

APRIL 2025

FREEDCAN NEWSLETTER

The logo features the word "FREED" in a large, bold, white sans-serif font, slanted upwards to the right. Below it, the word "CAN" is written in a smaller, bold, white sans-serif font, also slanted. The text is set against a solid red circular background. This red circle is centered within a larger white circle, which has a subtle drop shadow. A thick red curved line sweeps across the background from the left side, passing behind the white circle, and another red curved line appears on the right side, also behind the white circle.

**FREED
CAN**

In this Issue:

- What is FREEDcan?
- FREEDcan Team Member Updates
- New FREEDan Early Adopter Site Update
- May is Mental Health Month
- Call for Artwork
- Call to Showcase Network Member Materials and Sign-Up
for our Network

WHAT IS FREEDCAN?

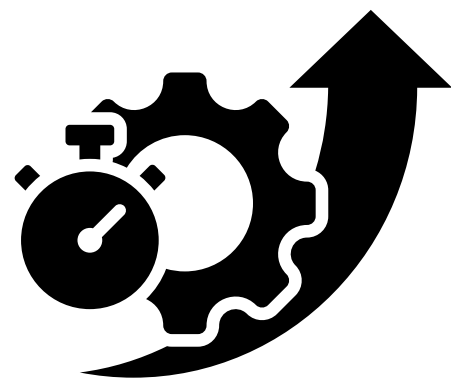


FREEDcan is an early intervention model for eating disorders (EDs) for use in youth-serving community treatment settings (8-25 years) that builds capacity in communities to detect and provide an initial, quick response for early stage eating disorders. FREEDcan is a co-adaptation of the FREED model first developed in the United Kingdom, which has demonstrated good patient, service, system, implementation, and scalability outcomes.

FREEDcan adds to the continuum of care for EDs through its focus on early detection and evidence-based early intervention offerings and pathways. FREEDcan partners with various sectors (i.e. mental health and addictions services, family health teams, campus health, integrated youth services, and primary care) to build the ED workforce to ensure they can provide eating disorder informed care, while also providing treatment for those who require more intense support.



Early detection and treatment can significantly improve treatment response and outcomes. The Canadian healthcare system is not currently equipped to deliver early intervention for EDs.



**WANT TO READ MORE?
VISIT OUR WEBSITE**

FREEDCAN TEAM MEMBER UPDATES

ABOUT ME

Hi, I'm Suvabna (she/her)! I'm joining the Eating Disorder Research Lab as a Research and Evaluation Coordinator. I completed my Master's of Public Health with a specialization in Social and Behavioural Health Sciences (Health Promotion) at the University of Toronto. I'll be supporting the ongoing evaluation of FREEDcan implementation to inform future scalability and overall program impact.

MEET



Suvabna Theivendrampillai
Research and Evaluation
Coordinator

HOBBIES

I enjoy all things arts and crafts, including painting, pottery, scrapbooking, jewelry workshops etc. I also love cafe hopping and to shop/thrift, you'll never know what you find!

FUN FACTS

I used to collect special edition coins, I love going to concerts and I love trying new foods, always a foodie at heart!

FREEDCAN TEAM MEMBER UPDATES

ABOUT ME

Hi, I'm Steph! I'm a research assistant with the Eating Disorder Research Lab, helping bring FREEDcan's work to life through knowledge translation. I'm also a Registered Psychotherapist working with children and youth (ages 6-22) in private practice. I'm passionate about early intervention - supporting young people to build lifelong skills is where my heart's at!

MEET



Stéphanie Drouin
Research Assistant

HOBBIES

If it involves moving or being outside, I'm in! I love going to the gym, playing volleyball, swimming, hiking, crocheting, and cooking all kinds of food.

FUN FACTS

Over the past few years, I've juggled 7-9 jobs at a time simply because I truly enjoy the work! Shoutout to Google Calendar - I couldn't keep it all together without it!

FREEDCAN TEAM MEMBER UPDATES

ABOUT ME

Hi! I'm Stephanie and I'm a post-doctoral fellow with the Eating Disorder Research lab at the CHEO Research Institute and Early Childhood Adversity Lab at the University of Ottawa. I completed my PhD in spring 2025, where I focused on resilience and youth homelessness. I am a passionate community-based researcher who is eager to improve prevention and early intervention strategies that support children, youth, and young adults.

MEET



Stéphanie Manoni-Millar
PostDoctoral Fellow

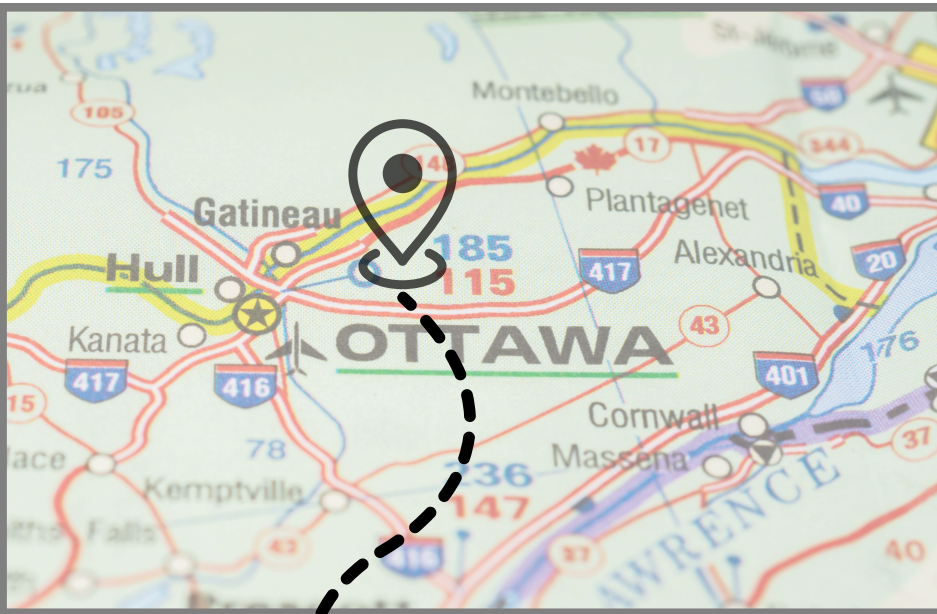
HOBBIES

I love the winter - you will find me at the ski hill every weekend from December to March (snow permitting, of course!). I also enjoy doing pottery, which has taught me to embrace imperfection. I also love getting lost in a good book or show and spending time with my dog, who always reminds me to enjoy the little things.

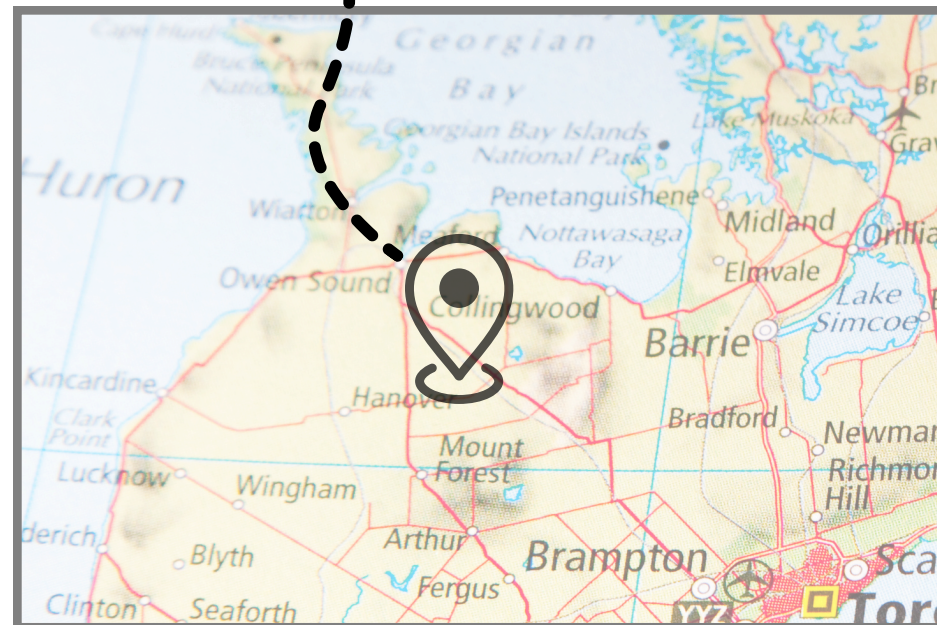
FUN FACTS

I've been teaching skiing since I was 14, I know every word to every Backstreet Boys song, and was born on Halloween in a snowstorm!

FIRST FREEDCAN EARLY ADOPTER SITE



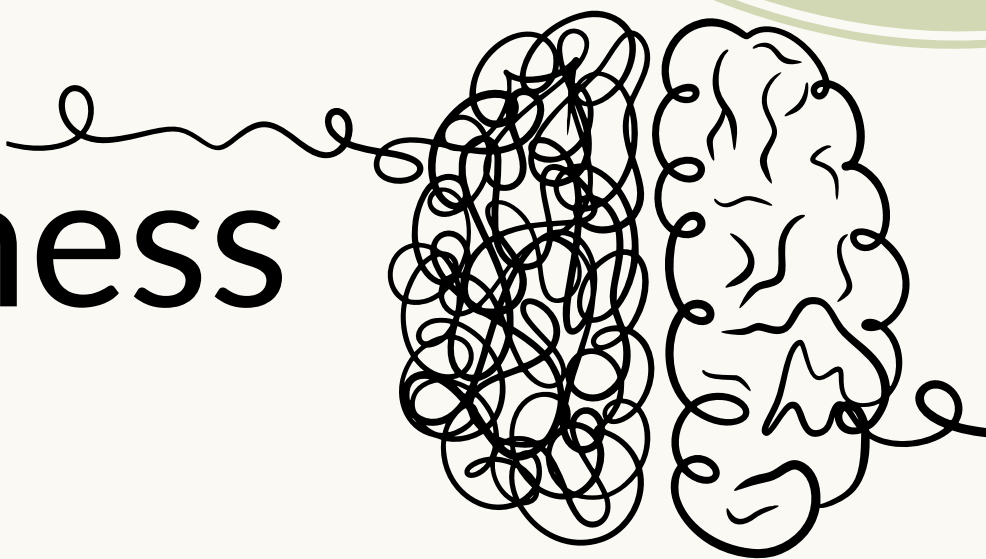
The FREEDcan Team is excited to announce that we are working with our first early adopter site! The FREEDcan team has been working with GMAN C.A.R.E.S to bring FREEDcan to the Grey Bruce Region.



GMAN C.A.R.E.S is a grassroots nonprofit organization for early identification and intervention of youth with disordered eating in Grey Bruce region. This population spans a large geographic area (8,574.42 square km) consisting of predominantly rural or small population centers with a total population of 188,165. It is estimated that 27,000 of individuals are between the ages of 8-25.

MAY IS

Mental Health Awareness Month



If you or someone you know is in need of support or resources, please visit our website. The resources on our website provide downloadable tools, redirect to services, or provide information.

Our website does not provide clinical advice. If you or someone you know is in need of urgent medical attention, please seek help from your nearest emergency department. If you or someone you know is experiencing a mental health crisis or has suicide-related concerns, call or text 9-8-8 toll-free, anytime, for support. For information about eating disorder services in Ontario, you can reach out to the National Eating Disorder Information Centre (**NEDIC**) Helpline: **1-866-NEDIC-20** (toll-free) or **416-340-4156** (Toronto), or visit their website at www.nedic.ca. You can also get information specifically about publicly-funded services in Ontario from ConnexOntario. Contact them at **1-866-531-2600** (toll-free) or visit their website at www.connexontario.ca

CALL FOR ARTWORK

Feature your art on our website!

www.freedcan.ca

Let's talk about early intervention for eating disorders!

We are welcoming artwork submissions from individuals, caregivers, or family members with lived/living expertise of disordered eating or an eating disorder (no formal diagnosis required) to feature on our website.



We're looking for visual art that explores:

- The importance of early intervention
- Empowering youth and families to engage in services
- What recovery and accessing eating disorder services means to you

Compensation available for all eligible submissions

INTERESTED IN LEARNING MORE?

Scan the QR code or visit www.shorturl.at/OmivA

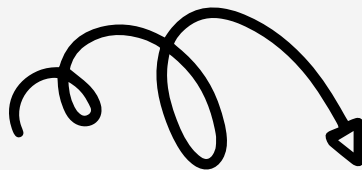


*support an
early response
for eating
disorders!*

Call for Content and Network Sign-Up!

We invite network members to share material for our newsletters! If you have any articles, professional learnings, updates, or other content related to the FREEDcan model and work that you would like featured in our quarterly newsletter, please send them to: freedcan@freedcan.ca

Not part of our network?



Join our network to receive our quarterly newsletters!

[FREEDcan Network](#)



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FREEDCAN NEWSLETTER



**FREED
CAN**

Thank You



Email

freedcan@freedcan.ca



Website

<https://www.freedcan.ca>

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CHEO

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INSTITUT DE RECHERCHE