



BRIDGEPOINT  
CENTER FOR EATING DISORDERS

2018-19  
ANNUAL  
REPORT

[www.bridgepointcenter.ca](http://www.bridgepointcenter.ca)

## BOARD OF DIRECTORS

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Anne Rankin - Chair  
Karen Gibbons - Vice Chair  
Marie Kleven - Secretary/Treasurer  
Sharon Lyons  
Dave Nelson  
Amy Pickering  
Kayla Seipp

Dale Ternes - Saskatchewan Health Authority Liaison

## BRIDGEPOINT TEAM

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### Leadership

Carla Chabot, Executive Director  
Lauralyn Blackburn, Program Director  
Helen Uhrich, Senior Program Facilitator

### Office

Linda Bahr, Financial Co-ordinator

### Program Facilitators

Lindsay Crowley  
Marilyn Erickson  
Fleurette Gallais  
Janelle Kapeller  
Louiese Kemp  
Sky Pryor  
Mandy Rafoss  
Barb Sanderson  
Janine Wagar

### Kitchen & Night Support

Sandra Hellings, Kitchen Coordinator  
Barb Hannah  
Carole Evacheski  
Nannette Brooks

### Housekeeping & Maintenance

Barb Hannah  
Barry Craig

*who we are...*

# STRATEGIC FRAMEWORK

## OUR VISION

All persons affected by disordered eating experience discovery, recovery and healing.

## OUR MISSION

BridgePoint Center for Eating Disorders is a provincial resource providing recovery based programming for people who are experiencing disordered eating.

## OUR VALUES

### *Safety*

A place where all are respected without judgement and experience physical, spiritual, emotional wellbeing

### *A participant centred focus*

The participant is the expert in their experience and free to be their authentic self and the voice of their healing journey

### *Compassion*

Embracing the uniqueness of each person with empathy, caring and kindness to build a sense of trust and belonging

### *Expertise*

Excelling through competence in our specialty, knowledge, continuous learning, and a multidisciplinary holistic approach

### *Collaboration*

The best outcomes result from working together and empowering our strengths through partnerships with others

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*what we've been up  
to... where we are  
going...*

# LEADERSHIP UPDATE



**Our values are more than just words. We have committed to living and leaning into our core organizational values.** Over the past year, we have routinely connected with our team to reflect and dive into how we can use these values to create a responsive and safe environment for participants. Involving continuous education, joining collectives, building relationships, and being accountable, we have continued developing and delivering our innovative program options.

One of the values that stood out this year as a theme that embodied all the work that we do is “Collaboration.” This collaboration starts with the work that our multi-disciplinary team and the board does on an ongoing basis. The team is always willing to take the extra time to connect people to resources and to work together with participants, caregivers, clinicians and their home teams. Our board spans the province geographically and brings a wealth of talent and expertise to us.

Collaboration extends provincially into how we continue to work with professionals within the Saskatchewan Health Authority, schools community partners and other non-profits and organizations across Saskatchewan. Interestingly, many of the successful collaborations have been between groups working on very different missions, or between non-profits and groups outside the non-profit field.

We were thrilled to be able to establish a relationship with the Learning Disability Association of Saskatchewan to refer participants into neurofeedback programming. Speaking to over 800 students leaders at the Saskatchewan Leadership Conference with one of our BridgePoint alumni brought us many connections to other schools and also launched a student ambassador program. Community partners have stepped up and provided grants, sponsorship, discounts, in-kind gifts and volunteer hours.

We also maintain a national and international presence collaborating with eating disorder organizations, specialists and projects within Canada and beyond. Our involvement as a provincial champion for Eating Disorder Awareness Week and World Eating Disorder Action Day allows us to meet and connect with outstanding advocates, professionals and volunteers from around the world. We are beyond excited about the work that we are doing with Body Brave and National Initiative for Eating Disorders on the development of an innovative e-learning platform. Also, technology has afforded us the ability to expand our pre-and-post program support options as we can now reach hundreds of extra people economically as they utilize our newly created monthly webinar series and guided visualizations.

The most successful outcomes are when we can collaborate and work together with different partners to create a more significant impact. In an age where funding is not always at a sustainable level, we have to be creative and leverage collaborations so that we can do more with less. We look forward to establishing and accelerate more innovative and effective partnerships moving forward.

Looking forward to this upcoming year is exciting as we continually evolve our innovative and evidence-informed programming. In addition to our ongoing residential programming, be sure to watch our progress as we are:

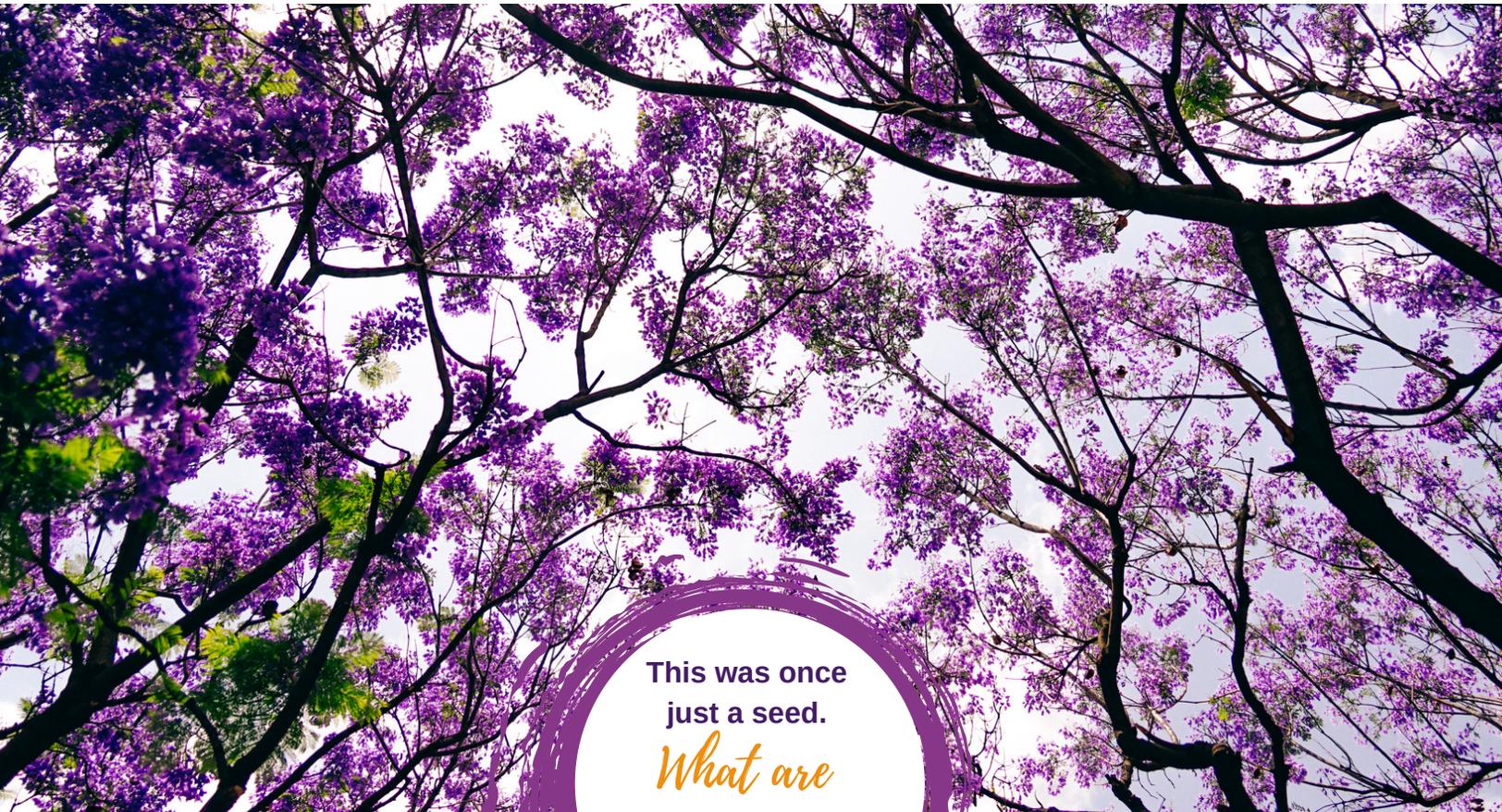
- Actively pursuing accreditation by Imagine Canada by identifying and reducing organizational risk, improving board governance practices, being transparent and accountable with finances and fundraising, and fostering a strong workforce.
- Monitoring and creating specific organizational strategies will help refine how we can continue as a trauma-informed culture.
- Launch a pilot project incorporating equine assisted learning into our programs.
- Offer many workshops for community members, professionals, and caregivers.
- Enhance our ongoing recovery support by developing additional sequential programming for those requiring additional support.

We hope that we can count on an increased and on-going commitment from our funding partners to continue to provide BridgePoint’s services to meet the increasing demand.

  
Carla Chabot  
Executive Director







This was once  
just a seed.  
*What are  
you planting?*

As winter retreats and spring beckons, it is a great opportunity to reflect on what in ourselves has lain dormant over the winter and is now ready to emerge. In the middle of winter, it can become easy to lose sight of the sun. We burrow further into our warm spaces and attempt to insulate ourselves from the harshness of the outdoors. Eating disorder recovery is very similar to the process of spring - growth and change is a vulnerable and courageous process. With each retreat and module, our participants and team get their hands in the dirt, plant seeds, nurture them and watch them grow. As an organization BridgePoint is also growing as we strive to meet the needs of the eating disorders community. We are finding new ways to reach more people, making new connections with service providers and continually checking in with the values upon which BridgePoint is built.

I look forward to a fantastic year of planting seeds of recovery, nurturing relationships, and being part of BridgePoint's growth.

*Blackburn*  
Lauralyn Blackburn  
*Program Director*

# testimonials

"I love that BridgePoint is a safe place where I am welcome at any stage in my recovery. The changes to the program are great. I am excited to see BridgePoint growing."

"I came for connections and to self-reflect and accomplished both of these goals. I am never disappointed with my experience here – Team is amazing and nourish in ways you're not even aware you need."

"This is my second retreat and I am forever grateful to have this opportunity. I knew I would benefit from this week but I could not have predicted the peace and strength I have gained."

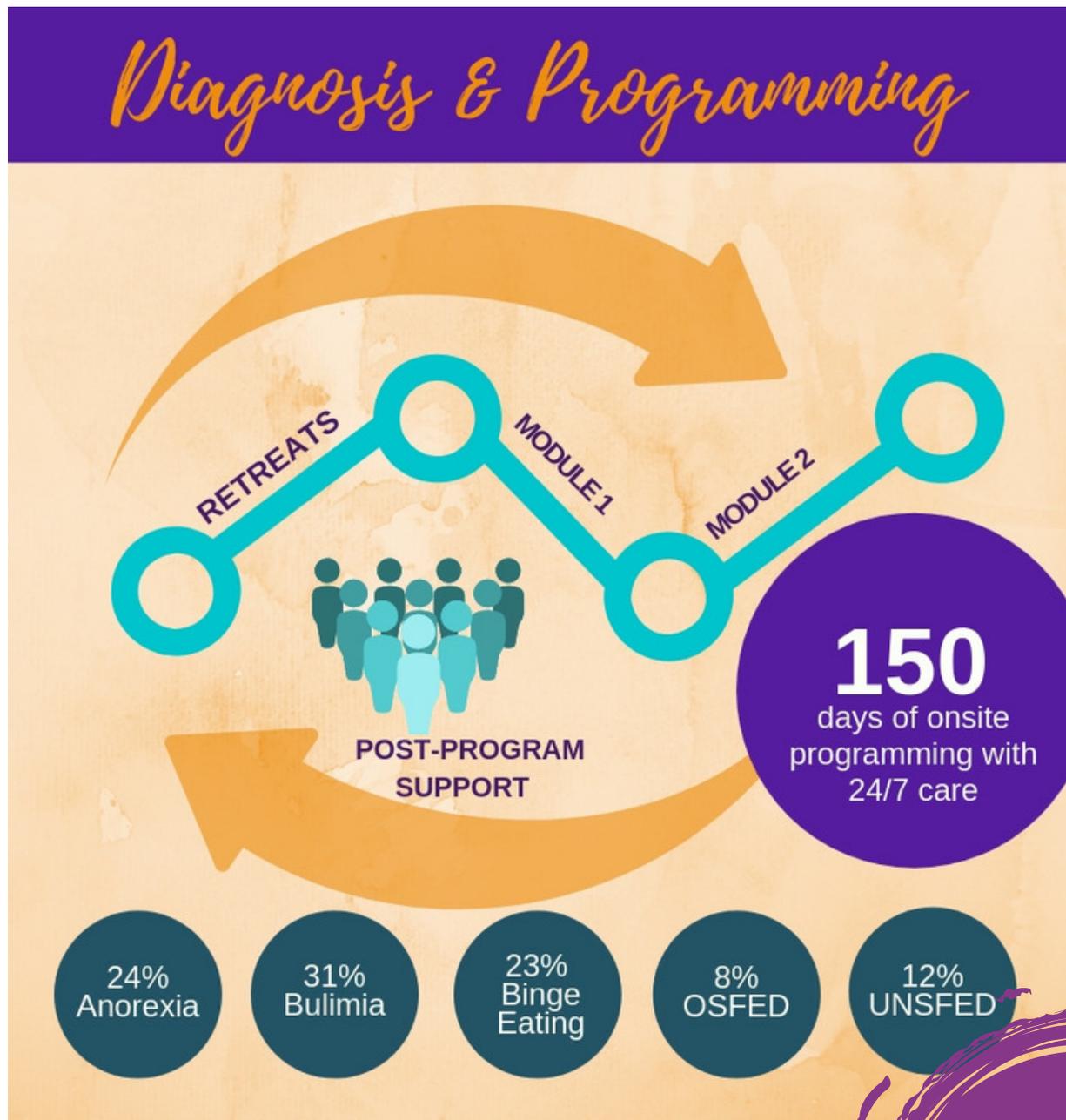
"This weekend gave more to me than I had ever expected. The connections I made with participants and Team are ones I will never forget. I have never been exposed to this type of therapy and I feel so at peace. I am so grateful for this experience and these people who made this weekend possible."

## Recovery & Discovery

"I came looking for help to do things differently. The holistic approach addressed my emotional, neurological, and physiological challenges associated with bulimia. The group work was more than expected but enjoyable/difficult. It was reassuring to see there are others with similar struggles looking for change. "

"It exceeded anything I could have expected. I really connected to everything that was presented and found almost all of the exercises helpful. It was full but not overwhelming. Very well set up, organized and excellent quality. "

The initial stage of programming for a participant is to attend a retreat. Retreats are offered 8-10 times per year and participants are able to self-refer. Participants require counselor and physician support for subsequent modules determine medical and psychiatric stability. Once participants attend a retreat, they are able to apply for the longer and more intensive programming offered in Module 1 and Module 2.



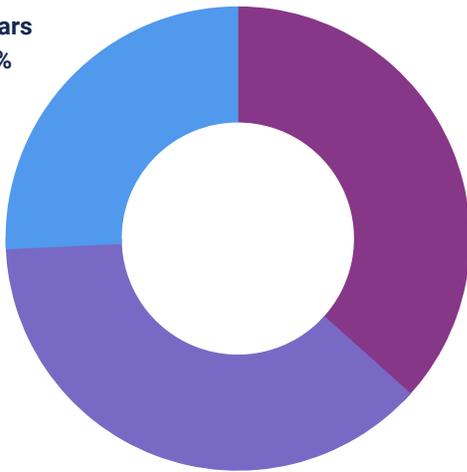
Participants, family, friends and professionals are able to access our team for support by emailing or calling our Recovery Support Line. This line is typically available Tuesday to Thursday from 9am to 9pm when programs are not in session. To meet demand, we have expanded our post programming support options to include a monthly Webinar Series and also a monthly Visualization Series that is available and archived on our YouTube page.

We are open and offering either residential programming or support over 300 days per year!!



**PARTICIPANT AGES**

41+ years  
25.7%



14-25 years  
36.6%

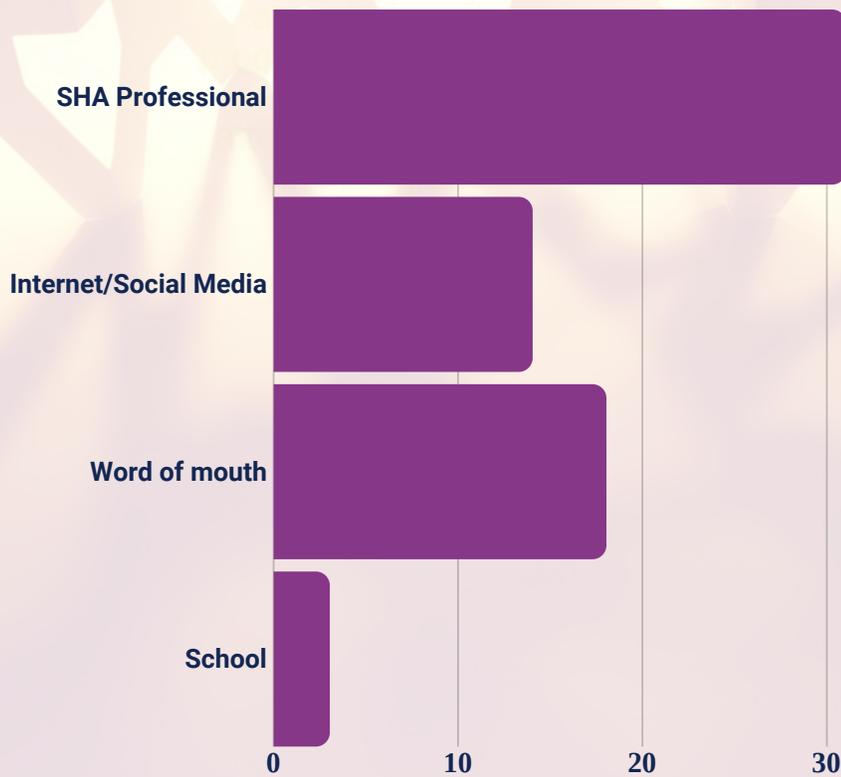
26-40 years  
37.6%

**Eating disorders don't discriminate. They affect all ages and demographics.**

- 37% of our participants were youth (under 25 years)
- 61 % of our participants were new to our program
- 4% of our participants were men

*Program Stats*

# Referrals



**47%**  
of new participants this year heard about or were referred to BridgePoint by someone in SHA

Our programs continue to have a high demand. In the 14 programs we hosted in 2018-19, there was an average of 9 people on the wait list.

Average age of eating disorder diagnosis was reported as **18** years

Average Number of Years Struggling with Eating Disorder was reported as **17** years

**40%** of participants attended more than one stage of programming this year

# Impact

Our program continues to receive both qualitative and quantitative feedback from our participants after every program. This year we also started measuring impact using the Eating Disorder Quality of Life Scale to help evaluate treatment effectiveness and progress.

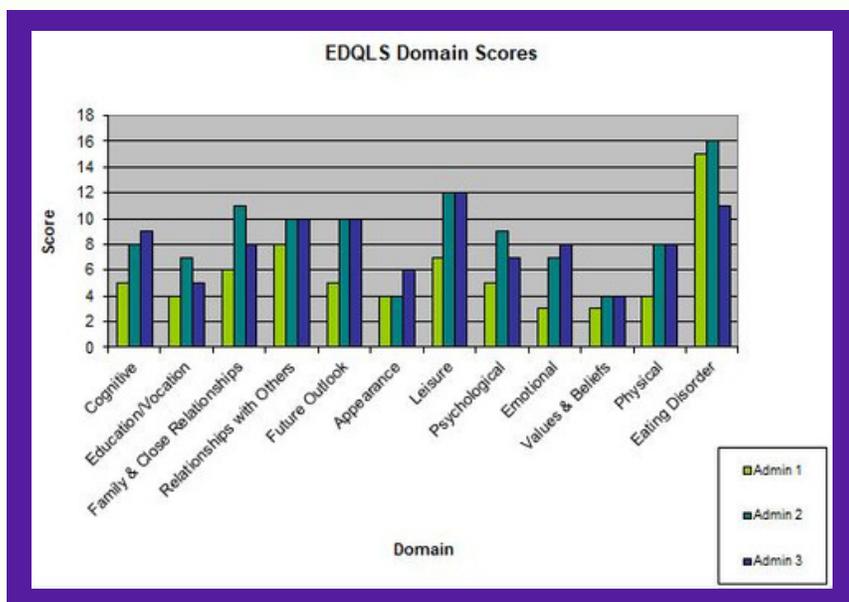
Increasingly, quality of life (QL) is seen as another crucial outcome measure for progressive, patient-centred programs across many health conditions.

Quality of Life is the outcome typically most valued by patients and their families - their involvement in treatment is ultimately aimed at a desire for a better life more broadly.

Participants rated our programs  
**4.5 out of 5**  
based on presentation style, quality, content, tools learned, and facilitator knowledge.

**80%**  
of participants left with hope

## SAMPLE: ACTUAL PARTICIPANT SCORE



Outcomes are focused on recovery and resilience models:  
Self knowledge & Insight,  
Sense of Hope,  
Strong Relationships,  
Personal Perspective & Meaning

"This program saved my life. It has made me have a whole new and positive and healthy view on life."

"BridgePoint has been the missing piece in my recovery. Module 1 has helped me find things out that years of therapy and self-help wasn't able to."

"This program has saved my life every single time I've come. I don't know where I'd be without this program."

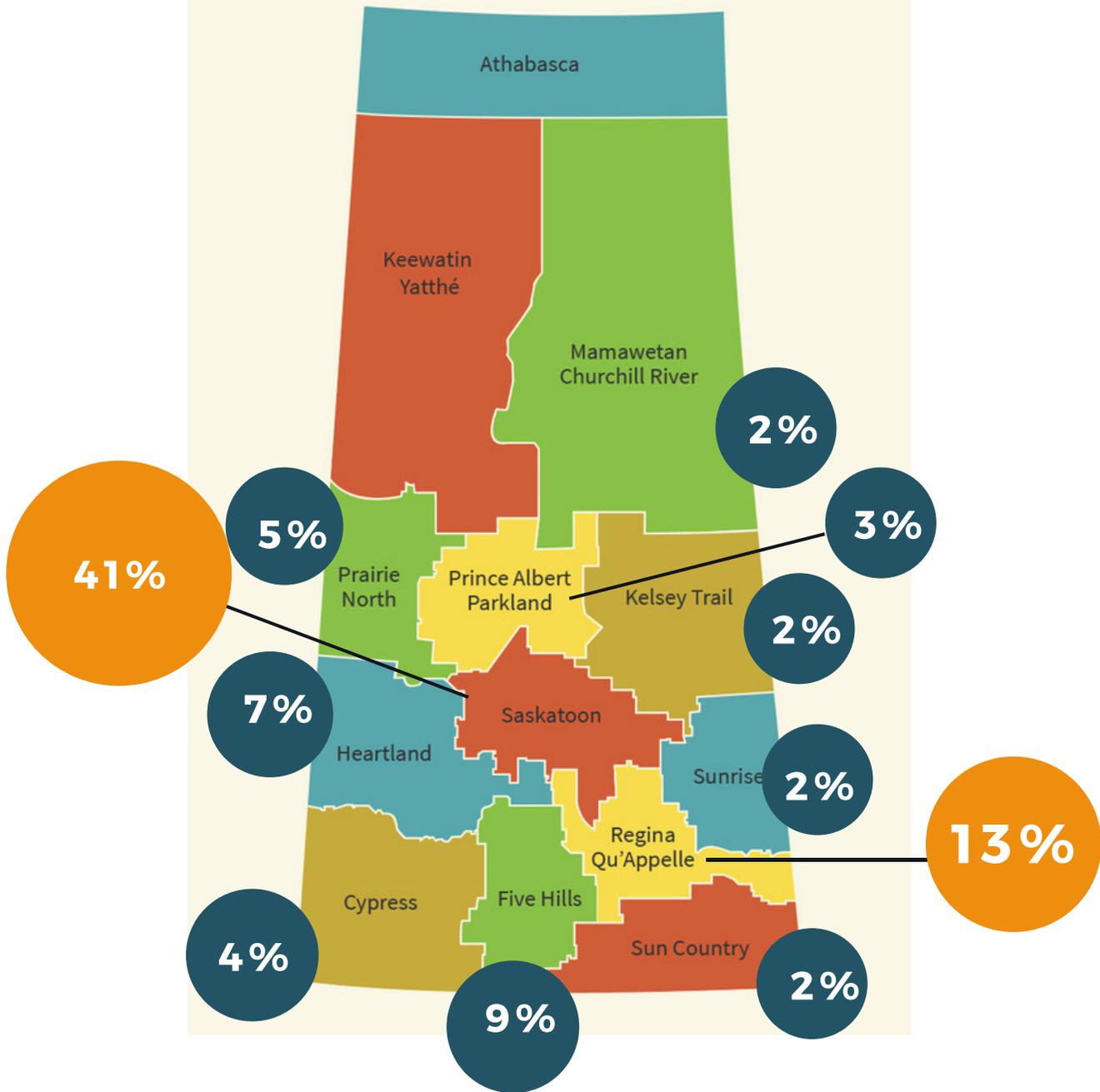
"This program went beyond my expectations. I was treated like a respected kind person who was struggling with food, rather than an eating disorder with a person stuck inside. I was amazed by the compassion, understanding and support I received."

"As someone who has struggled with anorexia for 20 years, this program has given me immense hope for long-term recovery. The team of staff are compassionate, dedicated, and knowledgeable about eating disorders and the magnitude of thoughts and emotions driving the behaviours. This program has helped me to avoid acute and emergency room services while providing so much more support. Ultimately, I am leaving this program not yet recovered, but with a depth of knowledge and insight into my mental health, many personal tools and skills to use at home, and supports set in place to help me continue on my path to recovery."

*Hope & Healing Happen Here...*

# Former

## Saskatchewan Health Regions



# Demographics

Participants come from all over the Saskatchewan Health Authority- including all the former Saskatchewan Health Regions except for Keewatin Yatthe. Of the 101 participants we provided onsite programming to, 61% were new participants.



# Outreach & Education



## Events & Activities during 2018-19

Presentations to Various Schools

Sunwest Roads To Success Career Fair with 16 schools from across the Sunwest School Division

Partnering organization on an innovative e-learning platform with Body Brave and National Initiative for Eating Disorders

Provincial Proclamation for Eating Disorder Awareness Week February 1-7

World Eating Disorder Action Day (June 6)

Saskatchewan Regional Mental Wellness Knowledge Exchange Resource Trade Show with Saskatchewan Institute of Indian Technology

Panelist at events hosted by UofS Student Wellness, Nourish YXE and Saskatoon Weight Attitudes and Disordered Eating

Featured in a special Healthcare Providers Week edition in the Leaderpost and Star Phoenix newspapers

Partnership with the Learning Disability Association of Saskatchewan to refer BridgePoint participants to neurofeedback programming

Mental Health for All Conference 2019 - CMHA National

EDAC-ATAC biannual conference

Nurse Practitioner Conference

SRNA Conference

YWCA Trauma Informed Workshop  
Trauma Informed

Website and Social Media presence.  
(Facebook, Twitter, Instagram, YouTube)



# Philosophy

We provide...

- Support to Saskatchewan residents who are experiencing eating disorders and their support networks. Our approach is holistic with a focus on mind, body and spirit.
- A safe, comfortable, nurturing environment for individuals to heal that is separate from the stress of daily life.
- Ongoing, individualized support services and collaboration with the Saskatchewan Health Authority professionals and care teams.
- Ongoing interdependent planning among BridgePoint, the Saskatchewan Health Authority and the province.

Just call or email  
to arrange training  
for your group or  
organization!

## Available for Consulting, Workshops, Presentations & Training:

- Daring Greatly - Brene Brown
- Emotion Focused Family Training
- SafeTalk
- Applied Suicide Intervention Support Training
- Equine Assisted Learning
- Other individualized training based on your needs!

# Prevalance

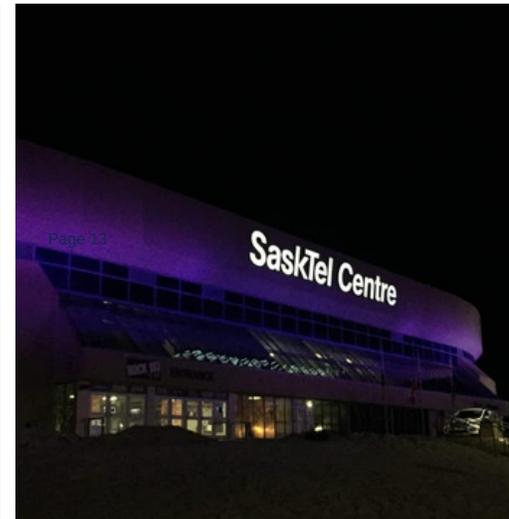
Eating disorders have a devastating impact on millions of people in Canada, and this is why the funding and treatment of Eating Disorders can no longer be put on hold. One in ten people suffering with an Eating Disorder will die. Eating disorders have the highest mortality rate of any mental illness.

# 1,000,000

CANADIANS  
STRUGGLE WITH  
EATING DISORDERS...

that's almost the  
entire population  
of Saskatchewan.

AND THAT'S WHY  
Eating Disorders  
Can't Afford to Wait



## Eating Disorder Awareness Week #EDAW2019 #showusyourpurple

“Eating Disorder Awareness Week recognizes all people affected by eating disorders. BridgePoint is an important community-based provider that supports Saskatchewan people seeking treatment for eating disorders, and our government is pleased to join them in recognizing Eating Disorder Awareness Week.”

SASKATCHEWAN MINISTER OF HEALTH  
JIM REITER

“As part of our vision – Healthy People, Healthy Saskatchewan – the Saskatchewan Health Authority is committed to providing programs and services that support the people of Saskatchewan in all aspects of their health and wellness, including mental health. We support initiatives like Eating Disorders Awareness Week to help bring attention to the challenges faced by many and encourage them and their families to access the supports available to them.”

SASKATCHEWAN HEALTH AUTHORITY  
CEO SCOTT LIVINGSTONE

# Participant Corner

Before I walked through these doors, I was a victim. A victim of my disease. Now I am a warrior in the battle for survival. The biggest battle of my life... The world goes on around me as I fight this battle. No one knows, no one sees. Can a battle be won in silence? I am losing the fight when I am silent. I can feel the blows one after another. I get cornered then angry as I attempt to throw a punch. My fists hit empty air. How do you retaliate against something you cannot see?

How do I get out of the corner? As I lay beaten, battered and alone, I glimpse a hand being reached out to me. Ahead, a bridge is beckoning to me. In my mind I think, "Do I cross that bridge"? I am terrified of doing so. What if I cross and it closes? What if I can't do it? What if I run out of air or the pain gets too great to cross? What if it catches me and drags me back? What if I just lay here quiet, beaten, alone, safe from the unknown of the bridge fighting a fight I know I can no longer win where I am now? But at least it's familiar to me. If I stay, will I win? No. Will I die? Yes.

So, I choose. I choose to drag myself across the bridge toward the hand that is calling to me. The pain is great. The coldness of the stones as they press and pierce my body is tearing at my flesh. Then I reach the top of the bridge. I feel the sun on my back warming me and there is hope. I see others across the bridge. It was not just one hand—it was many linked together to form a chain so they could reach me and beckon me.

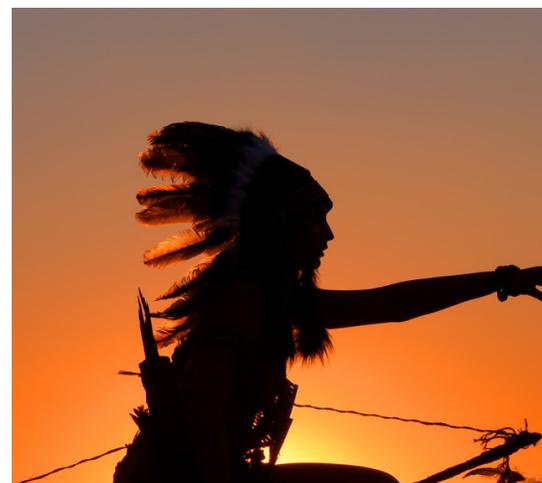
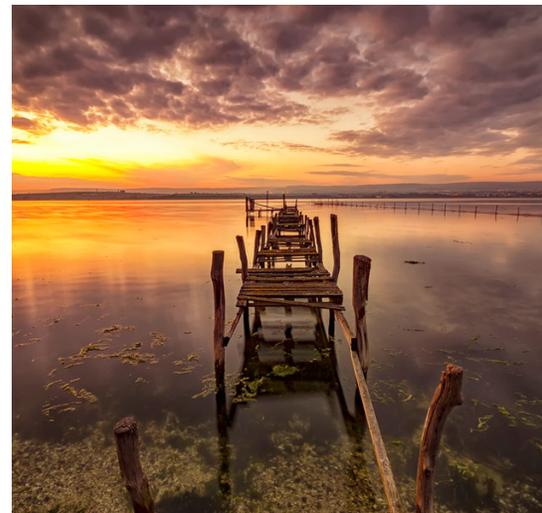
I take a deep breath, get to my knees and turn. Again, the choice is mine which way I go. Back to what I know or into the hands and the unknown. I close my eyes and take a deep breath. I can feel the air as it fills my body. I lift my hand and press it on my heart. I feel the pulse beating within me and I decide. With a leap of faith, I jump to the other side as the hands reach out to catch me. When they catch me, I collapse. I am exhausted. I am beaten. My war-torn body lays exposed before them. I think there is nothing left. I am done as I close my eyes and drift off to sleep. I awake to see I have been cared for. My wounds have been dressed and starting to heal. The pain has lessened.

I feel the warmth of **hope** spreading through my veins. I feel the press of a spoon against my lips. I see the steam rise up from the spoon and fills my nostrils with a scent I've never known.

Again, I choose. I choose to open my mouth and taste this unfamiliar nourishment. The broth feels warm as it fills my mouth and it flows down to my stomach. I choose to eat. I am no longer cold. A new day has begun. I can hear the birds as the sun spreads its light across the sky. **A new day to battle, a new day to fight.**

**I am a warrior. I am strong.**

**I begin my battle cry.**





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