:45:08.630 OK, last question because I

NOTE Confidence: 0.86304470625

00:45:08.630 --> 00:45:10.570 don't want to stand between

NOTE Confidence: 0.86304470625

00:45:10.643 --> 00:45:12.689 people and the and their lunch.

NOTE Confidence: 0.86304470625

00:45:12.690 --> 00:45:13.802 I guess another thing,

NOTE Confidence: 0.86304470625

00:45:13.802 --> 00:45:16.026 I may be projecting a little bit on

NOTE Confidence: 0.86304470625

00:45:16.026 --> 00:45:17.762 to the people who work at schools,

NOTE Confidence: 0.86304470625

00:45:17.770 --> 00:45:20.662 but another thing that would worry

NOTE Confidence: 0.86304470625

00:45:20.662 --> 00:45:23.218 me about trying to implement some

NOTE Confidence: 0.86304470625

00:45:23.218 --> 00:45:25.600 of these more school based group

NOTE Confidence: 0.86304470625

00:45:25.672 --> 00:45:27.622 interventions is not having anything

NOTE Confidence: 0.86304470625

00:45:27.622 --> 00:45:30.899 to do with the kids that you identify

NOTE Confidence: 0.86304470625

00:45:30.899 --> 00:45:32.989 as having more severe problems

NOTE Confidence: 0.86304470625

00:45:32.990 --> 00:45:34.610 if you did the interventions.

NOTE Confidence: 0.86304470625

00:45:34.610 --> 00:45:36.304 And so I guess it's two parts.

NOTE Confidence: 0.86304470625

00:45:36.310 --> 00:45:37.792 Could you really do the interventions

NOTE Confidence: 0.86304470625

00:45:37.792 --> 00:45:39.419 if you don't have a good place

NOTE Confidence: 0.86304470625

00:45:39.420 --> 00:45:41.724 to send kids who are struggling?

NOTE Confidence: 0.86304470625

00:45:41.724 --> 00:45:44.592 And then are there any places that

NOTE Confidence: 0.86304470625

00:45:44.592 --> 00:45:46.687 are good resources for families?

NOTE Confidence: 0.828785158947368

00:45:48.090 --> 00:45:49.142 It's a great question.

NOTE Confidence: 0.828785158947368

00:45:49.142 --> 00:45:51.319 So I guess highlighting to the point of

NOTE Confidence: 0.828785158947368

00:45:51.319 --> 00:45:53.244 unfortunately the place that we're in is,

NOTE Confidence: 0.828785158947368

00:45:53.250 --> 00:45:55.196 there is and this is why we're

NOTE Confidence: 0.828785158947368

00:45:55.196 --> 00:45:57.754 trying to do more work of making

NOTE Confidence: 0.828785158947368

00:45:57.754 --> 00:45:59.824 eating disorder care more robustly

NOTE Confidence: 0.828785158947368

00:45:59.824 --> 00:46:01.797 available because it has become

NOTE Confidence: 0.828785158947368

00:46:01.797 --> 00:46:03.662 these very siloed niche areas.
NOTE Confidence: 0.828785158947368

00:46:03.670 --> 00:46:06.080 Those specialty places often do
NOTE Confidence: 0.828785158947368

00:46:06.080 --> 00:46:08.490 have more significant wait lists.
NOTE Confidence: 0.828785158947368

00:46:08.490 --> 00:46:11.145 But I think to the point of seeing more
NOTE Confidence: 0.828785158947368

00:46:11.150 --> 00:46:13.010 subclinical or less severe presentations
NOTE Confidence: 0.828785158947368

00:46:13.010 --> 00:46:14.870 but still clinically notable of
NOTE Confidence: 0.828785158947368

00:46:14.924 --> 00:46:16.688 wanting to address making sure just
NOTE Confidence: 0.828785158947368

00:46:16.688 --> 00:46:18.749 connected to a mental health provider
NOTE Confidence: 0.828785158947368

00:46:18.750 --> 00:46:20.868 to address what's often the
NOTE Confidence: 0.828785158947368

00:46:20.868 --> 00:46:22.707 co-occurring concerns is very important
NOTE Confidence: 0.828785158947368

00:46:22.707 --> 00:46:25.220 that then can integrate some of the
NOTE Confidence: 0.828785158947368

00:46:25.220 --> 00:46:27.617 work related to to body image concerns.
NOTE Confidence: 0.828785158947368

00:46:27.620 --> 00:46:31.228 I think for if they are seeing more
NOTE Confidence: 0.828785158947368

00:46:31.228 --> 00:46:32.817 significant presentations but a
NOTE Confidence: 0.828785158947368

00:46:32.817 --> 00:46:35.241 lack of kind of access to an eating
NOTE Confidence: 0.828785158947368

00:46:35.321 --> 00:46:37.319 disorder specific facility,

NOTE Confidence: 0.828785158947368

00:46:37.320 --> 00:46:42.133 there is a program called equip EQUIP

NOTE Confidence: 0.828785158947368

00:46:42.133 --> 00:46:46.171 that is a telehealth resource that

NOTE Confidence: 0.828785158947368

00:46:46.171 --> 00:46:48.770 provides an interdisciplinary team.

NOTE Confidence: 0.828785158947368

00:46:48.770 --> 00:46:50.470 And virtually for families who

NOTE Confidence: 0.828785158947368

00:46:50.470 --> 00:46:52.170 aren't able to access it,

NOTE Confidence: 0.828785158947368

00:46:52.170 --> 00:46:54.550 again in person care is always preferred,

NOTE Confidence: 0.828785158947368

00:46:54.550 --> 00:46:57.014 but they they do integrate elements of

NOTE Confidence: 0.828785158947368

00:46:57.014 --> 00:46:59.284 family based treatment as well as with

NOTE Confidence: 0.828785158947368

00:46:59.284 --> 00:47:01.310 strategies from things like CBT or DBT.

NOTE Confidence: 0.828785158947368

00:47:01.310 --> 00:47:03.950 And I know for some of our families

NOTE Confidence: 0.828785158947368

00:47:03.950 --> 00:47:06.352 that haven't been able to access the

NOTE Confidence: 0.828785158947368

00:47:06.352 --> 00:47:08.524 appropriate kind of levels of care,

NOTE Confidence: 0.828785158947368

00:47:08.530 --> 00:47:10.511 it is a resource that we have

NOTE Confidence: 0.828785158947368

00:47:10.511 --> 00:47:11.940 used with some success.