

WEBVTT

1 "Allison oaks" (162603008)
00:00:03.749 --> 00:00:09.749

Welcome and thank you for calling and just 2023 eating disorder awareness series.

2 "Allison oaks" (162603008)
00:00:09.749 --> 00:00:13.199

My name is Alice and okay. And I am a care manager.

3 "Allison oaks" (162603008)
00:00:13.199 --> 00:00:18.239

Or the eating disorder team, do you did the format of this call?

4 "Allison oaks" (162603008)
00:00:18.239 --> 00:00:21.870

You will not be able to ask questions during the teleconference.

5 "Allison oaks" (162603008)
00:00:21.870 --> 00:00:27.210

The conference will be opened up for questions at the completion of the presentation.

6 "Allison oaks" (162603008)
00:00:27.210 --> 00:00:30.240

Although you do have the option of submitting questions.

7 "Allison oaks" (162603008)
00:00:30.240 --> 00:00:35.130

During the teleconference you can follow along today to.

8 "Allison oaks" (162603008)
00:00:35.130 --> 00:00:40.890

Today's presentation through the teleconference, you can also access the presentation.

9 "Allison oaks" (162603008)
00:00:35.250 --> 00:00:40.890

Today's presentation through the teleconference, you can also access the presentation.

10 "Allison oaks" (162603008)
00:00:40.890 --> 00:00:44.400

Online at W. W. W.

11 "Allison oaks" (162603008)
00:00:44.400 --> 00:00:48.930

Cigna dot com slash eating disorders.

12 "Allison oaks" (162603008)
00:00:48.930 --> 00:00:55.620
Scroll to current topics section in the middle of your page and click on today's topic labeled.

13 "Allison oaks" (162603008)
00:00:55.620 --> 00:01:00.750
Eating disorders and adolescence strategies for providers and loved ones.

14 "Allison oaks" (162603008)
00:01:00.750 --> 00:01:05.400
Please note that not all policy not all policies.

15 "Allison oaks" (162603008)
00:01:00.780 --> 00:01:05.340
Please note that not all policy not all policy.

16 "Allison oaks" (162603008)
00:01:05.340 --> 00:01:12.270
Cover today's topic for more specific information. If your policy covers topics discussed in today's seminars.

17 "Allison oaks" (162603008)
00:01:05.400 --> 00:01:12.270
Cover today's topic for more specific information. If your policy covers topics discussed in today's seminar.

18 "Allison oaks" (162603008)
00:01:12.270 --> 00:01:17.430
Please contact the eating disorder team by calling the number on the back of your insurance card.

19 "Allison oaks" (162603008)
00:01:17.430 --> 00:01:22.710
Today I have the pleasure of introducing Allison Willis.

20 "Allison oaks" (162603008)
00:01:22.710 --> 00:01:28.200
Ali is a licensed clinical professional counselor in this state of Idaho.

21 "Allison oaks" (162603008)
00:01:28.200 --> 00:01:31.800
And a clinical mental health counselor in the state of Utah.

22 "Allison oaks" (162603008)
00:01:31.800 --> 00:01:36.000
She has experience working with chemical addictions and eating disorders.

23 "Allison oaks" (162603008)

00:01:36.000 --> 00:01:41.460

A center for change, she combines her degree in psychology, art and counseling.

24 "Allison oaks" (162603008)

00:01:41.460 --> 00:01:44.580

To foster, creative and unique perspective.

25 "Allison oaks" (162603008)

00:01:44.580 --> 00:01:49.560

To research and treatment of clients with eating disorders.

26 "Allison oaks" (162603008)

00:01:49.560 --> 00:01:57.030

Alison enjoys working with adolescents, athletes and individuals that strike struggle and their relationship with exercise.

27 "Allison oaks" (162603008)

00:01:57.030 --> 00:02:00.390

For therapeutic approach is a combination.

28 "Allison oaks" (162603008)

00:02:00.390 --> 00:02:04.350

Of and ACC.

29 "Allison oaks" (162603008)

00:02:04.350 --> 00:02:11.430

Ali also love to include art in her sessions to how clients express their feelings and creative ways.

30 "Allison oaks" (162603008)

00:02:11.430 --> 00:02:17.820

In her free time, she enjoys painting running traveling and spending time with her 2 cats.

31 "Alyee Willets" (3305054464)

00:02:17.820 --> 00:02:31.710

Welcome alley. Thank you so much. Allison. I am really excited to be back here. Again. This year sharing with you guys about adolescence and eating disorders.

32 "Alyee Willets" (3305054464)

00:02:31.710 --> 00:02:38.610

So, I tried to set up this presentation in a way where, if you are a parent loved 1, Guardian.

33 "Alyee Willets" (3305054464)

00:02:38.610 --> 00:02:50.400

Or a provider who works with adolescence, all this information will apply to you in some way, or in some capacity. So there's something hopefully for everybody.

34 "Alyee Willets" (3305054464)

00:02:50.515 --> 00:02:59.035

Allison did a great job of introducing me so actually she covered pretty much everything on this page, but my preferred pronouns are cheaper.

35 "Alyee Willets" (3305054464)

00:02:59.245 --> 00:03:10.345

I'm my primary therapist at center for change in Boise and that is a PHP iop eating disorder treatment center. So, what that means is, our clients come here during the day.

36 "Alyee Willets" (3305054464)

00:03:10.400 --> 00:03:15.090

And they go home at night, so we are not a 24 hours centered at our voice location.

37 "Alyee Willets" (3305054464)

00:03:15.090 --> 00:03:26.400

As Allison mentioned, my background is an art and psychology for my bachelor's degree. My master's degree is counseling with an emphasis on substance abuse and addiction counseling.

38 "Alyee Willets" (3305054464)

00:03:26.400 --> 00:03:36.570

So, prior to working with eating disorders, I worked with individuals with substance, use disorder, alcohol, use disorder, different college, counseling centers and then finally eating disorders.

39 "Alyee Willets" (3305054464)

00:03:36.570 --> 00:03:45.930

And my son fact is, I have 2 cats, they're both named after psychologist so they are fixed girls and Ellis named after Albert.

40 "Alyee Willets" (3305054464)

00:03:45.930 --> 00:03:56.040

And although I do have these letters after my name, the primary thing that I like to emphasize the most is that I am human. And so I hope that this presentation you will find.

41 "Alyee Willets" (3305054464)

00:03:56.040 --> 00:04:07.800

Approachable and something that you can use to apply to your own life, no matter what stage of life, or what role you play in individuals lives.

42 "Alyee Willets" (3305054464)

00:04:07.800 --> 00:04:18.120

Okay, so these are the objectives of my presentation today. I like to put these in so that we have a sort of roadmap to know where we are going.

43 "Alyee Willets" (3305054464)

00:04:18.120 --> 00:04:27.479

So, I'm just going to read them off to you. My 1st objective is attendees will learn the warning signs of adolescence. We may be struggling with eating disorders.

44 "Alyee Willets" (3305054464)

00:04:27.479 --> 00:04:37.289

The 2nd 1 is attendees will learn various issues. The adolescence may face that can impact eating disorders, or are impacted by these disorders.

45 "Alyee Willets" (3305054464)

00:04:37.289 --> 00:04:44.159

And then finally attendees will be able to identify several ways to better support adolescence as they navigate.

46 "Alyee Willets" (3305054464)

00:04:44.159 --> 00:04:47.699

Different challenges that are specific to their stage in life.

47 "Alyee Willets" (3305054464)

00:04:50.849 --> 00:04:59.369

So, when we talk about adolescents, there are a couple of different really big definitions that we are working with.

48 "Alyee Willets" (3305054464)

00:04:59.369 --> 00:05:07.469

So, according to the World Health Organization, adolescence, as a time period from ages, 10 to 19 so, quite the range.

49 "Alyee Willets" (3305054464)

00:05:07.469 --> 00:05:14.579

However, more recently emerging adult has been named as the age between 10 to 24.

50 "Alyee Willets" (3305054464)

00:05:14.579 --> 00:05:18.119

And that larger range is due to a couple of different factors.

51 "Alyee Willets" (3305054464)

00:05:18.119 --> 00:05:28.259

So, earlier, puberty has accelerated the onset of adolescence in nearly all populations across the globe, which means that it's

starting a little bit sooner.

52 "Alyee Willets" (3305054464)

00:05:28.259 --> 00:05:35.219

However, as a result, we're also having delayed timing of role transitions, including education.

53 "Alyee Willets" (3305054464)

00:05:35.219 --> 00:05:43.319

Marriage and parenthood, and these can continue to shift the perceptions of when adulthood actually begins, which is why we have.

54 "Alyee Willets" (3305054464)

00:05:43.319 --> 00:05:46.529

A little bit more years that I've been tacked on there at the end.

55 "Alyee Willets" (3305054464)

00:05:46.529 --> 00:05:52.139

This is a very key period for the development of self and identity.

56 "Alyee Willets" (3305054464)

00:05:52.139 --> 00:05:58.949

Really figuring out who you are, what you believe where you sit in in this crazy place to be call home.

57 "Alyee Willets" (3305054464)

00:05:58.949 --> 00:06:03.359

And it's also a key time of increased stress.

58 "Alyee Willets" (3305054464)

00:06:03.359 --> 00:06:06.929

And a sensitivity to stress in particular.

59 "Alyee Willets" (3305054464)

00:06:06.929 --> 00:06:20.099

So, adolescents are sensitive to social and most emotional information and this shows up in different studies of emotional information, processing, emotion and behavior, regulation and stress reactivity.

60 "Alyee Willets" (3305054464)

00:06:20.099 --> 00:06:34.049

What that means is that adolescence are more likely to be involved in higher rates of risky behaviors compared to other ages because it's a lot more difficult for them to understand the consequences of their actions.

61 "Alyee Willets" (3305054464)

00:06:34.049 --> 00:06:48.029

Now, every different generation has world events that have impacted them and these will be specific to whatever generation that we are

looking at, in particular. But for the current adolescence.

62 "Alyee Willets" (3305054464)

00:06:48.029 --> 00:07:02.934

I think they're gen, Z. um, I'm not sure in particular what letter we are at now or simple we're at now, but these are the events that have occurred within the last 10 to 24 years that have really impacted this current generation of adolescence.

63 "Alyee Willets" (3305054464)

00:07:02.934 --> 00:07:03.834

adolescence

64 "Alyee Willets" (3305054464)

00:07:04.109 --> 00:07:12.719

And while I was making this presentation, I actually asked several adolescent clients to name what events they feel like, have impacted them. The most.

65 "Alyee Willets" (3305054464)

00:07:12.719 --> 00:07:19.049

And these are the ones that came up so we had 911, of course, a per in 2001.

66 "Alyee Willets" (3305054464)

00:07:19.049 --> 00:07:25.559

And in 2015, same sex marriage was legalized by the Supreme Court across the United States.

67 "Alyee Willets" (3305054464)

00:07:25.559 --> 00:07:34.469

Finally for the 1st time, and as of May 9th 2023, which is about 2 weeks ago.

68 "Alyee Willets" (3305054464)

00:07:34.469 --> 00:07:40.349

There have been 19 school shootings just this year that have resulted in injuries or death.

69 "Alyee Willets" (3305054464)

00:07:40.349 --> 00:07:46.019

And I was telling Allison before I began this presentation, even as I was writing it.

70 "Alyee Willets" (3305054464)

00:07:46.019 --> 00:07:55.979

Things are constantly changing and new information is coming out in the world is constantly changing. So I'm sure that that number is higher today than it was on.

71 "Alyee Willets" (3305054464)

00:07:55.979 --> 00:08:02.099

Police brutality has been another huge factor, especially the events with George Floyd in 2020.

72 "Alyee Willets" (3305054464)

00:08:02.099 --> 00:08:10.139

Climate change is something that is coming up a lot more for all ages, but we're seeing a lot more adolescence speaking out about it.

73 "Alyee Willets" (3305054464)

00:08:10.139 --> 00:08:13.439

Of course, we can't forget coven, which.

74 "Alyee Willets" (3305054464)

00:08:13.439 --> 00:08:21.059

I think the emergency just officially ended, but we are still kind of feeling the effects of that and how it's affected.

75 "Alyee Willets" (3305054464)

00:08:21.059 --> 00:08:25.319

Everybody, but especially adolescence, we'll, we'll talk more about that as we go.

76 "Alyee Willets" (3305054464)

00:08:25.319 --> 00:08:31.169

More recently Roe versus Wade has been overturned and that's also affected adolescence.

77 "Alyee Willets" (3305054464)

00:08:31.169 --> 00:08:36.419

And then finally anti friends, gender bills have been passed across the nation.

78 "Alyee Willets" (3305054464)

00:08:36.419 --> 00:08:41.969

And these laws or bills are affecting things like basic health care, and legal recognition.

79 "Alyee Willets" (3305054464)

00:08:41.969 --> 00:08:46.079

And just in 2023, so far 70 have passed.

80 "Alyee Willets" (3305054464)

00:08:46.079 --> 00:08:57.059

So, there's a huge question changes in the world that are occurring that these adolescents are facing and that we should be aware of as we're working with them or trying to support them.

81 "Alyee Willets" (3305054464)

00:09:00.239 --> 00:09:04.169

Let's talk a little bit about eating disorders and adolescence.

82 "Alyee Willets" (3305054464)

00:09:04.169 --> 00:09:08.639

And why, why is that? This is.

83 "Alyee Willets" (3305054464)

00:09:08.874 --> 00:09:16.524

So, when we look at eating disorder, treatment, the earlier recognition is associated with better outcomes.

84 "Alyee Willets" (3305054464)

00:09:16.524 --> 00:09:26.364

So, the sooner that we can catch somebody who has either disorder eating, or is it experiencing eating or the more likely we are to have a better outcome intriguing them.

85 "Alyee Willets" (3305054464)

00:09:26.759 --> 00:09:33.869

The American Academy of pediatrics recommend screening, all Pre teens and adolescence for eating disorders.

86 "Alyee Willets" (3305054464)

00:09:33.869 --> 00:09:43.199

So this can be done in an office setting at schools wherever it is, they're recommending everybody gets screened just to make sure that we're not missing anyone.

87 "Alyee Willets" (3305054464)

00:09:43.199 --> 00:09:50.369

And since Kelvin 19 has started eating disorder, treatment admissions among adolescents and young adults.

88 "Alyee Willets" (3305054464)

00:09:50.369 --> 00:09:56.669

Have increased significantly, and I have a graph a little bit further down in our presentation today.

89 "Alyee Willets" (3305054464)

00:09:56.669 --> 00:10:01.439

That will show just what that looks like because I found it pretty shocking.

90 "Alyee Willets" (3305054464)

00:10:02.154 --> 00:10:14.994

These are the different diagnoses that we will be referring to today and I don't have time in this presentation to go into every single 1 and explain, you know what it means what the symptoms are different things like that.

91 "Alyee Willets" (3305054464)

00:10:14.994 --> 00:10:21.414

So, this presentation will be a more broad presentation on eating disorders and adolescence. If you want to learn more.

92 "Alyee Willets" (3305054464)

00:10:21.439 --> 00:10:34.709

About these very specific diagnoses. There are other presentations available online for that, but we do, we will be talking about anorexia and nervosa, bulimia nervosa, binge, eating disorder.

93 "Alyee Willets" (3305054464)

00:10:34.709 --> 00:10:38.639

Our food, which is other restricting feeding intake disorder.

94 "Alyee Willets" (3305054464)

00:10:38.639 --> 00:10:43.949

Pica offset which is other specified eating or eating disorder.

95 "Alyee Willets" (3305054464)

00:10:43.949 --> 00:10:52.589

And remediation sorry.

96 "Alyee Willets" (3305054464)

00:10:52.589 --> 00:10:56.459

So, the newest guidelines, and where this presentation comes in.

97 "Alyee Willets" (3305054464)

00:10:56.459 --> 00:11:00.419

Recommend that we include family base treatments.

98 "Alyee Willets" (3305054464)

00:11:00.419 --> 00:11:04.679

In treating adolescence and emerging adults with anorexia.

99 "Alyee Willets" (3305054464)

00:11:04.679 --> 00:11:14.279

So, what this is is caregiver education, providing information about eating disorders. All of you are here for today.

100 "Alyee Willets" (3305054464)

00:11:14.279 --> 00:11:19.619

And listing parents as experts on parenting, their child providing support.

101 "Alyee Willets" (3305054464)

00:11:19.619 --> 00:11:28.349

And teaching parents how to oversee and take responsibility for nursing their child back to their weight range, which is set by a

dietitian.

102 "Alyee Willets" (3305054464)

00:11:28.349 --> 00:11:32.699

And then it also includes adolescence, focused therapy or.

103 "Alyee Willets" (3305054464)

00:11:32.699 --> 00:11:37.349

Which is identifying emotional states and how they are different from bottle units.

104 "Alyee Willets" (3305054464)

00:11:37.349 --> 00:11:45.629

And these are the newest guidelines from the American Psychological Association or the, and we actually just came out this year. So.

105 "Alyee Willets" (3305054464)

00:11:45.629 --> 00:11:51.059

There's been a huge, huge question, more family based treatment and the treatment eating disorders.

106 "Alyee Willets" (3305054464)

00:11:54.389 --> 00:11:58.709

Okay, here's the graph I was mentioning to you guys earlier.

107 "Alyee Willets" (3305054464)

00:11:58.709 --> 00:12:02.279

And this is why I wanted to do this presentation now.

108 "Alyee Willets" (3305054464)

00:12:02.279 --> 00:12:08.789

So, this graph is a graph of the number of emergency department visits per week.

109 "Alyee Willets" (3305054464)

00:12:08.789 --> 00:12:18.209

For individuals struggling with eating disorders. So the dark solid line that's blue is for females and the dotted line is for males.

110 "Alyee Willets" (3305054464)

00:12:18.209 --> 00:12:26.039

And this is weekly number of emergency department visits associated with eating disorders among adolescence between 12 and 17.

111 "Alyee Willets" (3305054464)

00:12:26.039 --> 00:12:32.249

So, for females, the number of visits has doubled since the start of the pandemic.

112 "Alyee Willets" (3305054464)

00:12:32.249 --> 00:12:36.389

For meals, it's gone up just slightly, but not a huge jump.

113 "Alyee Willets" (3305054464)

00:12:36.389 --> 00:12:40.739

But enough that it is significant, and that we do notice a huge uptick.

114 "Alyee Willets" (3305054464)

00:12:40.739 --> 00:12:50.639

And for me, personally, as a therapist, I have worked at our center for change location since we opened here in 2017.

115 "Alyee Willets" (3305054464)

00:12:50.639 --> 00:12:55.769

And I have never seen as many adolescent clients as we have had the past couple years.

116 "Alyee Willets" (3305054464)

00:12:55.769 --> 00:13:08.129

So, there's a huge, huge need for education and for better care from all different spaces and sides of individuals working with adolescents, including failing members.

117 "Alyee Willets" (3305054464)

00:13:08.129 --> 00:13:12.869

And that's why it's really important to me that I share this today.

118 "Alyee Willets" (3305054464)

00:13:12.869 --> 00:13:25.799

So, there's a lot of different risk factors that can increase your risk for developing an eating disorder. And these are ones that we are going to work at specific for adolescence.

119 "Alyee Willets" (3305054464)

00:13:25.799 --> 00:13:34.049

So, frequent dieting is a huge risk factor for eating disorders, which we'll talk about more in depth further down in our presentation.

120 "Alyee Willets" (3305054464)

00:13:34.049 --> 00:13:39.569

Experiencing any kind of abuse, especially sexual abuse, uterus factor.

121 "Alyee Willets" (3305054464)

00:13:39.569 --> 00:13:48.689

Being bullied being an athlete, being any part of a marginalized communities, such as the community.

122 "Alyee Willets" (3305054464)

00:13:48.689 --> 00:13:52.949

I mean, medical issues like celiac disease or diabetes.

123 "Alyee Willets" (3305054464)

00:13:52.949 --> 00:13:59.669

Different diseases that can impact what you can and cannot eat or if you can eat something with.

124 "Alyee Willets" (3305054464)

00:13:59.669 --> 00:14:03.029

Without pain, or without medical consequences.

125 "Alyee Willets" (3305054464)

00:14:03.029 --> 00:14:08.189

There are many other mental health issues that can be considered risk factors.

126 "Alyee Willets" (3305054464)

00:14:08.189 --> 00:14:19.049

Including substance, or alcohol abuse, which is something we won't really have the chance to go over today due to the complexity of it in the time limits of today's presentation. But.

127 "Alyee Willets" (3305054464)

00:14:19.049 --> 00:14:23.549

Something that I wanted to make sure to mention because it is another huge factor.

128 "Alyee Willets" (3305054464)

00:14:29.519 --> 00:14:38.639

So, as I mentioned earlier, the warning signs that we were going to be talking about today are across several different eating disorders. So they're not specific to 1.

129 "Alyee Willets" (3305054464)

00:14:38.639 --> 00:14:48.389

Um, 1, specific diagnoses, but these are different things that you can look for, just as warning signs. So, maybe little flag to think about.

130 "Alyee Willets" (3305054464)

00:14:48.389 --> 00:14:53.879

How can I make sure that this kid is okay or what can I do to better support this adolescent.

131 "Alyee Willets" (3305054464)

00:14:53.879 --> 00:14:59.009

So, different warning signs include preoccupation with weight or body shape.

132 "Alyee Willets" (3305054464)

00:14:59.009 --> 00:15:03.479

A change in appearance, whether that's gaining or losing weight.

133 "Alyee Willets" (3305054464)

00:15:03.479 --> 00:15:14.604

Um, anything that just seems kind of out of the ordinary, which is hard to say that lessons also go through a lot of physical changes during puberty. But things that are unexpected.

134 "Alyee Willets" (3305054464)

00:15:14.604 --> 00:15:19.044

Maybe not in line with their growth charts, or not expected from a medical standpoint.

135 "Alyee Willets" (3305054464)

00:15:19.379 --> 00:15:26.159

Different physiological changes eating in secrets or experiencing high levels of shame.

136 "Alyee Willets" (3305054464)

00:15:26.159 --> 00:15:33.419

Avoiding eating in public, this can also be at school at birthday parties, going out friends, not eating.

137 "Alyee Willets" (3305054464)

00:15:33.419 --> 00:15:40.889

Extreme dieting, including restricting or completely skipping feeds or different meals. Maybe just few groups.

138 "Alyee Willets" (3305054464)

00:15:40.889 --> 00:15:45.209

A decrease in academic or athletic performance.

139 "Alyee Willets" (3305054464)

00:15:45.209 --> 00:15:50.519

And this can be due to what they're putting in their body, or what they're not putting in their body.

140 "Alyee Willets" (3305054464)

00:15:50.519 --> 00:15:54.839

Disappearing after meals, self, induce vomiting.

141 "Alyee Willets" (3305054464)

00:15:54.839 --> 00:16:02.909

Spending large amounts of time alone and excessive exercise and these are just some of the warning signs that we see. So.

142 "Alyee Willets" (3305054464)

00:16:02.909 --> 00:16:07.619

You can't list every single 1, but these I would say are the big ones

to keep an eye on.

143 "Alyee Willets" (3305054464)

00:16:07.619 --> 00:16:14.279

And throughout the rest of his presentation, we're going to talk about these different warning signs and actions that you can take.

144 "Alyee Willets" (3305054464)

00:16:14.279 --> 00:16:20.249

On the following topics that eating disorders are impacted by and eating disorders impact.

145 "Alyee Willets" (3305054464)

00:16:20.249 --> 00:16:23.879

Including the physical changes, the adolescence go through.

146 "Alyee Willets" (3305054464)

00:16:23.879 --> 00:16:27.299

Your relationships, sexuality.

147 "Alyee Willets" (3305054464)

00:16:27.299 --> 00:16:30.899

Gender, an identity suicide.

148 "Alyee Willets" (3305054464)

00:16:30.899 --> 00:16:34.139

Academics exercise.

149 "Alyee Willets" (3305054464)

00:16:34.139 --> 00:16:37.409

Real time and social media.

150 "Alyee Willets" (3305054464)

00:16:37.409 --> 00:16:41.669

And as I mentioned before, if I could choose any 1 of these.

151 "Alyee Willets" (3305054464)

00:16:41.669 --> 00:16:47.099

And do an hour long presentation of them, but rather than that, we're going to kind of touch base.

152 "Alyee Willets" (3305054464)

00:16:47.099 --> 00:16:53.849

On each 1 of them and give you guys little pointers or actions that you can take to support an adolescent through.

153 "Alyee Willets" (3305054464)

00:16:53.849 --> 00:17:02.159

All of these different challenges that they are facing. So, let's do the 1st, 1 physical changes.

154 "Alyee Willets" (3305054464)

00:17:02.159 --> 00:17:11.819

So, as we know puberty occurs around adolescence and, as I mentioned earlier, it's beginning earlier and earlier.

155 "Alyee Willets" (3305054464)

00:17:11.819 --> 00:17:18.869

During late childhood, there is a huge drop in self esteem and it is more for girls when it is for boys, but.

156 "Alyee Willets" (3305054464)

00:17:18.869 --> 00:17:24.869

Both genders and other genders, not listed all experience different drops and self esteem.

157 "Alyee Willets" (3305054464)

00:17:24.869 --> 00:17:31.079

About 40% of girls and 25% of voice will begin dieting in adolescence.

158 "Alyee Willets" (3305054464)

00:17:31.079 --> 00:17:38.039

In the earlier that puberty begins the higher, the risk of an individual developing an eating disorder.

159 "Alyee Willets" (3305054464)

00:17:38.039 --> 00:17:43.289

There's also means that individuals are more likely to have sex at a younger age.

160 "Alyee Willets" (3305054464)

00:17:43.289 --> 00:17:51.449

And some individuals may go the opposite direction and try to avoid puberty altogether who restriction or dieting.

161 "Alyee Willets" (3305054464)

00:17:51.449 --> 00:17:59.519

So all of these adolescents are going through a ton of different physical changes, experiencing more hormones.

162 "Alyee Willets" (3305054464)

00:17:59.519 --> 00:18:04.109

Um, just really struggling and we haven't even gotten into acne.

163 "Alyee Willets" (3305054464)

00:18:04.109 --> 00:18:08.009

You know, this is just it's a rough time and at the same time.

164 "Alyee Willets" (3305054464)

00:18:08.009 --> 00:18:14.189

Your relationships are becoming even more important than the family unit to these individuals. So.

165 "Alyee Willets" (3305054464)

00:18:14.189 --> 00:18:19.679

We're experiencing all these changes. We're probably feeling pretty awkward about ourselves and our bodies and.

166 "Alyee Willets" (3305054464)

00:18:19.679 --> 00:18:22.949

It's even more important that we've been in, so.

167 "Alyee Willets" (3305054464)

00:18:22.949 --> 00:18:27.119

The action that you can take as a caregiver or provider.

168 "Alyee Willets" (3305054464)

00:18:27.119 --> 00:18:39.149

Is continue to build a relationship with your pediatrician or human doctor, and especially with the adolescent and that individual so that they can trust them they can talk to them and they feel comfortable with them.

169 "Alyee Willets" (3305054464)

00:18:39.149 --> 00:18:49.589

Which the diet, what this means is that adolescents are always listening. They're the kind of like the little kids who.

170 "Alyee Willets" (3305054464)

00:18:49.589 --> 00:18:58.079

Say a swear word that you did not expect them to read they're picking up on what we're saying, and who we're talking to ourselves and how we're talking to others.

171 "Alyee Willets" (3305054464)

00:18:58.079 --> 00:19:03.749

So, it's important that if we want our adolescence to have a healthy relationship with their bodies.

172 "Alyee Willets" (3305054464)

00:19:03.749 --> 00:19:13.079

That we have a healthy relationship with ours and if you don't, this might be a good time to check in with yourself and seek extra support for yourself as well.

173 "Alyee Willets" (3305054464)

00:19:13.079 --> 00:19:20.909

We want to emphasize healthy habits rather than wait for a certain number on the scale, or certain size of genes.

174 "Alyee Willets" (3305054464)

00:19:20.909 --> 00:19:24.509

And this is because body's continually change.

175 "Alyee Willets" (3305054464)

00:19:24.509 --> 00:19:30.599

As, as an individual goes throughout adolescence, they are going to change exponentially.

176 "Alyee Willets" (3305054464)

00:19:30.599 --> 00:19:40.229

Looking from, like, they're a small child to an adult or an emerging adult and even after puberty and adolescence, we, we continue to change.

177 "Alyee Willets" (3305054464)

00:19:40.229 --> 00:19:43.919

So, normalizing that that's okay. And not to get stuck.

178 "Alyee Willets" (3305054464)

00:19:43.919 --> 00:19:49.439

I believe you have to look a certain way for the rest of your life is also very important.

179 "Alyee Willets" (3305054464)

00:19:54.209 --> 00:19:57.749

Let's talk about here relationships.

180 "Alyee Willets" (3305054464)

00:19:57.749 --> 00:20:01.739

I, as I mentioned earlier, peers are going to become.

181 "Alyee Willets" (3305054464)

00:20:01.739 --> 00:20:05.429

Very, very important during assets.

182 "Alyee Willets" (3305054464)

00:20:05.429 --> 00:20:11.819

And what this means is that conflicts that also more likely to arise because adolescence are.

183 "Alyee Willets" (3305054464)

00:20:11.819 --> 00:20:15.449

More likely to want to listen to their peers than their parents.

184 "Alyee Willets" (3305054464)

00:20:15.449 --> 00:20:24.809

Adolescents are trying to seek autonomy or freedom from their parents, and they're wanting to depend more their peers or things like advice.

185 "Alyee Willets" (3305054464)

00:20:24.809 --> 00:20:30.689

Whether it is, what what do you think about this relationship? What do you think about my outfit? X? Y, Z.

186 "Alyee Willets" (3305054464)

00:20:30.689 --> 00:20:35.909

All adolescents have a shared state of instability and identity.

187 "Alyee Willets" (3305054464)

00:20:35.909 --> 00:20:42.179

What this means is, we're all in crisis. All of our adolescents are in prices.

188 "Alyee Willets" (3305054464)

00:20:42.179 --> 00:20:52.109

And we're all trying to find stability and we're all trying to make sure that we are okay. And that we get in. And so there's a constant imitation and comparison trying to figure out where we fit in.

189 "Alyee Willets" (3305054464)

00:20:52.109 --> 00:20:55.529

In the social world that we have created that we're.

190 "Alyee Willets" (3305054464)

00:20:55.529 --> 00:21:00.029

Kind of experiencing from all sides at this age.

191 "Alyee Willets" (3305054464)

00:21:00.029 --> 00:21:09.749

Your rejection is extremely harmful during adolescence, because the peer group has become more important and is a huge part of forming an identity.

192 "Alyee Willets" (3305054464)

00:21:09.749 --> 00:21:16.289

So, in a longitudinal or long term study of children, at risk for later mental health problems.

193 "Alyee Willets" (3305054464)

00:21:16.289 --> 00:21:23.189

1, early risk factor that stood out as highly predictive of later problems was pure rejection.

194 "Alyee Willets" (3305054464)

00:21:23.189 --> 00:21:31.439

So, if an individual is being rejected by their peers, not only are they going to struggle in adolescence but it's going to carry out beyond this.

195 "Alyee Willets" (3305054464)

00:21:31.439 --> 00:21:37.289

Very specific age and timeframe in their life. So what are some things that we can do?

196 "Alyee Willets" (3305054464)

00:21:37.289 --> 00:21:42.209

You can encourage independence and responsibility.

197 "Alyee Willets" (3305054464)

00:21:42.209 --> 00:21:52.559

Holding both at the same time and what that means is offering more independence gradually as individuals show more responsibility.

198 "Alyee Willets" (3305054464)

00:21:52.559 --> 00:22:04.979

Solicit opinions from your adolescent and encourage self expression, ask them what they think about things you know, just having that conversation is really, really helpful and helps them feel seen and heard.

199 "Alyee Willets" (3305054464)

00:22:04.979 --> 00:22:12.269

Exercise authority over moral or conventional issues and ask questions about personal issues.

200 "Alyee Willets" (3305054464)

00:22:12.269 --> 00:22:16.619

So, if you have a child who's wanting to dress, certainly ask them.

201 "Alyee Willets" (3305054464)

00:22:16.619 --> 00:22:22.409

No, what do you think about that outfit? Where did you get the idea to wear that and tell me more about it.

202 "Alyee Willets" (3305054464)

00:22:22.409 --> 00:22:28.859

And it's really important as you're asking these questions to also watch your tone. And this is also something that I.

203 "Alyee Willets" (3305054464)

00:22:28.859 --> 00:22:31.919

That I teach my adolescent clients.

204 "Alyee Willets" (3305054464)

00:22:31.919 --> 00:22:38.669

You want to be curious, you know, you don't want to be judgmental as you're asking these questions. And if you feel like, you can't be in that moment.

205 "Alyee Willets" (3305054464)

00:22:38.669 --> 00:22:45.269

Really check in with yourself and see are your intentions to understand or are your intentions to prove that they are wrong.

206 "Alyee Willets" (3305054464)

00:22:45.269 --> 00:22:48.839

And just being able to listen is very, very important.

207 "Alyee Willets" (3305054464)

00:22:54.029 --> 00:23:00.599

Eating disorders can also be affected by sexual intimacy and feelings about such quality.

208 "Alyee Willets" (3305054464)

00:23:00.599 --> 00:23:04.919

Um, that really come up even more during adolescence.

209 "Alyee Willets" (3305054464)

00:23:04.919 --> 00:23:10.109

So right now, well, as of 2008, and I'm sure this number has gone.

210 "Alyee Willets" (3305054464)

00:23:10.109 --> 00:23:19.229

Up more recently young people are engaging in sexual practices in even greater numbers and at an earlier age than generations before them.

211 "Alyee Willets" (3305054464)

00:23:19.229 --> 00:23:26.249

So, now, experts are recommending that education about health and sexuality actually begins at earlier ages.

212 "Alyee Willets" (3305054464)

00:23:26.249 --> 00:23:29.999

Before or at.

213 "Alyee Willets" (3305054464)

00:23:29.999 --> 00:23:34.019

Onset, um, or the onset of puberty. Sorry I can't see that word.

214 "Alyee Willets" (3305054464)

00:23:34.019 --> 00:23:39.059

Uh, this is really, really important, because, as we mentioned earlier, um.

215 "Alyee Willets" (3305054464)

00:23:39.059 --> 00:23:42.839

Adolescence are going through so many different changes and.

216 "Alyee Willets" (3305054464)

00:23:42.839 --> 00:23:53.939

To be going through those changes and engaging in risky behaviors is just kind of a recipe for disaster. And so we want to provide education about health and sexuality earlier. If possible.

217 "Alyee Willets" (3305054464)

00:23:53.939 --> 00:23:59.489

For some adolescence sex can be used as a way to cope with difficult feelings.

218 "Alyee Willets" (3305054464)

00:23:59.634 --> 00:24:14.334

Or it may be altogether avoided decent feelings about itself and body. And this is where things like, restriction come into play or if an adolescent has a history of sexual abuse or trauma, they may take it out on their body.

219 "Alyee Willets" (3305054464)

00:24:14.699 --> 00:24:21.989

And either imploded by completely restricting and trying to change how their body appears maybe more or less feminine.

220 "Alyee Willets" (3305054464)

00:24:21.989 --> 00:24:31.049

Or they may input or excellent by engaging in may be substance abuse may be promiscuous behaviors.

221 "Alyee Willets" (3305054464)

00:24:31.049 --> 00:24:37.769

And these are all efforts to feel better about themselves or to get rid of really difficult feelings that they're doing.

222 "Alyee Willets" (3305054464)

00:24:37.769 --> 00:24:41.069

So here's some action steps that you can take.

223 "Alyee Willets" (3305054464)

00:24:41.069 --> 00:24:44.309

The verse is teaching boundaries and consent.

224 "Alyee Willets" (3305054464)

00:24:44.309 --> 00:24:48.779

Absolutely important providing education about safe sex.

225 "Alyee Willets" (3305054464)

00:24:48.779 --> 00:24:53.459

And if you feel ill equipped, or you need support.

226 "Alyee Willets" (3305054464)

00:24:53.459 --> 00:24:56.819

There are so many different options out there for you. So.

227 "Alyee Willets" (3305054464)

00:24:56.819 --> 00:25:08.729

You can have your adolescent be placed in therapy for extra support. You can talk to their doctor. You can look at these different resources that are available here, such as parents matter.

228 "Alyee Willets" (3305054464)

00:25:08.729 --> 00:25:15.119

Family's talking together, talking parents and healthy teens and these are all resources that are available online.

229 "Alyee Willets" (3305054464)

00:25:15.119 --> 00:25:23.279

So, have the dialog have the conversation because whether or not we talk about it, it is happening and it's better that our teams.

230 "Alyee Willets" (3305054464)

00:25:23.279 --> 00:25:30.509

Are more informed about just the recognition that certain behaviors on their health or self esteem.

231 "Alyee Willets" (3305054464)

00:25:30.509 --> 00:25:42.359

And how we can best support them another really huge factor affecting adolescence.

232 "Alyee Willets" (3305054464)

00:25:42.359 --> 00:25:45.929

And eating disorders is gender identity.

233 "Alyee Willets" (3305054464)

00:25:45.929 --> 00:25:51.269

So this is a pretty big graph. I think you can see it pretty well, but.

234 "Alyee Willets" (3305054464)

00:25:51.269 --> 00:25:59.729

This graph really shows how eating disorders are impacted by gender identity, or how gender identity impacts eating disorders.

235 "Alyee Willets" (3305054464)

00:25:59.729 --> 00:26:04.289

So the blue boxes show, an individual who's actually been diagnose.

236 "Alyee Willets" (3305054464)

00:26:04.289 --> 00:26:16.889

And the green graph shows not diagnosed, but the youth suspected. So that means, maybe they didn't see a professional, but there's a

suspect based off their symptoms that they likely have an eating disorder.

237 "Alyee Willets" (3305054464)

00:26:16.889 --> 00:26:27.749

At the bottom of the page, you can see different words that you may or may not be familiar with. So I'm going to go over those terms for you just real fast. You have an understanding of what we're looking at.

238 "Alyee Willets" (3305054464)

00:26:27.749 --> 00:26:34.289

So, CIS gender means an individual whose gender identity matches the sex they are born with that birth.

239 "Alyee Willets" (3305054464)

00:26:34.289 --> 00:26:41.489

The transgender individual is an individual who's gender identity does not match the sex that they are born with.

240 "Alyee Willets" (3305054464)

00:26:41.489 --> 00:26:51.779

And then over on the right and a M, is a male assigned number and an, is a female assigned.

241 "Alyee Willets" (3305054464)

00:26:51.779 --> 00:26:56.639

As you look at this graph across the page, you can see that.

242 "Alyee Willets" (3305054464)

00:26:56.639 --> 00:27:05.729

Individuals who are part of the population are more likely to have an eating disorder that is not diagnosed, but is suspected by them.

243 "Alyee Willets" (3305054464)

00:27:05.729 --> 00:27:09.719

And there's, there's probably many reasons for why this occurs.

244 "Alyee Willets" (3305054464)

00:27:09.719 --> 00:27:15.059

But 1 reason that comes to mind for me is that these individuals are getting missed.

245 "Alyee Willets" (3305054464)

00:27:15.059 --> 00:27:18.809

Either because they don't have access to, um.

246 "Alyee Willets" (3305054464)

00:27:18.809 --> 00:27:23.399

Therapist or proper social support that can help provide them the care that they need.

247 "Alyee Willets" (3305054464)

00:27:23.399 --> 00:27:28.739

Or, maybe they feel our scenes, and they're really struggling and they're not reaching out to help themselves.

248 "Alyee Willets" (3305054464)

00:27:28.739 --> 00:27:31.829

So something to keep in mind is.

249 "Alyee Willets" (3305054464)

00:27:31.829 --> 00:27:39.419

If an individual is part of this population, they are more likely to be at risk for experience in the eating disorder.

250 "Alyee Willets" (3305054464)

00:27:39.419 --> 00:27:47.789

And that information from the previous page is from the Trevor project.

251 "Alyee Willets" (3305054464)

00:27:47.789 --> 00:27:52.229

Which is an organization with free resources online.

252 "Alyee Willets" (3305054464)

00:27:52.229 --> 00:28:02.699

Has a lot of different, just different resources and the organizations that you can connect with as well as really up to date statistics and recommendations.

253 "Alyee Willets" (3305054464)

00:28:02.699 --> 00:28:11.909

So, as I mentioned earlier, the community is at a higher risk for eating disorders and mental health issues, compared to their.

254 "Alyee Willets" (3305054464)

00:28:11.909 --> 00:28:25.229

Their peers, so the young people experience significantly greater rates of both eating disorders and attempting suicide compared to their heterosexual insist gender peers.

255 "Alyee Willets" (3305054464)

00:28:25.229 --> 00:28:31.529

So this is pretty scary because not only are these individuals struggling, but sometimes.

256 "Alyee Willets" (3305054464)

00:28:31.529 --> 00:28:38.069

These struggles and lack of care if you need to lifelong consequences and not just themselves, but to others.

257 "Alyee Willets" (3305054464)

00:28:38.069 --> 00:28:41.339

Research actually suggests.

258 "Alyee Willets" (3305054464)

00:28:41.339 --> 00:28:49.619

That eating disorder, treatment, professionals, consider gender, affirming, medical care as part of recovery for those who wanted or needed.

259 "Alyee Willets" (3305054464)

00:28:50.124 --> 00:29:02.004

However, that being said, there are a lot of different laws and regulations, and maybe personal beliefs that may make this impossible. So, if this is not possible, it's important to ask questions.

260 "Alyee Willets" (3305054464)

00:29:02.004 --> 00:29:06.954

Like, how can we affirm validate or address an individual's gender identity?

261 "Alyee Willets" (3305054464)

00:29:07.319 --> 00:29:15.359

Without turning to an eating disorder. So, for example, what are some ways we can achieve concurrence? Would it be.

262 "Alyee Willets" (3305054464)

00:29:15.359 --> 00:29:23.759

Maybe being able to wear a certain holding that they've been requesting to wear, maybe they can just wear it at home or a specific events.

263 "Alyee Willets" (3305054464)

00:29:23.759 --> 00:29:26.909

Maybe it means changing, um.

264 "Alyee Willets" (3305054464)

00:29:26.909 --> 00:29:32.969

The way that you address them or their pronouns, it's kind of up to the individual and within, um.

265 "Alyee Willets" (3305054464)

00:29:32.969 --> 00:29:38.549

What is permissible or allowed in the location that they are at.

266 "Alyee Willets" (3305054464)

00:29:38.549 --> 00:29:45.779

When one's gender is a firms and gender dysphoria is reduced eating disorder symptoms, decrease.

267 "Alyee Willets" (3305054464)

00:29:45.779 --> 00:29:53.999

So, I found that pretty interesting and, you know, something to keep in mind just moving forward. How can we best support individuals.

268 "Alyee Willets" (3305054464)

00:29:53.999 --> 00:29:57.629

In this population and 1 way that we can.

269 "Alyee Willets" (3305054464)

00:29:57.629 --> 00:30:03.389

Is focusing on social support, so higher levels of social support.

270 "Alyee Willets" (3305054464)

00:30:03.389 --> 00:30:13.199

Are associated with positive self esteem and a lack of social support, or rejection from peers or caregivers family members in this population.

271 "Alyee Willets" (3305054464)

00:30:13.199 --> 00:30:21.209

And we need to increase depression, anxiety, alcohol, use risky sexual behavior and lower self esteem.

272 "Alyee Willets" (3305054464)

00:30:21.209 --> 00:30:29.639

So, having social support is absolutely key and can increase individual's resilience who are in this population specific.

273 "Alyee Willets" (3305054464)

00:30:29.639 --> 00:30:33.149

So, what can you do what actions can say.

274 "Alyee Willets" (3305054464)

00:30:33.149 --> 00:30:37.439

Use your platform, whether it's social media or something larger.

275 "Alyee Willets" (3305054464)

00:30:37.439 --> 00:30:42.449

The celebrate University of bodies and individuals.

276 "Alyee Willets" (3305054464)

00:30:42.449 --> 00:30:50.549

Great supportive treatment team. So if you are working with an individual who is experiencing gender identity issues.

277 "Alyee Willets" (3305054464)

00:30:50.549 --> 00:30:58.829

It's important to find a treatment team that understands those issues

and will be supportive in supporting the entire family as well as the individual.

278 "Alyee Willets" (3305054464)

00:30:58.829 --> 00:31:04.349

As I mentioned earlier really focusing on social support and what you can do.

279 "Alyee Willets" (3305054464)

00:31:04.349 --> 00:31:09.389

To help the adolescent that you are either caring for, or working with as a provider.

280 "Alyee Willets" (3305054464)

00:31:14.999 --> 00:31:22.379

Suicide is a huge concern for this population and I was thinking about this before.

281 "Alyee Willets" (3305054464)

00:31:22.379 --> 00:31:31.019

Uh, starting this presentation, and I think every single adolescence that I work with right now has been affected by.

282 "Alyee Willets" (3305054464)

00:31:31.019 --> 00:31:36.239

An individual who has completed to side or attempted suicide so.

283 "Alyee Willets" (3305054464)

00:31:36.239 --> 00:31:41.399

It is very, very common unfortunately, and something that, um.

284 "Alyee Willets" (3305054464)

00:31:41.399 --> 00:31:45.929

It was very, very serious and coming up a lot more. I think.

285 "Alyee Willets" (3305054464)

00:31:45.929 --> 00:31:57.119

In recent years, and it has in the past. So right now, suicide is the 3rd leading cause of death for youth ages 10 to 24 and that fits into.

286 "Alyee Willets" (3305054464)

00:31:57.119 --> 00:32:02.579

Adolescence and emerging, and as we talked about earlier with different definitions.

287 "Alyee Willets" (3305054464)

00:32:02.579 --> 00:32:09.479

Individuals with anorexia are 31 times more likely to make a suicide attempt.

288 "Alyee Willets" (3305054464)

00:32:09.479 --> 00:32:17.909

Compared to the general population, and I had to make sure that that number was right because it was so high and, and it is.

289 "Alyee Willets" (3305054464)

00:32:17.909 --> 00:32:22.439

31 times more likely that's huge and incredibly scary.

290 "Alyee Willets" (3305054464)

00:32:22.439 --> 00:32:29.879

Individuals with bulimia, nervosa are 7 times more likely to die by suicide from here to their peers.

291 "Alyee Willets" (3305054464)

00:32:29.879 --> 00:32:36.299

Males with eating disorders, exhibited more than double attempted suicides from here to females.

292 "Alyee Willets" (3305054464)

00:32:36.299 --> 00:32:39.389

And from the ever project.

293 "Alyee Willets" (3305054464)

00:32:39.389 --> 00:32:42.749

Individuals and the population.

294 "Alyee Willets" (3305054464)

00:32:42.749 --> 00:32:54.689

Diagnosed with an eating disorder are 4 times more likely to attempt to suicide suicide suicide attempt are much higher and are a huge concern in individuals struggling with eating disorders.

295 "Alyee Willets" (3305054464)

00:32:54.689 --> 00:33:06.954

Especially if they're also adolescence looking at more local numbers, because our facility is located in Idaho, but we also have a 24 hour facility in Utah. I looked at those 2 stats.

296 "Alyee Willets" (3305054464)

00:33:06.954 --> 00:33:13.194

So, I know has the high the 5th highest mortality rate for suicide in the United States. states

297 "Alyee Willets" (3305054464)

00:33:13.439 --> 00:33:20.519

Which is really, really up there. Utah has the 9th highest mortality rate for suicide in the United States.

298 "Alyee Willets" (3305054464)

00:33:20.519 --> 00:33:30.479

So, unfortunately, what this means is that when we have an individual who attempt suicide in 1 of the 2 states that we are located in the likelihood of it being.

299 "Alyee Willets" (3305054464)

00:33:30.479 --> 00:33:38.279

Um, a completed suicide is probably much higher than it may be in other states because the mortality rate is so much higher.

300 "Alyee Willets" (3305054464)

00:33:38.279 --> 00:33:45.299

So something very scary and something that you're constantly learning about, and something that.

301 "Alyee Willets" (3305054464)

00:33:45.299 --> 00:33:50.609

Um, we are constantly trying to include the outcomes on.

302 "Alyee Willets" (3305054464)

00:33:50.609 --> 00:33:54.989

Luckily, there are some actions that you can take.

303 "Alyee Willets" (3305054464)

00:33:54.989 --> 00:33:59.159

As a parents or caregiver or provider.

304 "Alyee Willets" (3305054464)

00:33:59.159 --> 00:34:04.679

So, the really important thing is to seek out before a crisis emerges.

305 "Alyee Willets" (3305054464)

00:34:04.679 --> 00:34:14.369

So this isn't true for every individual, but many individuals if you make a suicide attempt to, who are experiencing thoughts of suicide.

306 "Alyee Willets" (3305054464)

00:34:14.369 --> 00:34:25.379

Can have other symptoms that come up before that so they may have feelings of depression. They may have intense anxiety. They may have an eating disorder as we mentioned earlier as being a huge risk factor.

307 "Alyee Willets" (3305054464)

00:34:25.379 --> 00:34:34.919

It may be experiencing trauma or social rejection. There's lots of different things that we can help individuals seek help for before a crisis emerges.

308 "Alyee Willets" (3305054464)

00:34:34.919 --> 00:34:43.349

And it's better to be prepared before, then have a crisis emerged and not know what to do in that moment.

309 "Alyee Willets" (3305054464)

00:34:43.349 --> 00:34:55.409

So, it's important to recognize the warning signs and these are just some of them there are more that you can find online or that may be individuals individualized to the individual. You're working with.

310 "Alyee Willets" (3305054464)

00:34:55.409 --> 00:34:59.069

But some of them are talking about wanting to die.

311 "Alyee Willets" (3305054464)

00:34:59.069 --> 00:35:10.919

And more than just kind of the saying, oh, I just want to die, you know, this is more serious and we'll talk about how to ask those questions.

312 "Alyee Willets" (3305054464)

00:35:10.919 --> 00:35:16.559

Giving away your belongings, especially belongings that are really important to you.

313 "Alyee Willets" (3305054464)

00:35:16.559 --> 00:35:22.469

Having a sudden change in mood and this can even be having a sudden change in the.

314 "Alyee Willets" (3305054464)

00:35:22.469 --> 00:35:31.319

Going from feeling really depressed to seeing that you're suddenly feeling better. So it doesn't have to be suddenly feeling worse in order for it to be a warning sign.

315 "Alyee Willets" (3305054464)

00:35:31.319 --> 00:35:37.169

Talking about being a burden and sharing those feelings with maybe friends of family.

316 "Alyee Willets" (3305054464)

00:35:37.169 --> 00:35:43.499

And starting to say goodbye, getting your affairs in order, and these are all really serious warning signs.

317 "Alyee Willets" (3305054464)

00:35:43.499 --> 00:35:47.399

And if you're seeing these signs, it's important that you be direct.

318 "Alyee Willets" (3305054464)

00:35:47.399 --> 00:35:52.019

So, rather than asking an individual, are you thinking about hurting yourself?

319 "Alyee Willets" (3305054464)

00:35:52.019 --> 00:35:55.559

You can ask them are you thinking about killing yourself?

320 "Alyee Willets" (3305054464)

00:35:55.559 --> 00:36:05.579

And a common misconception is that if you ask an individual this question, it will increase their chances of completing suicide. And that's actually false.

321 "Alyee Willets" (3305054464)

00:36:05.579 --> 00:36:11.459

So, if you are direct, you can get also a direct answer and you can help keep them safe.

322 "Alyee Willets" (3305054464)

00:36:11.459 --> 00:36:21.179

I have 5 action steps for helping someone in emotional pain that you can see on the right side of this presentation. And this is from the National Institute of health.

323 "Alyee Willets" (3305054464)

00:36:21.179 --> 00:36:33.299

And suicide prevention, but 1 thing that we do here is we have a safety crisis plan that we have all of our clients go out um, whether they're an adolescent or adult.

324 "Alyee Willets" (3305054464)

00:36:33.299 --> 00:36:45.599

This safety crisis plan, has you list what your triggers are? What are some warning signs for you? What can you do in the moment to say, saying, what can a support person do to help you stay safe.

325 "Alyee Willets" (3305054464)

00:36:45.599 --> 00:36:54.479

And then what is the number that you can call here in emergency crisis situation? You can also put the suicide crisis line, which is 908.

326 "Alyee Willets" (3305054464)

00:36:54.479 --> 00:37:01.769

Just having those resources available and keeping that in a place that's easily accessible to that individual. And the left 1 is.

327 "Alyee Willets" (3305054464)

00:37:01.769 --> 00:37:14.549

Is really, really helpful. And if you have a an adolescent who's not currently seeing a therapist, you can also find these safety prices plans, available online, and even do it as a family. So that, you know.

328 "Alyee Willets" (3305054464)

00:37:14.549 --> 00:37:22.139

What to do in that moment, if your adolescent is not feeling insane and you need more support.

329 "Alyee Willets" (3305054464)

00:37:22.139 --> 00:37:28.229

Adolescence is also a.

330 "Alyee Willets" (3305054464)

00:37:28.229 --> 00:37:33.479

Huge time for academic pressure. So when I think about the ages of adolescents.

331 "Alyee Willets" (3305054464)

00:37:33.479 --> 00:37:38.369

I mean, the wide range is really from late elementary school to.

332 "Alyee Willets" (3305054464)

00:37:38.369 --> 00:37:45.899

Almost the end of college, so that is the, the time in our lives where most of us are focussed on our academics.

333 "Alyee Willets" (3305054464)

00:37:45.899 --> 00:37:50.579

And that's not to say that you can't go to college later or things like that. But overall.

334 "Alyee Willets" (3305054464)

00:37:50.579 --> 00:37:54.569

It's a time period in our lives where academics are.

335 "Alyee Willets" (3305054464)

00:37:54.569 --> 00:37:58.499

Highly under pressure or highly emphasized.

336 "Alyee Willets" (3305054464)

00:37:58.499 --> 00:38:03.479

And this is also a sensitive time period for experiencing stress.

337 "Alyee Willets" (3305054464)

00:38:03.479 --> 00:38:11.700

So our adolescents are feeling all this pressure from themselves from their teachers parents, family members touches whoever it is.

338 "Alyee Willets" (3305054464)

00:38:11.700 --> 00:38:14.970

And there are also really struggling to deal with that stress.

339 "Alyee Willets" (3305054464)

00:38:14.970 --> 00:38:22.080

So, 7 out of 10 or 70% of teens in the United States between 13 and 17 so, about high school age.

340 "Alyee Willets" (3305054464)

00:38:22.080 --> 00:38:27.600

I mean, anxiety or depression as a major problem among their peers in their community.

341 "Alyee Willets" (3305054464)

00:38:27.600 --> 00:38:35.700

And oftentimes depression or anxiety can also show up as somatic complaints. So, this means complaints about how you're feeling.

342 "Alyee Willets" (3305054464)

00:38:35.700 --> 00:38:38.910

Or they may lead to increase absences.

343 "Alyee Willets" (3305054464)

00:38:38.910 --> 00:38:48.060

So some examples could be saying that they have a headache that they have a stomach ache that they're tired. There might be something else going on there that.

344 "Alyee Willets" (3305054464)

00:38:48.060 --> 00:38:51.990

Um, could be linked to anxiety or depression.

345 "Alyee Willets" (3305054464)

00:38:51.990 --> 00:38:56.730

And additionally we've seen a huge impact of.

346 "Alyee Willets" (3305054464)

00:38:56.730 --> 00:39:00.330

Oh, we have seen a huge impact of how how it has.

347 "Alyee Willets" (3305054464)

00:39:00.330 --> 00:39:03.960

Affected this adolescent population in particular.

348 "Alyee Willets" (3305054464)

00:39:03.960 --> 00:39:10.050

So, when I think about, um, adolescents who have been around for.

349 "Alyee Willets" (3305054464)

00:39:10.050 --> 00:39:21.600

A lot of them have not have the traditional high school experience that I had as a team, or maybe that you had as a team where maybe half of it was online for them and.

350 "Alyee Willets" (3305054464)

00:39:21.600 --> 00:39:29.520

It must be incredibly difficult to experience in all the stress and have big goals for the future.

351 "Alyee Willets" (3305054464)

00:39:29.520 --> 00:39:33.240

And really struggling to connect with your peers.

352 "Alyee Willets" (3305054464)

00:39:33.240 --> 00:39:38.040

And your teachers, and maybe even struggling to succeed in online school.

353 "Alyee Willets" (3305054464)

00:39:38.040 --> 00:39:46.140

1 thing that comes up a lot, or has come up a lot for some of my clients is how difficult it was for them to ask questions.

354 "Alyee Willets" (3305054464)

00:39:46.140 --> 00:39:49.530

When they are in online school versus in person.

355 "Alyee Willets" (3305054464)

00:39:49.530 --> 00:39:57.960

Because when you think about it, when you're in person, you can raise your hand to ask the question during class and oftentimes get an answer right? Then there or right after class.

356 "Alyee Willets" (3305054464)

00:39:57.960 --> 00:40:04.620

Versus online many of them would have to email that the teacher or their, their professor.

357 "Alyee Willets" (3305054464)

00:40:04.620 --> 00:40:13.290

And as an adult, it may not seem like that's a big deal, but as an adolescent, that can be very scary and difficult for them.

358 "Alyee Willets" (3305054464)

00:40:13.290 --> 00:40:22.110

And so a lot of them just didn't ask for help and their grades suffered as a result. So probably definitely had a big impact on this generation.

359 "Alyee Willets" (3305054464)

00:40:22.110 --> 00:40:30.150

So, the different action steps that you can take are watching for signs of stress in whatever that looks like, or you are adolescent.

360 "Alyee Willets" (3305054464)

00:40:30.150 --> 00:40:36.540

Teach them how to manage their time and schedule their appointments as well as scheduling when to do their homework.

361 "Alyee Willets" (3305054464)

00:40:36.540 --> 00:40:44.340

I like to teach my clients how to use a planner. It's 1 of those things that is life. So you can use for the rest of your life.

362 "Alyee Willets" (3305054464)

00:40:44.340 --> 00:40:52.410

And that can be really helpful for them, reconsider if they actually need to take the advanced classes, maybe that they're in.

363 "Alyee Willets" (3305054464)

00:40:52.410 --> 00:41:01.020

Is this really necessary in order for them to graduate or is it taking more of a toll and affecting them more negatively than positively.

364 "Alyee Willets" (3305054464)

00:41:01.020 --> 00:41:07.560

You can set up a 504 plan, which is an individualized plan for your student if necessary.

365 "Alyee Willets" (3305054464)

00:41:07.560 --> 00:41:18.900

Prioritize self care and balance above perfectionism and this is important for all areas of your life, but something that we can use a lot in academics.

366 "Alyee Willets" (3305054464)

00:41:18.900 --> 00:41:22.530

And instead of asking an individual, what grade they got.

367 "Alyee Willets" (3305054464)

00:41:22.530 --> 00:41:29.190

Ask them what they learn today so focus more on the process and how are they doing in the moment versus the outcome?

368 "Alyee Willets" (3305054464)

00:41:29.190 --> 00:41:35.970

It's not to say that the outcomes are important, but we don't want to overemphasize perfectionism and a world where perfectionism.

369 "Alyee Willets" (3305054464)
00:41:36.235 --> 00:41:38.305
Very rarely can actually exist.

370 "Alyee Willets" (3305054464)
00:41:43.675 --> 00:41:52.795
Exercise is 1 of those factors that can be positive or negative, depending on how it is used, especially for individuals with eating disorders.

371 "Alyee Willets" (3305054464)
00:41:53.010 --> 00:42:05.430
So, there are some protective factors, so, participation in sports is associated with higher self esteem, lower anxiety or depression, or anger and hostility and lower confusion.

372 "Alyee Willets" (3305054464)
00:42:05.430 --> 00:42:17.190
Individuals who exercise also reports experiencing more self and body image, concerns and compulsive self monitoring, compared to a sedentary population.

373 "Alyee Willets" (3305054464)
00:42:17.190 --> 00:42:21.660
That sounds great. However, there are some respects.

374 "Alyee Willets" (3305054464)
00:42:21.660 --> 00:42:25.140
So, if an individual is in a sport where.

375 "Alyee Willets" (3305054464)
00:42:25.140 --> 00:42:28.890
Performance is believed to be affected by wait.

376 "Alyee Willets" (3305054464)
00:42:28.890 --> 00:42:39.720
For things like wrestling, swimming, run in gymnastics, chewing, et cetera, then they may purposely restrict their intake, which can lead to an energy deficiency.

377 "Alyee Willets" (3305054464)
00:42:39.720 --> 00:42:43.800
So, women in particular with eating disorder tendencies.

378 "Alyee Willets" (3305054464)
00:42:43.800 --> 00:42:54.780
Are more likely to be fearful of a negative evaluation and have a greater sensitivity to the impressions of others compared to individuals who don't have anything to sort of.

379 "Alyee Willets" (3305054464)

00:42:54.780 --> 00:43:02.370

So, an action that we can all take is focusing on function rather than appearance. So, how is your body feeling?

380 "Alyee Willets" (3305054464)

00:43:02.935 --> 00:43:13.975

Modify exercise as needed to honor and respect your body will also recognizing that sometimes exercise is not going to feel good if you are gaining skills if you're working hard,

381 "Alyee Willets" (3305054464)

00:43:14.155 --> 00:43:21.115

but also honoring your body and make sure that you're utilizing appropriate fuel for exercise in recovery.

382 "Alyee Willets" (3305054464)

00:43:21.450 --> 00:43:26.790

And if you're not sure what that looks like, include a team, if needed.

383 "Alyee Willets" (3305054464)

00:43:26.790 --> 00:43:34.650

So, it's still feeling issues.

384 "Alyee Willets" (3305054464)

00:43:34.650 --> 00:43:38.550

Let's talk about some real time potential issues that may come.

385 "Alyee Willets" (3305054464)

00:43:38.550 --> 00:43:50.550

So, as of 200935%, to 57% of adolescent girls, engaged in crashed ID, which includes.

386 "Alyee Willets" (3305054464)

00:43:50.550 --> 00:43:59.010

Seventies, vomiting diet pills, or using laxatives to try to lose weight or control their body size.

387 "Alyee Willets" (3305054464)

00:43:59.010 --> 00:44:09.810

And those who diet are who died frequently are 12 times more likely to bench or over eat than girls who don't buy it. So, it's a huge cycle of.

388 "Alyee Willets" (3305054464)

00:44:09.810 --> 00:44:14.010

Restriction and then over eating restriction, then over eating.

389 "Alyee Willets" (3305054464)

00:44:14.010 --> 00:44:21.690

Now, this next step really 6 hours meeting, because it just shows how often diets do not work.

390 "Alyee Willets" (3305054464)

00:44:21.690 --> 00:44:29.880

So, 95% of all buyers will regain their lost weight within 1 to 5 years after starting the diet.

391 "Alyee Willets" (3305054464)

00:44:29.880 --> 00:44:33.390

Which is a terrible statistic. I mean, if.

392 "Alyee Willets" (3305054464)

00:44:33.390 --> 00:44:43.800

If this was a, a treatment that we were recommending, we never would recommend a treatment that fails 95% of the time, and yet concentrated diet.

393 "Alyee Willets" (3305054464)

00:44:43.800 --> 00:44:48.780

In order to control our body, receive how we control our body.

394 "Alyee Willets" (3305054464)

00:44:48.780 --> 00:44:55.230

35% of quote, unquote, normal progress onto pathological dieting, which is.

395 "Alyee Willets" (3305054464)

00:44:55.230 --> 00:45:07.140

A, sort of guiding where you cannot stop and of those 20 to 25% progress onto a partial or full syndrome, eating disorders. So huge factor.

396 "Alyee Willets" (3305054464)

00:45:07.140 --> 00:45:14.850

And the following recommendations, or action pieces are coming in from our lovely dietician here. Daniel roads.

397 "Alyee Willets" (3305054464)

00:45:14.850 --> 00:45:26.250

We will be presenting next month on health at every size, forcing them. So, keep that in mind. These are the action steps that she recommends because this is her area of expertise.

398 "Alyee Willets" (3305054464)

00:45:26.250 --> 00:45:35.700

So she says it's important to keep your mealtimes implants consistent as much as possible and knowing that adolescents are up in sports.

399 "Alyee Willets" (3305054464)

00:45:35.700 --> 00:45:41.190

Maybe you have more than 1 at home that can be difficult. So do the best you can to create some structure.

400 "Alyee Willets" (3305054464)

00:45:41.190 --> 00:45:45.570

Keep the same foods as your child so practice what you preach.

401 "Alyee Willets" (3305054464)

00:45:45.570 --> 00:45:52.440

And refrained from making negative comments about the or your body, or others, bodies, or others food items.

402 "Alyee Willets" (3305054464)

00:45:52.440 --> 00:45:55.530

You know, just really focus on being present at the table.

403 "Alyee Willets" (3305054464)

00:45:55.530 --> 00:46:03.930

And sometimes real time can be incredibly distressing and difficult and you may need distractions to help keep individuals.

404 "Alyee Willets" (3305054464)

00:46:03.930 --> 00:46:10.560

Um, focus and presence, so, here at our center, we have different table means that individuals like to play.

405 "Alyee Willets" (3305054464)

00:46:10.560 --> 00:46:15.240

And these may be get to know new questions. They may be, um.

406 "Alyee Willets" (3305054464)

00:46:15.240 --> 00:46:20.520

Different games where they spell different things, but having stuff like that at the table can also be helpful.

407 "Alyee Willets" (3305054464)

00:46:21.145 --> 00:46:35.725

Serve a wide variety of feeds and reinforce what your loved 1 is working with on their treatment team. And if you aren't sure what they're working with on their treatment team, asked to set a family appointment session with either their dietitian or therapist or if they're lucky.

408 "Alyee Willets" (3305054464)

00:46:35.725 --> 00:46:36.385

Even both.

409 "Alyee Willets" (3305054464)

00:46:36.720 --> 00:46:47.100

Just to learn how you can best support them and asking those questions like asking your loved 1 they want to be supported at all times because it can be different for every person.

410 "Alyee Willets" (3305054464)

00:46:52.350 --> 00:46:57.510

All right, I'm looking at time, so I'm going to fly through the next couple slides here.

411 "Alyee Willets" (3305054464)

00:46:57.510 --> 00:47:07.770

Social media is a factor that definitely affects adolescence and this is something I could have spent a whole hour on.

412 "Alyee Willets" (3305054464)

00:47:07.770 --> 00:47:14.190

Um, maybe had a whole book on. In fact, there are many different books on all of these issues.

413 "Alyee Willets" (3305054464)

00:47:14.190 --> 00:47:18.210

But due to time constraints, we're just gonna really touch the surface here.

414 "Alyee Willets" (3305054464)

00:47:18.210 --> 00:47:24.390

So eating disorder risk has been shown to increase with social media use.

415 "Alyee Willets" (3305054464)

00:47:24.390 --> 00:47:32.640

And in 2017, a survey of facial plastic surgeons on that 55%. So just over half.

416 "Alyee Willets" (3305054464)

00:47:32.640 --> 00:47:38.340

Of surgeons reported seeing patients who requested to include their appearance in Southeast.

417 "Alyee Willets" (3305054464)

00:47:38.340 --> 00:47:46.050

So, that says to me, is people want to look good online for people that they may, or may not even know.

418 "Alyee Willets" (3305054464)

00:47:46.050 --> 00:47:50.070

And as I mentioned earlier, the more.

419 "Alyee Willets" (3305054464)

00:47:50.070 --> 00:47:59.850

Um, use of social media that hire the eating disorder risk. So, as of October 2022, like I said before, I'm sure this number has gone up since then.

420 "Alyee Willets" (3305054464)

00:47:59.850 --> 00:48:07.320

Approximately 80 lawsuits have been filed in the U. S against social media, causing harm to adolescents.

421 "Alyee Willets" (3305054464)

00:48:07.320 --> 00:48:14.370

Which is a lot, and a lot of this has to do with comparison to lives and images that are not real.

422 "Alyee Willets" (3305054464)

00:48:14.370 --> 00:48:23.550

So, let me see an individual on social media that we also know in real life. It's a little bit less likely to be harmful because we can compare what we're seeing.

423 "Alyee Willets" (3305054464)

00:48:23.550 --> 00:48:27.300

On the screen, so what we see in your life, and we can see it's not real.

424 "Alyee Willets" (3305054464)

00:48:27.300 --> 00:48:37.800

Versus if we are following individuals like influencers, who don't know in real life, it's much easier to believe what we see is real. And it's a lot harder to challenge that.

425 "Alyee Willets" (3305054464)

00:48:37.800 --> 00:48:43.530

And on May 9 2023 so again very recently.

426 "Alyee Willets" (3305054464)

00:48:43.530 --> 00:48:56.220

For the 1st time ever, the American Psychological Association issued a recommendation recommendations for guiding teenagers, views of social media, and they recommended 10 different guidelines.

427 "Alyee Willets" (3305054464)

00:48:56.220 --> 00:49:10.350

I'm just gonna list a couple of them that stood out to me. So the 1st 1 is social media can be used for social support as we talked about earlier. The peer group is incredibly important. And if you're able to connect in that way, it can be helpful.

428 "Alyee Willets" (3305054464)

00:49:10.350 --> 00:49:14.490
Tailor use for age so what this means is.

429 "Alyee Willets" (3305054464)
00:49:14.490 --> 00:49:21.450
In early adolescence around in just 10 to 14 have a lot more adult monitoring and then gradually.

430 "Alyee Willets" (3305054464)
00:49:21.450 --> 00:49:27.900
Increase independence and kind of back off and give your your adolescent more autonomy as they grow older.

431 "Alyee Willets" (3305054464)
00:49:27.900 --> 00:49:32.490
Make sure your screening for problematic use and this can be.

432 "Alyee Willets" (3305054464)
00:49:32.490 --> 00:49:38.970
Doing things like looking at how much time is being used, especially on photo based applications.

433 "Alyee Willets" (3305054464)
00:49:38.970 --> 00:49:42.420
And then finally, the last 1 that set out to me is.

434 "Alyee Willets" (3305054464)
00:49:42.420 --> 00:49:46.650
Social media, you should not interfere with individual.

435 "Alyee Willets" (3305054464)
00:49:46.650 --> 00:49:50.400
So, if that's happening, that is definitely a red flag.

436 "Alyee Willets" (3305054464)
00:49:50.400 --> 00:49:58.020
So, the actions that we can take are some of them I've already listed from the American Psychological Association.

437 "Alyee Willets" (3305054464)
00:49:58.020 --> 00:50:09.600
But another thing you could do is also discuss the impact of advertisement and influencers. So asking what message are they sending and who benefits from you buying this product?

438 "Alyee Willets" (3305054464)
00:50:09.600 --> 00:50:16.650
Asking those questions can be very high of lead and lead to some interesting conversations.

439 "Alyee Willets" (3305054464)

00:50:20.760 --> 00:50:30.330

There are a lot of challenges that you will face in raising an adolescent or working with an adolescent or supporting an adolescent.

440 "Alyee Willets" (3305054464)

00:50:30.330 --> 00:50:38.460

So 1 of the biggest challenges I see that comes up is validating feelings versus judging hearings. So we want to make sure that we're.

441 "Alyee Willets" (3305054464)

00:50:38.460 --> 00:50:51.150

Validating weather healing and we're pointing them to use skills to deal with whatever it is that they're facing rather than judging them for having a feeling. His feelings are either positive or negative. You just.

442 "Alyee Willets" (3305054464)

00:50:51.150 --> 00:50:56.010

Sometimes our values are going to be different than the clients that you're working with.

443 "Alyee Willets" (3305054464)

00:50:56.010 --> 00:50:59.640

Or then the adolescent that you are raising, and that can be really tough.

444 "Alyee Willets" (3305054464)

00:50:59.640 --> 00:51:04.440

Different states have different regulations and limitations.

445 "Alyee Willets" (3305054464)

00:51:04.440 --> 00:51:09.810

As I mentioned earlier about anti transgender pills and gender affirming here.

446 "Alyee Willets" (3305054464)

00:51:09.810 --> 00:51:16.020

That's something that's also frequently changing and constantly changing. So it's important to keep that in mind.

447 "Alyee Willets" (3305054464)

00:51:16.020 --> 00:51:25.020

Individuals may preferred will be seeing the telehealth, which can be hard, especially as.

448 "Alyee Willets" (3305054464)

00:51:25.020 --> 00:51:32.910

A therapist can be harder to connect with individuals if you're only needing them online and knowing how they're doing, versus if they're

in person.

449 "Alyee Willets" (3305054464)

00:51:32.910 --> 00:51:39.690

It can be difficult having dual households. So if you have 1 parent or Guardian, who is on board with.

450 "Alyee Willets" (3305054464)

00:51:39.690 --> 00:51:45.960

Treatment recommendations and 1, who is not it can be really confusing and hard for the adolescent. So I would.

451 "Alyee Willets" (3305054464)

00:51:45.960 --> 00:51:53.940

Really, really strongly recommend human therapy and working as closely as possible to get both households on the same page.

452 "Alyee Willets" (3305054464)

00:51:53.940 --> 00:52:05.010

And then we also have changing technology, so I mentioned different social media concerns today that may be obsolete anywhere, because it is changing so quickly. So.

453 "Alyee Willets" (3305054464)

00:52:05.010 --> 00:52:11.940

We are constantly learning, I mean, probably by the time this presentation started to end in something new came out. So.

454 "Alyee Willets" (3305054464)

00:52:11.940 --> 00:52:16.980

It's important to stay up to date as much as possible.

455 "Alyee Willets" (3305054464)

00:52:16.980 --> 00:52:21.390

That means said, remember that you are not alone.

456 "Alyee Willets" (3305054464)

00:52:21.390 --> 00:52:28.200

So, as I mentioned at the beginning, every generation is going to be faced with different challenges that.

457 "Alyee Willets" (3305054464)

00:52:28.200 --> 00:52:31.440

May have not been faced by previous generations.

458 "Alyee Willets" (3305054464)

00:52:31.440 --> 00:52:42.180

But we're and 1 important thing to keep in mind is the power of just 1 strong adult relationship is a key ingredient in building resilience.

459 "Alyee Willets" (3305054464)

00:52:42.180 --> 00:52:50.910

So, if you can be that person or an adolescent, you can make all the difference. You don't have to do it perfectly. You just have to be there for.

460 "Alyee Willets" (3305054464)

00:52:50.910 --> 00:52:53.910

We have to be that 1 person or an adolescent.

461 "Alyee Willets" (3305054464)

00:52:53.910 --> 00:52:57.210

When in doubt, seek extra support.

462 "Alyee Willets" (3305054464)

00:52:57.565 --> 00:53:08.275

So, 1 of the things that I like to say here during family sessions is that eating disorders affecting entire family and so the entire family deserves to heal, not just adolescent. So, what?

463 "Alyee Willets" (3305054464)

00:53:08.275 --> 00:53:15.505

That means may be that you need extra support or even as a provider. Maybe you need extra support or extra training.

464 "Alyee Willets" (3305054464)

00:53:15.840 --> 00:53:22.410

It's really important to know that you are not alone in this and then finally.

465 "Alyee Willets" (3305054464)

00:53:22.410 --> 00:53:28.860

I have a lot of recommendations for meetings, as I mentioned before.

466 "Alyee Willets" (3305054464)

00:53:28.860 --> 00:53:34.710

I meant for everything that I wanted to in this presentation, just do the time restrictions and.

467 "Alyee Willets" (3305054464)

00:53:34.710 --> 00:53:48.840

I think I said I could write a book, or you could write a book about a lot of these topics and a lot of them do have books written about them. So this 1st page is just informational. So it's about eating disorders and mental health issues.

468 "Alyee Willets" (3305054464)

00:53:48.840 --> 00:53:52.860

This next list is about the.

469 "Alyee Willets" (3305054464)

00:53:52.860 --> 00:54:03.270

Community and different marginalized groups um, some of these are more recent as well, which is pretty exciting like getting moving materials.

470 "Alyee Willets" (3305054464)

00:54:03.270 --> 00:54:10.920

Then these readings are very support specific so how to support your loved 1 how to support.

471 "Alyee Willets" (3305054464)

00:54:10.920 --> 00:54:20.430

Um, intuitive eating how to love somebody who's going through an eating disorder or someone who's going through extreme cookie eating, et cetera.

472 "Alyee Willets" (3305054464)

00:54:20.430 --> 00:54:26.880

And finally, that is all I have for you guys today. So I'm.

473 "Alyee Willets" (3305054464)

00:54:26.880 --> 00:54:36.480

I'm guessing There'll be at least a couple questions. I apologize. I only have a couple minutes left in my time today, but I would like to open the floor for questions.

474 "Allison oaks" (162603008)

00:54:40.650 --> 00:54:48.060

Thank you Ali, I'm not showing any questions right now, but maybe we'll just give it a couple of minutes to see if somebody may.

475 "Alyee Willets" (3305054464)

00:54:48.060 --> 00:54:54.480

Ask 1 there. Sure. And if there is a question that you're not sure.

476 "Alyee Willets" (3305054464)

00:54:54.480 --> 00:55:06.690

How you want to ask it, or you have something that sticks out to you later you can always email me and my email is listed on this PowerPoint on page on slide 20.

477 "Allison oaks" (162603008)

00:55:10.830 --> 00:55:16.560

Yeah, thank you for that. I appreciate that. You know, I'm not showing anything coming in, so.

478 "Allison oaks" (162603008)

00:55:16.560 --> 00:55:21.780

But that's good. Yeah if anybody has a question, they can certainly E,

mail that to, you.

479 "Allison oaks" (162603008)

00:55:21.780 --> 00:55:29.610

So, I just wanted to thank everybody for attending and thank you Alley for providing all this great information for us today.

480 "Allison oaks" (162603008)

00:55:30.145 --> 00:55:43.045

Again, if you have any questions about anything discussed today, please contact the eating disorder team by calling the number on the back of your insurance card, and please be sure to mark your calendars to join us next month on June 27th,

481 "Allison oaks" (162603008)

00:55:43.045 --> 00:55:47.515

as we will be talking about health at every size. every size

482 "Allison oaks" (162603008)

00:55:49.405 --> 00:55:50.665

Thank you for attending.