



2022-23
ANNUAL
REPORT

Eating Disorders Victoria



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Eating Disorders Victoria (EDV) acknowledges the Wurundjeri Woi Wurrung people as the Traditional Owners and true sovereigns of the land now known as Yarra, where the EDV office is based. We pay our respects to Elders past and present and strive to create a safe and welcoming environment for all Aboriginal and Torres Strait Islander service users.



EDV also acknowledges the living and lived experience of those with eating disorders, their carers and loved ones. We acknowledge the significant and ongoing contribution of the consumer and carer movements in the mental health sector. The voice of lived experience is the foundation of EDV and essential to the development of our services and advocacy.



About EDV

Originating in 1983, Eating Disorders Victoria (EDV) is the largest community-based organisation in Victoria providing eating disorder specific services. In 2023, EDV celebrates 40 years of service in the community.

EDV's services are informed by the lived experience of people who have experienced eating disorders and those that have cared for them. Many of our staff, volunteers and board

members have lived experience of eating disorders.

We aim to provide empathetic and helpful support in everything that we do. Our range of services cover the breadth of the eating disorder journey, from early intervention and diagnosis to treatment, relapse, maintenance and recovery. Our advocacy work helps inform policy and state-wide services as we continually strive to help build a better system of care for Victorians impacted by eating disorders.



Our vision, purpose and role

Our vision

A future where individuals and communities thrive through empowered and safe relationships to food, eating, body and movement.

Our purpose

To empower individuals, families, health professionals and governments with the information and lived expertise needed to understand eating disorders and take positive steps towards reducing their impact.

Our role

To provide tailored, accessible, peer-led support services to all Victorians impacted by eating disorders, and to champion education, policy and funding initiatives that drive systemic change.

Our values

Courage

We honour the courage that recovery from an eating disorder takes by being courageous in all our endeavours.

Lived Experience

We deeply respect and value the unique understanding, connection and mutuality of those with eating disorder lived experience. We know that access to those with lived experience of eating disorder recovery (consumer and carer) enhances recovery outcomes.

Authenticity

We remain true to our values and spirit, developed through a deep understanding of the communities we represent. We are honest with ourselves and with others, and we foster a culture of learning.

Optimism

Our work embodies that recovery from an eating disorder is achievable and we persist unwaveringly with hope for the future.

Chair Report



from Claire Diffey, EDV Board Chair

I came into the role of President of the EDV Board of Directors in December 2022 and have found the 22-23 year to be an exciting, challenging and productive year; as I believe it has been for EDV as a whole. And it is an important year for EDV as it celebrates its 40th year; an amazing achievement.

This year the board has welcomed four new directors. Belinda Bravo, Stacey Conlin, Emma Reid and Dr Tina Campbell each bring a range of skills and knowledge to add to those of the current board, ensuring a great breath of abilities in strategic planning, oversight and governance of EDV. Thank you to the outgoing directors, Nick Gurner, Richard Matotek, Phil Jones and Emma Mackinnon for their service to EDV and I wish them well in their future. Equally thank you to the other directors for their service and I look forward to continuing to work with them and the new directors.

In June the new and 'old' board members met for the first time and worked on the new strategic plan for EDV for the coming years. Working with the CEO and her team, a new Vision, Purpose and Role statement has been developed, which can be found on the previous page.

The board has initiated two key initiatives to support the longevity of EDV. Firstly, developing and funding a new position of Director of Income Diversity (DID), with the aim of establishing new sources of funding to increase the level and stability of EDV's revenue. A focus of the DID has been the planning for the EDV 40th year Gala Fundraiser in November.

Secondly, with our new pro bono partnership with MinterEllison, we can work on the timely review and update of the Rules of Association of EDV, to bring it into the current and appropriate operational parameters.

Other important work occurring is supporting the EDV team via the Practice Governance Committee in the development of a Lived Experience Framework. EDV is at the forefront of lived experience positions, employment and informed practice, and developing the framework for clarity, safety and support of all staff is essential.

Finally, with EDV's new three-year strategic plan coming into place, the board is reviewing the board sub-committees to ensure we have the appropriate mechanisms in place to support the board's work and EDV.

CEO Report



from Belinda Caldwell, EDV CEO

2022-23 has been a year of consolidating and at times expanding much needed services, while operating under tighter fiscal constraint than in recent years.

While COVID-19 has become less of a disruption, the ongoing impacts of the pandemic on our community are still felt. Demand remains high for many EDV services and in public and private treatment settings, which has been further exacerbated through current cost-of-living pressures. While our funding has remained static for this year and for the coming financial year, we remain confident that the work we have contributed to the development of the Victorian Eating Disorder Strategy (2024) will inform future commensurate investment in EDV and our eating disorder system of care.

Some highlights for the year have been:

- 43% increase in Telehealth Nursing and Counselling clients
- Addition of a Policy Officer to the team which has enabled us to effectively engage extensive lived experience input into the Strategy development, as well as develop up some key position papers
- Received funding for training of all client facing staff and managers to undertake Single Session Thinking training, enabling a consistent approach to all client interactions
- With support from the InsideOut Institute, undertaking a research evaluation of five rounds of the Peer Mentoring Program over COVID-19,

showing clear reductions in eating disorders cognitions and behaviours, depression and anxiety scores, and hospital admissions

- Successfully applying for an inaugural IgnitED grant to develop an online professional development platform for peer mentors
- Completion of the unique Severe and Enduring Eating Disorders (SE-ED) pilot, demonstrating strong participant positive feedback and early data on improvement in Quality of Life scores
- Three more additional online courses on our LearnED platform which continues to attract interest and positive feedback
- Strong engagement with our sector and government through a number of events including the 2022 Feed the Soul event highlighting the challenges and needs of those with Binge Eating Disorder, and a Parliamentary Breakfast in June 2023.
- Our June tax appeal raising 2x the amount we raised in the previous year

These are but a taste of all we have delivered over the last year. None of this is possible without the guidance of a wonderful Board, a passionate, smart and highly motivated team of staff and volunteers, and Victorians who reach out to us, let us know when we are delivering (and when we are not), and the generosity of those with lived experience sharing their stories to influence positive change.

For 2023-2024, we are looking forward to the launch of the Victorian Eating Disorders Strategy, a new three-year strategic plan for EDV, and continuing to support Victorians impacted by eating disorders.

Telehealth Services

EDV Hub

Nurse

Counselling

Carer Coaching

“I’m **exceptionally grateful** for the support of the EDV Hub. I was feeling very distressed due to an interaction with NDIS & their trivialising the impact my eating disorder has on myself and my family. My community therapists weren’t working today and **I desperately needed to talk to someone who actually understands.**”

This is exactly the support EDV were able to provide. I’m grateful for the support and understanding provided. No, it didn’t solve the underlying problem - that is not possible. But **feeling understood and listened to significantly helped my mindset** and has given me some much needed hope.”

- EDV Hub Caller

EDV Hub

IN THE
FINANCIAL
YEAR OF
2022-23:

97% of phone calls were answered.

2,163 cases were supported.

Of those:

43% were a person experiencing an eating disorder

38% were a carer or loved one

15% were community professionals

85% were from Metro Melbourne

15% were from regional/rural VIC

The EDV Hub is Victoria's dedicated helpline service offering eating disorder information, peer support and connection. The Hub operates through a combination of in-office and remote work and is staffed by a Hub Manager and a dedicated team of Hub Volunteers.

Eating disorder discovery, treatment and recovery can be enormously challenging and overwhelming for all impacted. The EDV Hub service plays a vital role in providing Victorians with an understanding ear to talk to. In addition to peer support, the Hub acts as concierge service to connect Victorians to further support options within EDV and beyond.

This year, the operation of the EDV Hub became further integrated with EDV's other Telehealth Services. This internal collaboration has enhanced the experience for clients through supported referrals, as well as strengthening the knowledge and development of the volunteer Hub team. Retention of the volunteer workforce continues to be a priority and ensuring the volunteer experience offers mutual benefit through training and development opportunities is key. This year, we welcomed 11 new EDV Hub volunteers through a comprehensive induction and training program, and all new and existing volunteers were offered the opportunity to join EDV paid staff in Single Session Thinking (SST) training.

Next year we look forward to strengthening our ties with the National Eating Disorder Helpline through the Butterfly Foundation. Referral of Victorian callers to EDV's Hub service is an important way to ensure Victorians are getting local, up-to-date information about service pathways and offerings. Extending the opening hours of the EDV Hub also remains an important consideration moving forward, pending funding availability. This would involve extending opening hours beyond 4.30pm, allowing for contact outside business hours.

“I have been fortunate enough to be on the EDV Hub for two years now. One of the first things I loved is the people who work here. **Working with other Hub staff is the true definition of delightful – everyone is full of compassion, empathy and knowledge.** The work itself on the Hub is very meaningful to me. Particularly when you receive a call from someone who leaves the Hub call with a weight lifted off their shoulders. You can feel it in their voice that you have made a difference in their day – whether it's explaining a potentially overwhelming concept, or navigating different service pathways, or often just telling them that you understand.”

– EDV Hub Volunteer



Telehealth Nurse

EDV's Telehealth Nurse service is a unique offering to the Victorian eating disorder system of care. Available to all Victorian consumers, carers and health professionals, the Nurse service provides comprehensive care navigation and support based on each client's unique needs and treatment goals.

This year, the Nurse service experienced a 44% increase in client numbers, from 338 clients in 2022-23, to 485 this year. The Nurse service pivoted from purely telephone support to include video calls, enabling a different option for connection for clients. Those personally experiencing eating disorders continue to be the largest client group (51%), followed by families (38%) and professionals seeking nursing support and input for care coordination and service navigation (11%).

The external role of the Nurse service has been counterbalanced this year with greater focus on internal support and consultation at EDV. The expertise of the Nurse team is invaluable to the broader team, providing guidance around key areas such as risk management and clinical evaluation.

"The nurse... helped me immensely in finding and engaging further support. She has consistently followed up with me to ensure I am receiving appropriate assistance. I am so grateful for her help. Without it, I know my situation would have been much different."

Telehealth Counselling

EDV's Telehealth Counselling service offers a safe place for Victorians to receive timely and targeted eating disorder counselling support.

Clients are primarily consumers and carers, and all are eligible to receive up to five sessions with an EDV Counsellor. While the service operates on a five-session model, staff also utilise **Single Session Thinking** (see below) to ensure clients receive practical and actionable support from every session.

The Telehealth Counselling service supported 633 clients this year, an increase of 43% on the previous year. This comprised of 359 video calls, 503 phone sessions and 2700 emails. Clients are generally female (although we are noticing an increase in males and gender diverse clients) and are

predominately individuals personally experiencing an eating disorder (64%). The remaining service users are family (30%) and professional support people (6%).

Fostering the growth of early career professionals

The Telehealth Counselling team also welcomed three student placements during the year. Students came from master's programs (Social Work and Counselling). Students provided additional capacity for the Counselling team during their placements. At EDV, we are committed to supporting the growth of the eating disorder workforce and are proud to offer safe and supportive learning environments that mutually benefit professionals and the community.

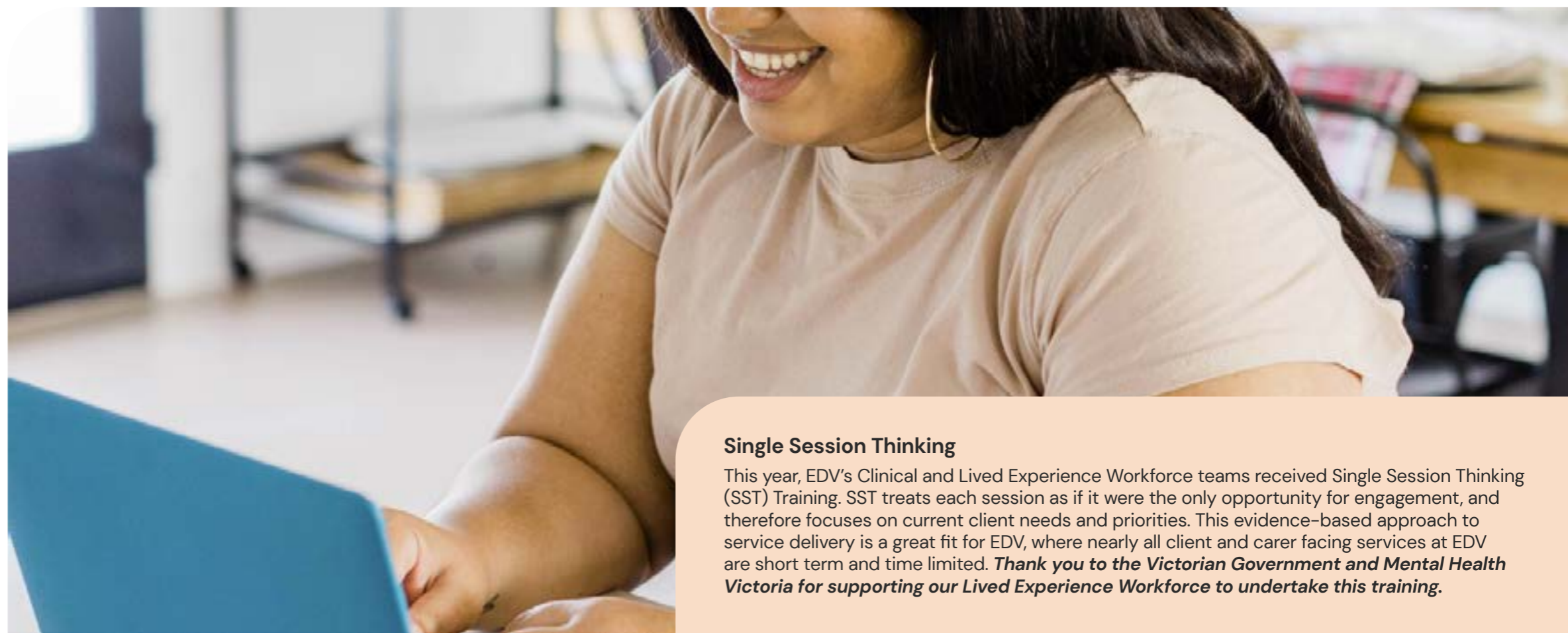
IN THE
FINANCIAL
YEAR OF
2022-23:

43%

increase in
Telehealth Nurse
clients

23%

of Telehealth Nurse
clients were from
regional/rural VIC



Single Session Thinking

This year, EDV's Clinical and Lived Experience Workforce teams received Single Session Thinking (SST) Training. SST treats each session as if it were the only opportunity for engagement, and therefore focuses on current client needs and priorities. This evidence-based approach to service delivery is a great fit for EDV, where nearly all client and carer facing services at EDV are short term and time limited. **Thank you to the Victorian Government and Mental Health Victoria for supporting our Lived Experience Workforce to undertake this training.**

Carer Coaching Program

Commencing in 2020 as a structured 8-week course for carers waiting to embark on the Family Based Treatment (FBT) journey, the Carer Coaching Program has expanded to include additional skills-based online courses and workshops and 1:1 single session support. Carer Coaches at EDV have their own lived experience of supporting a loved one to recovery. They draw on their own lived, as well as learned, experience to support and upskill Victorian families who are supporting a loved one on their journey to recovery.

This year the Carer Coaching Program has seen an increased trend of families supporting young males with eating disorders, highlighting the broader

trend of increasing prevalence amongst boys and men. Mothers continue to be the main carer involved in the carer coaching sessions; however, the involvement of both parents continues to be greatly encouraged.

The Carer Coaching team this year trialled a new workshop for carers supporting a loved one through Stage 2 of FBT. This transition period in the FBT treatment protocol calls for greater independence of the young person with the eating disorder, which presents greater risk of setbacks/relapse and anxiety for families involved. The workshop has been well received and has been added to the suite of Carer Coaching offerings moving forward.

“Facilitators were an amazing team. The small group 6-session course was fabulous and I will miss it now it is finished. Though we are all on the ED journey, our children’s paths are very different and I found **the group has helped me develop tools & resilience** as a carer.”

– Parent feedback from EDV’s UPSKILL Group

Carer Coaching team present at the Australia and New Zealand Academy for Eating Disorders (ANZAED) Conference

The Carer Coaching team were selected to present on two initiatives at the 2022 ANZAED Conference in Sydney:

- The success of the Carer Coaching Pilot Program
- The impact of the Carer Support Group for the Severe and Enduring Eating Disorder Program

Both these programs were stood-up during the COVID-19 pandemic and are testament to the quick adaptation and innovation of the EDV team.

IN THE
FINANCIAL
YEAR OF
2022-23:

86 families supported through the 8-week Carer Coaching Program

91 families supported across the online skills-based courses, RENEW & UPSKILL



Lived Experience and Peer Support

Online Support Groups

Peer Mentoring

SE-ED

EDV Ambassadors

“Listening to others with lived experience, who **truly understand** and can offer hope is **absolutely invaluable**. I gain that little snippet of hope for myself, especially when someone has recovered from a severe and enduring eating disorder (SEED).

To see the joy and hear how happy you can be, how much more to life there is than the continual self isolation all seems like it would be “too good to be true” but **hearing it can be done & it has been done spreads hope.**”

– Feedback from a *Stories of Recovery* Session with an EDV Ambassador

Peer Mentoring Program

EDV's Peer Mentoring Program continues to match Victorian adults in recovery from an eating disorder with EDV mentors who have their own lived experience of eating disorder recovery. The mentoring relationship lasts for six months, where mentors and participants in the program work together in the community to progress the participant's unique recovery goals. Participants in the program are also offered Alumni support when they have completed their six-month mentoring relationship.

This mixed delivery approach of the Peer Mentoring Program allows for both in-person and online

mentoring sessions, supporting greater access for rural and regional Victorians. The program continues to be amongst the most in-demand at EDV, with each round reaching capacity very quickly.

To better support the efficiency of the program and to advance the professionalization of the peer workforce, the program created three new part-time mentoring roles. This allowed three mentors to move from casual working arrangements to part-time, providing these mentors with greater structure and predictability in their roles. Providing career pathways for peer workers is a key priority for EDV.



“My Mentor is **truly inspiring** and has made me feel so comfortable from our first session. I look forward to each session and things we can work on/through together.”

- Peer Mentoring Program Participant Feedback

IN THE
FINANCIAL
YEAR OF
2022-23:

60 Peer Mentoring Program participants

73 participants engaging in Alumni events

At program end:

86% of participants showed improvements (a reduction) in Eating Disorder Examination Questionnaire score

72% of participants showed improvements (a reduction) in DASS-Depression score

61% of participants showed improvements (a reduction) in DASS-Anxiety score

PeerED - an IgnitED funded idea

Peer Mentoring Program Manager Rachael Duck was successful in receiving one of just nine grants available across Australia from the Australian Eating Disorder Research and Translation Centre (AEDRTC). Recipients were awarded \$25,000 each to bring ideas to life that have the potential to positively impact the health and social and emotional wellbeing of people with eating disorders, their families and/or support.

Rachael and the Peer Mentoring Program team have been working to develop PeerED, an online professional development learning platform for eating disorder peer workers. The platform hosts six professional development learning modules which will be tested with EDV's peer workforce, before hopefully being made available to a wider peer workforce audience.

Severe and Enduring Eating Disorder (SE-ED) Program

The SE-ED Program is a world-first offering – an intensive, community-based, peer-led program for those with long-term eating disorders (usually more than 10 years). The program is focused on improving the quality of life for participants, and does this through a mix of education, mentoring and social activities.

All facilitators in the SE-ED program have experienced recovery from a long-term eating disorder. The peer-led focus of the SE-ED program provides enormous connection and hope amongst participants and facilitators.

Aside from social activities, the program takes place entirely online. This allowed 18% of participants to reside in regional or rural Victoria. 93% of participants were female, and the remainder identified as non-binary, gender queer or not specified. Amongst participants, anorexia nervosa was the most common diagnosis, followed by bulimia nervosa and binge eating disorder. 70% of participants in the SE-ED Program had lived with their eating disorder for 20+ years, and the average age of participants was 40.

As a pilot, the program continues to be responsive

“The idea of quality of life **totally changed my perspective** on how to recover.”

– SE-ED PROGRAM PARTICIPANT

to participant feedback. Feedback from participants along with the ongoing input of the SE-ED Advisory Group are essential in continuing to deliver a true co-design program.

As the program continues to evolve, focus will be turned to ensuring long-term viability through secure funding sources. Access for participants will also be a priority, which includes cultural responsiveness, gender inclusivity and location-based flexibility.

IN THE
FINANCIAL
YEAR OF
2022-23:

39

SE-ED Program participants

Total of:

170

one-on-one counselling sessions

27

peer mentoring groups

54

education groups

5

social groups

95%

of participants achieved the goals set during the program

90%

reported an improvement in their Quality of Life



Online Support Groups

EDV offers a range of peer-led Online Support Groups that are tailored depending on diagnosis/presentation and shared experiences.

This year there were many changes and adaptations to groups following a service review, including participant consultations, facilitator consultations and data review. Key changes include a reduction in groups from 12 per month to six, introduction of a monthly theme to support group structure and adjusted booking system to allow groups to be only booked one-month in advance.

Current groups include:

- REACH** for those with restrictive eating disorder presentations
- BEYOND** for those with binge and/or compensatory ED presentations
- BLOOM** for those in the LGBTIQ+ community
- COSMO** for those with co-occurring conditions, eg. alcohol or drug use, chronic pain, fibromyalgia, autism
- VIVA** for those who identify as being in a larger body
- SE-ED** for those with longer term eating disorders (new in 2023)

IN THE
FINANCIAL
YEAR OF
2022-23:

96 groups offered over the year

632 instances of attendance from 220 unique participants



Stories of Recovery Ambassadors

EDV's Stories of Recovery Ambassador program offers training and support for those with lived experience of eating disorders to share their story in a variety of settings. Ambassadors offer insight and hope to those with personal lived experience of eating disorders, loved ones and friends, and professionals. The demand for recovery narratives also extends to program co-design and consultation across community, public and private settings.

This year, Ambassadors continued a regular roster of in-person and online engagements with the Royal Melbourne Hospital, The Melbourne Clinic and the Victorian Centre of Excellence in Eating Disorders (CEED). Ambassadors also became a regular fixture of EDV's podcast, Candid Conversations, with three episodes dedicated to Ambassador stories.

This year the program expanded its lived experience criteria to include carers of those who have recovered from eating disorders. Carer Ambassadors are actively engaging with our program resources and advising us on what is a helpful foundation to work from in terms of sharing their story from a carer perspective.

The future of the program will involve a targeted drive to increase the diversity of our Ambassadors in terms of gender, cultural background and diagnosis.

IN THE
FINANCIAL
YEAR OF
2022-23:

44 online and in-person Stories of Recovery sessions

with over **600** audience members

more than **2100** people listened to Ambassador stories on EDV's podcast

Education and Training

IN THE
FINANCIAL
YEAR OF
2022-23:

10 single-session community workshops delivered to 324 audience members

3 Collaborative Care Skills Workshops for parents of people <18 years, parents of people 18-25 years, and people supporting a person with a long-term eating disorder

3 Discovering the Healthy Self Workshop series for people in recovery

2 online training programs resulting in 16 new Body Project Australia facilitators

EDV's Education Program offers a range of education and skill-building options for people with eating disorders, their carers/loved ones, health professionals and the general community.

The Body Project Australia remains one of our most in-demand offerings, with a current waitlist of 90 professionals eager to undertake the training. The Body Project Australia is an adaptation of the Body Project Collaborative, an evidence-based, early intervention workshop series designed for girls aged 14-18 experiencing body dissatisfaction. 16 new professionals were trained to become Body Project facilitators this year. Professionals came from a range of workplaces including Headspace Syndal, Department of Education & Training, Parkdale Secondary College, Mornington Secondary College, Doncaster Secondary College, EACH (Doncaster) and Latrobe Regional Hospital.

School staff and parents continue to seek information and resources to support the awareness and early intervention of eating disorders in their communities. Schools and parents are supported with free access to EDV's online learning modules through LearnED. This year we also engaged in a bespoke support for the Ballaraine Catholic Schools Network.

“Thank you all so much for the space to share my experiences and to learn how to be gentle with myself. The positive and empathetic education team have been such **positive role models** to demonstrate that **although recovery is hard, it is possible.**”

- *Discovering the Healthy Self* workshop feedback



LearnED

LearnED is an online education hub for people with eating disorders, their carers/loved ones, and health professionals. Initial funding to support the development of the LearnED platform finished in June 2023. We'd like to sincerely thank Telematics Trust for their support in enabling us to get this important digital resource up and running.

While philanthropic funding for this platform has finished, the Education team will now absorb the running of the platform and new course materials into our suite of core business.

This year we delivered three new online courses:

Accessing and Navigating Treatment: Your guide to eating disorder treatment in Victoria

Body Image 101: Understanding the Appearance Ideal and Exploring Body Advocacy

Exploring Recovery: Your guide to understanding what recovery means to you

IN THE
FINANCIAL
YEAR OF
2022-23:

736 enrolments with 505 unique users this year

95% agreed they have new tools/skills/information that will help them in future

85% intended to apply what they'd learned to recovery or the caring role

Engagement and Advocacy

[Feed the Soul 2022](#)[BIEDAW](#)[Victorian Eating Disorder Strategy](#)[Media](#)[Branding](#)[Community Engagement](#)[Fundraising](#)[Bequests](#)[Gala Ball](#)

“People with binge eating disorder **don’t feel ‘seen’** in our eating disorder treatment system, let alone our broader mental health system. The fact that there are so few pathways for BED specific support in our public health system shows that this diagnosis has been largely forgotten.

This is despite us knowing that more Victorians have BED than any other eating disorder. BED is debilitating and life-limiting and **deserves equal recognition** to other eating disorders.”

– Belinda Caldwell, EDV CEO,
speaking at Feed the Soul

Policy and Position Papers

This year, EDV welcomed a part-time Policy Officer to the team to support EDV's engagement with the development of the Victorian Eating Disorder Strategy. This is the first time EDV has been able to employ a dedicated policy role, which has proven instrumental in advancing EDV's thought leadership and advocacy in the sector.

Supported by the latest evidence and the lived experience of our community, this year we have commenced publishing position papers to advocate for change in policy and practice at government, business and community level.

Read position papers [here](#).



Papers available include:

- Lived Experience and Peer Work
- Carers, Family, and Supporters of Young People (<18yrs) with an Eating Disorder

Victorian Eating Disorder Strategy

EDV has been a key collaborative partner of the Department of Health in the development of Victoria's new statewide Eating Disorder Strategy. The development of the new Strategy was announced by the former Minister for Mental Health, James Merlino, in May 2022. The strategy is the first in Victoria since 2014 and is designed to guide high-quality, safe and evidence-informed practice in promotion, prevention, early intervention and treatment for Victorians with or at risk of developing an eating disorder as well as their families, carers and supporters.

In the past year, EDV has engaged in and supported numerous meetings, consultations and submissions for the development of the Strategy, including bringing Victorians with diverse living and lived

experiences of eating disorders together to share their perspectives.

We'd like to extend our sincere thanks to all those who have participated in the development of the strategy, particularly the team within the Department of Health who have been so receptive to working collaboratively on this process. We'd also like to acknowledge and commend those with living and lived experience who have shared their stories with immense bravery and generosity throughout this process. Your experiences are the driving force behind this strategy.

The final Victorian Eating Disorder Strategy was due for release in June 2023, however, has been postponed until later in the year.

Feed the Soul 2022

In August 2022 we hosted our annual Feed the Soul event for parliamentarians and the community. Feed the Soul is a yearly opportunity for EDV to bring together key decision makers, stakeholders and lived experience community members to discuss a key issue impacting Victorians experiencing eating disorders. The event was attended by a number of Victorian MPs, with contributions from the Minister for Mental Health, the Hon Gabrielle Williams, the Opposition Spokesperson for Mental Health, Emma Kealy, and the Greens Spokesperson for Mental Health, Dr Tim Read.

This year's theme focused on advocacy around binge eating disorder (BED). BED is the most prevalent eating disorder affecting Victorians, accounting for 47%, or 133,000, of Victoria's

increasing eating disorder cases. Despite prevalence, only 25% of people with BED will seek help. Left untreated, BED can cause severe psychological, physical, social and economic distress.

A lived experience consultation group was convened in the lead up to the event. The group worked together to create a vision for policy makers to aspire to when re-examining eating disorders within our mental health system. The vision calls for all tiers of the mental health system to be better attuned to the signs of BED, with stepped access to BED-specific treatment and support. Key to this is weight-neutral care, which removes appearance-based prejudice that often plagues eating disorders.



Body Image and Eating Disorders Awareness Week

Centred around the theme “Know the Signs, Act Early”, BIEDAW 2022 was all about encouraging early identification and action around eating disorders. At EDV, we celebrated the week through a dedicated social media campaign that resulted in a 290% increase in engagement. Key to this success were the contributions of the Lived Experience Community who generously shared their insights throughout the week.

A joint media release and collaborative factsheet were published by members of the Eating Disorders Alliance Australia (EDV, Butterfly Foundation, Australia and New Zealand Academy for Eating Disorders, Eating Disorders Queensland and Eating Disorders Families Australia), titled *Don't watch and wait: Eating disorder organisations urge people to know the signs and act early.*



Parliamentary Breakfast 2023

In June 2023, EDV was invited by the Speaker of the House, the Hon Maree Edwards MP, to present at a parliamentary breakfast briefing for interested MPs. EDV utilised the breakfast event to highlight the profound impact of eating disorders on Victorians and EDV's ongoing work to support the community, notably in the lived experience space.

Since EDV's inception 40 years ago, the voice of lived experience has been central to EDV's work as a beacon of hope, and proof that recovery from an eating disorder is possible and expected. Through speakers Vicki Hams (Carer Coach) and Zoe Sweeney (Manager, Severe and Enduring Eating Disorder Program), we demonstrated the leadership and innovation in peer-led eating disorder programs at EDV.

Crucial to this work is our commitment to high-quality peer support, ensuring demonstrable benefits to both service recipients and peer workers. Thank you to Minister for Mental Health, the Hon Gabrielle Williams MP, and Shadow Minister for Mental Health, Emma Kealy MP, for speaking at the event.

“EDV champions a best practice approach to orientation, supervision, safe storytelling, and reflective practice that supports staff to use their lived experience intentionally.”

– Zoe Sweeney, SE-ED Program Manager



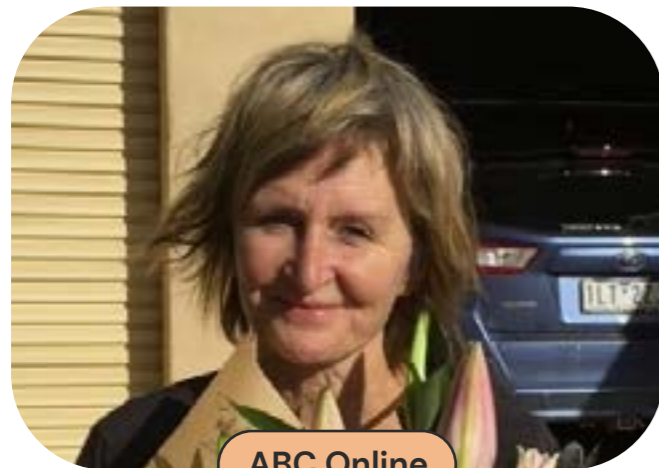
Media



ABC Online

Eating disorder patients with larger bodies face stigma and report being 'dismissed'

EDV's Camille Lowe shared her experience of being diagnosed with binge eating disorder and atypical anorexia nervosa while being in a larger body. Camille describes the diagnoses as a "bombshell" but was relieved to have her experiences legitimised, which allowed for treatment and full recovery.



ABC Online

Mother shares story of daughters' eating disorder battles as support services seek urgent funding

EDV Ambassador Jeanette Slaney speaks about the challenges of accessing treatment for her two daughters, who both experienced anorexia nervosa, while living in regional Victoria.



Geelong Advertiser

Geelong boy's heartbreaking fight against little-known eating disorder

EDV's CEO Belinda Caldwell speaks about ARFID, an eating disorder that is often confused for 'picky eating'. ARFID is a growing concern in the community, with increased contact to the EDV Hub asking for support around this particular disorder.



Four Corners

Fading Away: Australia's secret battle with eating disorders

In February 2023, ABC's Four Corners aired an episode focusing on eating disorders in Australia. While the episode was a welcome spotlight on the issue of eating disorders, there was much conversation and concern from many with lived experience of eating disorders who felt that the program missed an important opportunity to progress the public's perception of eating disorders and the required solutions.

"We commend those who bravely shared their story in the program, and acknowledge the many others whose experiences weren't represented. Eating disorder experiences are complex and varied, but the pain, suffering and frustration of all individuals with lived experience remains constant. We also acknowledge the ongoing stigma around eating disorders and associated shame and discrimination that compounds issues of help-seeking, treatment and support."

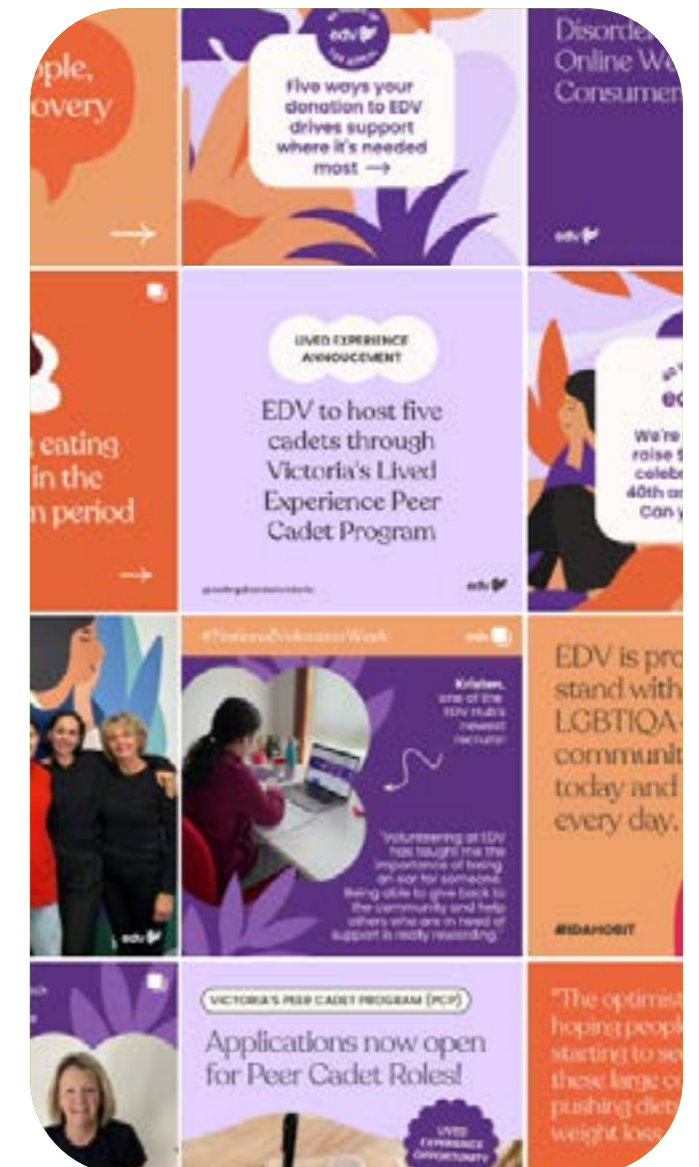
- Excerpt from EDV's statement on the Four Corners program. Read full statement [here](#).

Branding

In January 2023 we launched a refreshed take on EDV's branding. The process involved condensing down our primary colour palette, with purple and orange selected due to their energy and optimism. We also expanded our range of illustrations and organic shapes to ensure greater representation and inclusivity. An EDV logotype was also added as a secondary logo option to be used in contexts where brand familiarity is already strong.

EDV resources continue to be updated with this updated branding, with a suite of new printed resources now available to the community.

Thank you to EDV Digital Communications Officer Emily Cork for leading this branding project.



Community Engagement



306,000+ sessions on EDV's website

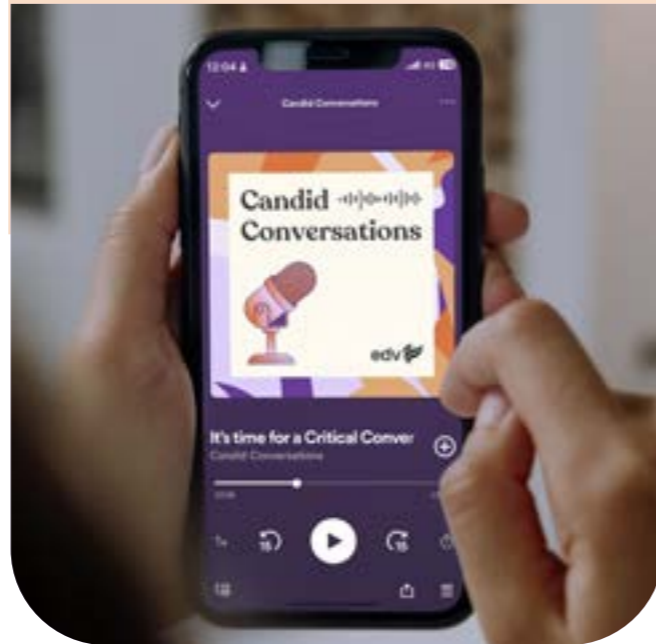
220,000+ unique website visitors



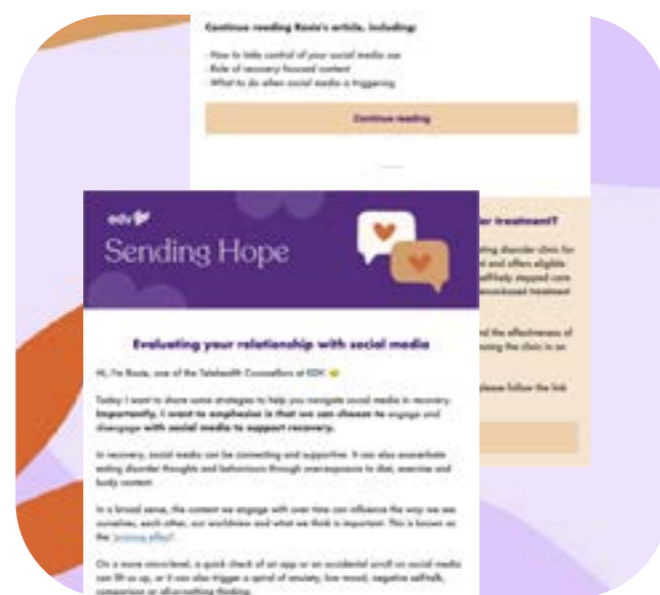
16,500 social media followers

21,000+ clicks over 788 posts across owned channels

Most popular episode:
Emma's story – recovery from a long-term eating disorder, multiple relapses, weight restoration, discovering identity and life outside an eating disorder. Listen [here](#)



6,000+ unique listens over nine Candid Conversations podcast episodes



67 email campaigns sent

1500+ new subscribers to EDV newsletters

Lived Experience Community

We'd like to acknowledge the vital work of those with living and lived experience of eating disorders who contributed to consultation and co-design opportunities this year. At EDV, we are committed to elevating the voices of those with living and lived experience in all areas of internal and external service design and reform.

Key opportunities this year included:

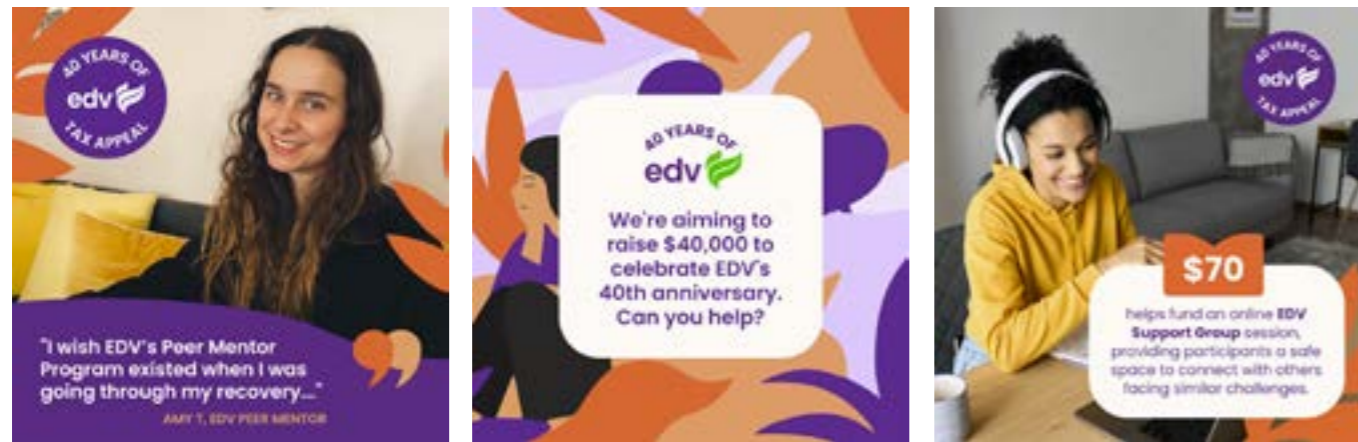
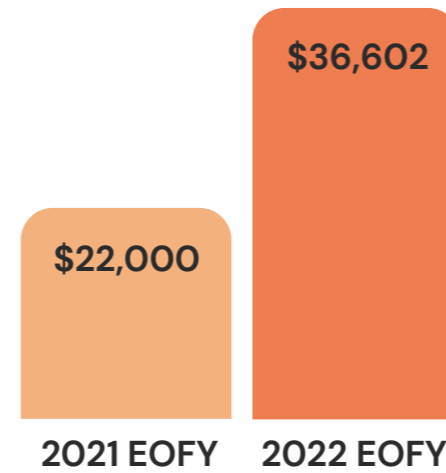
- Lived Experience Advisory Group for the SE-ED Program

- Service user review of EDV's Online Support Groups
- Binge Eating Disorder Advisory Group for EDV's 2022 Feed the Soul event
- Peer Mentor Advisory Group for the development of EDV's PeerED platform
- Content development and review of courses for EDV's LearnED platform
- Consultations around the design and build of the new Victorian Residential Eating Disorder Service
- Roundtable consultations for the Victorian Eating Disorder Strategy



Fundraising

EDV's main fundraising drive continued to be the End of Financial Year Appeal. This year, the appeal focused on raising \$40k to celebrate 40 years of EDV. While we didn't quite reach this goal, we did raise \$36,602, an increase of 93.8 percent on 2022. The average donation amount also increased from \$262 in 2022 to \$469 in 2023.



Bequests

This year, EDV has partnered with Willed, an online platform that allows users to complete a Will in as little as 15 minutes. The platform also enables people to leave a bequest as part of their will to EDV.



Gala Ball

We are excited to be planning a special Gala fundraising event to commemorate 40 years of EDV. The black-tie gala will be held at Melbourne Town Hall on November 18th, 2023.

The Gala event represents an important opportunity to bring people together to celebrate the strength and resilience of the eating disorder affected community. Funds raised will help ensure EDV can continue to support Victorians impacted by eating disorders for decades to come.

Partnerships and Collaborations

La Trobe X EDV Clinic

Mainstream project

National Eating Disorder Collaboration (NEDC) Projects

Lived Experience Peer Cadet Program

Partnerships and Collaborations



La Trobe X EDV Clinic

The Stepped Care Project with La Trobe University commenced in January 2023. The project is a feasibility study that aims to determine the effectiveness of Guided Self-help Stepped Care (GSH-SC) as a first line treatment approach for some eating disorders, as well the suitability of running a treatment program in a community service like EDV. The treatment is delivered by Clinical Psychology Masters students from La Trobe University and uses a combination of telehealth and in-person appointments.

The project has yielded significant interest from the community. We know that cost is often a key barrier for people needing eating disorder care, so the opportunity to receive no-cost evidence-based treatment is welcomed. The project also serves the important role of exposing and training future clinicians in eating disorder clinical treatment.

This project will continue at EDV into 2024.



Mainstream project

EDV has continued their partnership with InsideOut Institute of Eating Disorders (part of the University of Sydney) on the Mainstream project. This is a multi-site, multi-disciplinary research and translation project that aims to improve understanding and outcomes for people with eating disorders, their carers and supports.

Mainstream grant funding has supported the role of a postdoctoral researcher, Dr Sumedha Verma, in developing and undertaking research projects to embed research/evaluation practices within EDV to enable the evaluation of an existing peer-led program. These two projects are being run concurrently

- **Project 1:** Co-designing research and evaluation practices in partnership with EDV service providers and a research partner. Further details found [here](#).
- **Project 2:** Evaluation of the Carer Coaching Program – an 8-week, peer-led program for caregivers of young people on a waitlist to receive formal eating disorder care. Further information may be found [here](#).

The aims are to develop a sustainable monitoring, evaluation and learning framework that EDV may integrate more broadly into its delivery to enable effective and efficient program/service evaluation.

These research projects are planned to conclude early to mid 2024.



National Eating Disorder Collaboration (NEDC) Projects

EDV participated in two key projects with the NEDC this year.

Management of Eating Disorders in People with Higher Weight Guideline

The Guideline was launched in August 2022 and is designed to synthesise the current best practice approaches to management for people with an eating disorder who are at higher weight, based on the premise that every person with an eating disorder is deserving of equitable, safe, accessible, and evidence-based care regardless of their body size. EDV's Belinda Caldwell and Julia Quinn formed part of the Guideline development group, and EDV's Education team supported the launch of the guidelines through an online event.

National Eating Disorder Strategy, 2023-2033

The National Strategy is designed to guide sector development and policy development for the next decade in Australia. The EDV team played an active role in the ongoing development of the National Eating Disorder Strategy, due for launch in August 2023.

- CEO Belinda Caldwell – National Strategy Reference Group
- Director Education and Psychosocial Programs Rebecca Lister – Lived Experience Workforce Advisory Group
- SE-ED Program Coordinator Gabriel Lubieniecki – Psychosocial and Recovery Support Working Group
- EDV Board Member Jo Farmer – Psychosocial and Recovery Support Working Group
- EDV Board Member Janet Lowndes – Treatment Working Group



Lived Experience Peer Cadet Program

In March 2023, EDV were successful in applying to become part of Victoria's Lived Experience Peer Cadet Program hosted by Mental Health Victoria and funded by the Victorian government. The program allows up to five Victorians who are studying to mental health peer work the opportunity to receive paid training within a mental health organisation.

The program aligns with EDV's focus on expanding and supporting the eating disorder lived experience workforce and presents an exciting opportunity to collaborate with other mental health organisations doing similar things. Peer cadets will begin their internship at EDV in July 2023.

Treasurer Report

Jeff Cole, EDV Treasurer

I am pleased to present the audited financial statements of the Eating Disorders Foundation of Victoria Inc for the year ended 30 June 2023. On the back of another challenging year EDV has delivered a net surplus of \$44,895 (slightly up from \$36,754 in 2022) and again has increased Members Funds to \$610,707.

Income & Expenditure Statement

Total income for the year increased to \$3,034,689 representing a 17% increase on the prior year.

The main changes in revenue against the previous year were:

- Government grants increased by \$451,856 to \$2,715,819, representing 89% of total revenue
- Philanthropic Grants increased by \$38,207 to \$54,185, which is up 240%.
- Income from fundraising activities increased by 13% to \$64,617.
- Fee income reduced by 18% to \$192,231, compared to \$234,090 in FY2022, reflecting some of the challenges of operating in the post COVID environment.
- Total operating expenditure rose 16% to \$2,949,305, due mainly to the employee expenses associated with delivering on the commitments of new and expanded programs.

Balance Sheet

Net cash flows from the operating surpluses over the past five years have created a strong cash position for the organisation. With good management of our expenses our closing cash position has increased since the previous year up to \$1,109,526 from \$932,259. The corresponding liability for prepaid income has increased from \$275,836 in June 2022 to \$364,136 in June 2022, which reflects the change in the future funding mix and how it is paid.

2023-24 Budget

The management team is forecasting a small deficit for the 2023/24 year on the basis of government grant funding secured at current levels, and the continuation of programs and services.

I would again extend my appreciation to Belinda Caldwell and her passionate team, her focussed and diligent Finance Manager in Megan Crellin, and the Finance Audit Risk and Governance Committee for their vigilance in monitoring the financial affairs of the EDV. The management of any income received in advance continues to create a number of challenges for the year end audit process and the handling of this process is a credit to all involved.

Financial Reports

Statement of Financial Position as at June 30th 2023

Statement of Profit or Loss and Other Comprehensive Income for the Year Ended 30th June 2023

	2023 (\$)	2022 (\$)
Revenue	3,034,689	2,597,003
Employee benefits expenses	2,489,053	2,020,684
Depreciation expense	36,978	40,529
Consultancy expenses	168,777	246,900
Occupancy expenses	56,284	37,647
Computer expenses	46,873	46,171
Communications expenses	14,436	17,216
Advertising and promotion expenses	2,557	16
Postage, printing & stationary expenses	5,911	3,339
Plant and equipment written off	1,491	-
Other expenses	128,439	118,728
Net Surplus	83,890	65,683
Long service leave related expenses	38,995	28,929
Net Current Year Surplus	44,895	36,754
Other Comprehensive Income	-	-
Total income for the year	44,895	36,754

	2023 (\$)	2022 (\$)
ASSETS:		
Current Assets		
Cash and cash equivalents	3	932,259
Accounts receivables and other debtors		35,450
TOTAL CURRENT ASSETS		967,709
Non Current Assets		
Furniture and equipment		107,551
TOTAL NON CURRENT ASSETS		107,551
TOTAL ASSETS		1,075,260
LIABILITIES:		
Current Liabilities		
Accounts payable and other payables		530
Other creditors		118,651
Provisions		107,621
Contract liability		275,836
TOTAL CURRENT LIABILITIES		502,638
Non Current Liabilities		
Provisions		6,810
TOTAL NON CURRENT LIABILITIES		509,448
NET ASSETS		565,812
EQUITY		
Retained Surplus		565,812
TOTAL EQUITY		565,812

Thank you to EDV's trusted funding partners and supporters

The Victorian Government was the primary funding partner of EDV in 2022 - 2023. We thank the Victorian Government for their ongoing support.



Thank you to the following trusts and foundations for their philanthropic support in 2022 - 2023:



Thank you to our colleagues, collaborators and partners:



Thank you to EDV's Board of Directors

FY 22-23 Board Members

Claire Diffey
CHAIR

Jeff Cole
DEPUTY CHAIR

Janet Lowndes

Jo Farmer

Johanna Wicks

Nick Gurner
CHAIR, DEPARTED 2023

Phil Jones
DEPARTED 2023

Emma McKinnon
DEPARTED 2023

Richard Matotek
DEPARTED 2023

Dr Tina Campbell

Emma Reid

Belinda Bravo

Stacey Conlin

Special thanks to:

Richard Matotek
BOARD ADVISOR

Phoebe Frost
BOARD MENTEE

Our Staff



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*Eating Disorders Foundation of Victoria Inc.
is a registered charity with the Australia
Charities and Not For Profits Commission.*

