Click or tap to enter a date.

Dear [add name of primary care provider],

[CLIENT FULL NAME], [DOB] has recently visited me at school with a concern related to disordered eating. [CLIENT’S NAME] gave [verbal or written] consent to share this information with you.

[CHOOSE ROLE (Thames Valley District School Board Social Workers OR School Public Health Nurses)] use evidence-based assessment tools to assess and report on students’ wellbeing. The **Ottawa Disordered Eating Screen – Youth Version (ODES-Y)** and the **Screen for Disordered Eating** are tools we use to assess if further evaluation is warranted from a healthcare provider. We also screen for **red flags indicated by the National Eating Disorders Information Centre** to inform our evaluation.(CLIENT) completed the Choose an item. on Click or tap to enter a date., and their score indicates a positive screen which warrants further evaluation by a healthcare provider.

The following red flags outlined by the *National Eating Disorders Information Centre* are of concern:

Excessive concern about one’s weight, size, or shape

Preoccupation with food and nutrition

Extreme concern about being judged by others on appearance and behaviour

Depression or irritability

Guilt or shame about eating

Rigid and ritualistic eating behaviours

Progressive elimination of foods from one’s diet

Feeling fat despite being at a low or “average” weight

Exercising through fatigue, illness, or injury

Noticeable weight loss or weight fluctuations\*\*PLEASE NOTE – this can be for someone of any size\*\*

Vomiting or laxative abuse

Attached is the screen I have completed with (CLIENT). Based on the screener results, I have taken the following action(s):

Informed client of relevant community resources and support groups

Notified relevant school staff (i.e. School Public Health Nurse or Social Worker if applicable)

Followed up with student with other identified concerns (i.e., sleep)

Other: (ADD OTHER INTERVENTIONS/REFERRALS/PLANS/PHN or SW CONCERNS)

Please refer to the Appendix for information on local publicly funded eating disorder treatment programs, immediate support lines, and community support groups.

Please note: Social Workers or Public Health Nurses do not provide physical health examinations, provide diagnoses, measure weight, take vital signs or provide ongoing treatment and follow up specific to eating disorders. Please feel free to contact me if you have any questions or concerns. I can be reached at (add number) ext. (ADD EXTENSION).

Sincerely,

(NAME)

(ROLE)

(ORGANIZATION)

Cc: Client chart

**Appendix: Treatment Programs and Community Resource**

**Local Publicly Funded Eating Disorder Treatment Programs:**

* [LHSC Child and Youth Eating Disorders Program](https://www.southwesthealthline.ca/displayService.aspx?id=12686): Outpatient, Day Programs, and Inpatient care
  + [Referral Form](https://www.lhsc.on.ca/media/1473/download?attachment)
* Vanier offers the [H.A.V.E.N program](https://www.vanier.com/service/haven-eating-disorders-program) for youth experiencing disordered eating/eating disorders.
  + Accepts referrals from: London, Middlesex, Oxford and Elgin
  + Referrals must go through the LHSC Child and Youth Eating Disorders Program referral process. If specifically interested in the H.A.V.E.N program, this can be indicated on the referral form.
* [Woodstock Hospital Eating Disorders Program](https://www.woodstockhospital.ca/?page_id=5969): Outpatient care
  + [Referral Form](https://www.woodstockhospital.ca/wp-content/uploads/2022/03/mental-health-outpatient-mental-health-specialized-services-information-and-referral-form.pdf): **Note:** referral requires a student to have a primary care provider. The primary care provider is responsible for monitoring and managing any medical complications as the program does not have a physician attached.

**Immediate Support Lines:**

NEDIC Helpline

* + Learn more: [NEDIC | What can the helpline do for me?](https://nedic.ca/blog/what-can-the-helpline-do-for-me/)
  + Chat function: nedic.ca. Select “start chat’ button.
  + Toll free phone line: 1-866-NEDIC-20. Helpline is open Mon-Thurs 9am-9pm, Fridays 9am-5pm.

If students are not comfortable accessing eating disorder/disordered eating specific support, they can be directed to:

* [Tandem](https://www.vanier.com/tandem) (London/Middlesex) 519-433-0334 (includes crisis response and 24/7 phone support)
* [Reach out](https://reachout247.ca/) (Oxford, Elgin, Middlesex, London) 519-433-2023 / 1-866-933-2023; Text 519-433-2023; Web Chat (24/7)
* [Hope For Wellness](https://hopeforwellness.ca/home.html) 1-855-242-3310. Chat function also available on website. (24/7 mental health & crisis support for Indigenous people)
* Other mental health support lines

**Free Community Support Programs:**

* Community support group programs may be most appropriate for students who are interested in change.
* A full listing is available [https://nedic.ca/community-groups/.](https://nedic.ca/community-groups/)

[Looking Glass Online](https://www.lookingglassbc.com/programs/online-peer-support-chats/) (Ages 14+)

* Online peer support for Canadian youth experiencing eating disorders, disordered eating or body image concerns

[Eating Disorders Nova Scotia](https://eatingdisordersns.ca/) (Ages 14+)

* Virtual peer support to individuals, families, friends, and partners across Canada. Includes peer mentoring, virtual peer support group, online peer support chat, trans peer support group.

[Body Brave](https://www.bodybrave.ca/) (Ages 17+)

* Community-based organization providing virtual support and treatment services covered by OHIP. Learn more: [Navigating Services | Body Brave](https://www.bodybrave.ca/navigating-services)

School

Contact information

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