

JUNE 2026

# FREEDCAN NEWSLETTER

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The logo features the words "FREED" and "CAN" in a bold, white, sans-serif font, stacked vertically. They are centered within a red circle. This red circle is itself centered within a larger white circle. A thick red ribbon-like shape curves around the left and bottom edges of the white circle, creating a sense of motion or a seal.

**FREED  
CAN**

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- FREEDcan Level 1 & 2 Training - April 2026 Highlights
- June Townhall Recording and Recap
- Advancing Equity Together
- Knowledge Mobilization Updates
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# Bringing the ODES into Practice: EMR Integration Update

SUPPORTING REAL-TIME SCREENING AND IMPROVED CARE THROUGH EMR INTEGRATION

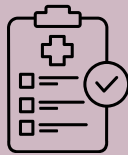
# 1



## Integration & Implementation Progress

- Several early adopter sites have added the ODES screener into their electronic medical records (EMRs), which makes it easier to use and allows scores to be calculated automatically
- Early adopter sites are still in the process of setting this up—some are fully up and running, while others are at earlier stages or waiting for the technical setup to be completed

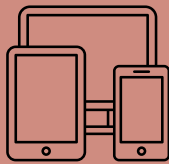
# 2



## Early Use & Clinical Impact

- Early adopter sites are already using the screener, and it's showing a mix of results
- The screener is also helping start important conversations about eating habits, nutrition, and what kind of care young people may need

# 3



## Benefits of Digital Screening

- Some early adopter sites are exploring sending the screener ahead of appointments through patient portals that could reduce time pressures during visits
- Supporting materials like posters and postcards are helping introduce FREEDcan

# 4



## Challenges & Ongoing Supports

- There have been some challenges, such as adding the screener into EMRs, pulling out data, and varying levels of comfort with implementing eating disorder screening
- Ongoing training, coaching sessions, and technical support are helping to address these challenges and build confidence

# FREEDcan Level 1 & 2 Training in Grey Bruce

APRIL 2026- BUILDING CAPACITY HIGHLIGHTS

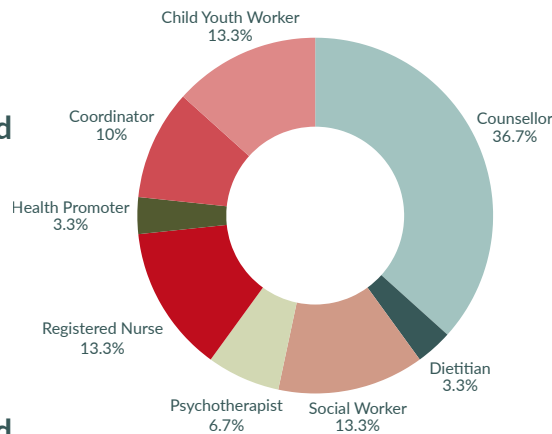
## Summary

FREEDcan Level 1 training was delivered on April 9, 2026, by Aryel Maharaj (NEDIC), with materials co-designed with support from FREEDcan advisors. FREEDcan Level 2 Training: Screening, Assessment and Rapid Response was delivered on April 22, 2026, by Dr. Michele Laliberte, with participation from Grey Bruce attendees.

## Overview of Attendees

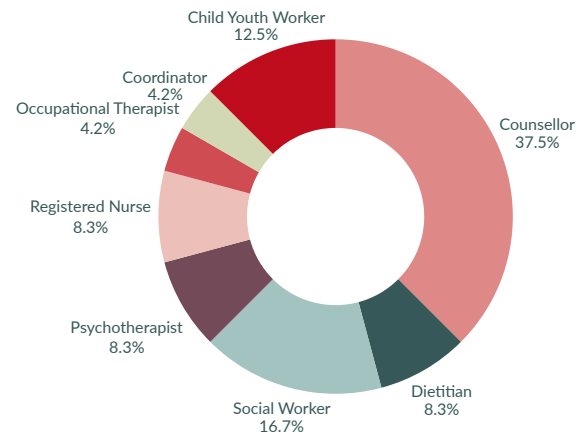
30

Individuals attended  
Level 1 Training



27

Individuals attended  
Level 2 Training



Attendees reported being from diverse  
roles and backgrounds

## Shift in Knowledge and Skills

Participants were asked to rank their level of agreement of statements on a Likert scale from (1=Strongly Disagree to 5=Strongly Agree).

### Level 1

Pre-Training (n=25)



12% of participants agreed with the statement that they know where to find the appropriate ED tools and resources

Post-Training (n=18)



88% of participants agreed with the statement that they know where to find the appropriate ED tools and resources

### Level 2

Pre-Training (n=23)



35% of participants agreed with the statement that they are comfortable using ED screening tools

Post-Training (n=12)

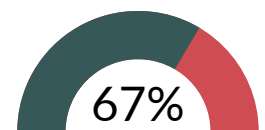


75% of participants agreed with the statement that they are comfortable using ED screening tools

## Future Interest



Of attendees would  
recommend Level 1 training  
to their peers



Of attendees would  
participate in additional  
training to deepen their  
understanding of EDs

# June Townhall Recap

## JUNE TOWNHALL FULL RECORDING

### Early Progress Amongst Pilot Sites



#### Grey Bruce (Ontario)

- Established strong cross-sector partnerships
- Trained 170+ providers across sectors
- Launched early screening pilot with youth
- **Early impacts:** increased awareness, confidence, and collaboration
- **Key challenges:** workflow integration, data systems, and capacity

#### Saskatchewan

- Secured initial funding to support pilot development
- Conducted early system readiness and planning work
- Building partnerships and a community of practice
- Early-stage work with strong provincial interest

#### Nova Scotia

- Engaged key partners across health, and community sectors
- Hosted initial stakeholder meeting
- In planning phase: building leadership, selecting sites, and securing funding
- Exploring small pilot tests to guide implementation

#### The Harbour (London, Ontario)

- Interested in adopting FREEDcan framework
- Exploring alignment with existing early intervention work
- Ongoing planning discussions

#### British Columbia / Yukon

- Strong regional interest in early intervention
- Pilot site selection process underway
- Collaborating with partners to align with provincial strategies

### FREEDcan Cost Analysis

In a discussion on direct and indirect costs, attendees noted that FREEDcan may lead to cost savings in the following areas:



- Decreased long term ED care costs for patients receiving EI (less intensive and acute treatment, shorter duration of treatment due to intervening prior to ED becoming entrenched)
- Cost savings from improved collaboration (e.g., more efficient delivery of care)
- Reduced costs associated with repeated assessments and referral redirection
- Reduced costs of repeated ER admissions
- Reduced severity upon presentation for treatment
- Staff retention (seeing meaningful work having positive outcomes)
- Reduced opportunity costs for families (e.g., able to work vs. taking time off to provide intensive care, fewer changes to family dynamics)
- Reduced reliance on out-of-province/territory care

### Looking Ahead



- Continued pilot expansion and collaboration
- Exploration of a **digital platform and tools** to improve early supports
- **DECEMBER 2026**  
Next FREEDcan Townhall

# Advancing Equity Together

## INSIGHTS FROM THE FREEDCAN JUNE TOWNHALL

### Equity within FREEDcan- Discussion Overview

#### Focus on reaching underserved communities

- Pilot sites were intentionally selected to include rural and under-resourced areas, where eating disorder services are often limited

#### Lived experience is central

- Youth and lived-experience advisors are actively involved in shaping decisions, training, and program development

#### Equity integrated into training

Training emphasizes:

- Accessible and inclusive learning approaches (e.g., captions, multiple ways to participate)
- Practical communication tools grounded in lived experience
- Skills like asking questions, offering options, and using non-judgmental, body-neutral language

#### Access Needs

##### Guidelines for the space

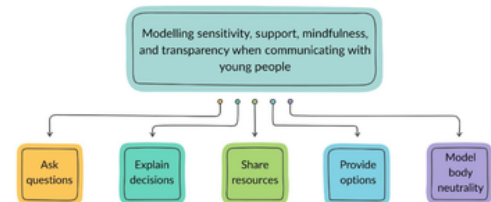
- **Non-judgment:** we're all learners
- **Curiosity** in moments of discomfort; understanding the difference between being uncomfortable and being unsafe
- **Collaboration** with each other and the people we're supporting – we're a team!
- **Humility:** we can't know everything about everyone; continuously reflecting about our own experiences & making space for others is important

##### Slide colour-coding:



#### Language and EDs

In communicating about disordered eating & eating disorders, it is important to *avoid a one-size-fits all* approach. Be *sensitive, mindful, supportive, and transparent* – building trust is central to positive communication



From CHEO Research Institute (2023) "Language for Supporting a Youth with an Early Stage Eating Disorder (ED)" - co-developed with youth and families

#### Inclusive and respectful care practices

- The model promotes weight-inclusive and stigma-aware care, helping reduce barriers that may prevent young people from seeking support

#### Ongoing commitment to improvement

Equity is seen as continuous work, with a focus on:

- Addressing gaps in representation
- Building trust with communities
- Ensuring data and evaluation are used responsibly and inclusively

#### Key challenge moving forward

- Ensuring every site can implement FREEDcan in a way that avoids reinforcing existing inequities, regardless of differences in resources or capacity

# Knowledge Mobilization

## FROM CONFERENCE INSIGHTS TO GLOBAL PARTNERSHIPS: SHARING AND APPLYING KNOWLEDGE IN ACTION

### Nicoles work in France

A MITACS travel award supported a European visit to strengthen international research partnerships. Meetings with three teams (Paris, Montpellier, Netherlands) enabled knowledge exchange and exploration of collaborations, alongside presenting FREEDcan at the FFAB (Federation Francaise de Anorexie et Boulimie) conference in Rouen, France. A two-hour working meeting with international early-intervention researchers further advanced plans for potential multi-country projects.

### EDAC Highlights

Several members of our team had the opportunity to attend and present at the Eating Disorders Association of Canada (EDAC) conference in Halifax this year.



**Dr. Cheri Levinson's** keynote was a key source of inspiration, highlighting her commitment to making eating disorder treatment both accessible and effective through personalized, evidence-based approaches. Her work prompts us to recognize the wide range of underlying factors involved and to apply targeted, evidence-informed strategies to address them.

- **Dr. Nicole Obeid** shared insights on implementing FREEDcan during a plenary on pan-Canadian eating disorder advancements, highlighting key lessons from pilot implementation. She emphasized the importance of understanding communities and “speaking the same language” to align resources and strategies with local needs when building integrated systems of care.
- **Dr. Andrea LaMarre** presented work on developing part of the FREEDcan intervention menu, including findings from a narrative review on Single Session Interventions (SSIs). She highlighted that SSIs, brief interventions (often 30 minutes or less), have evidence supporting their effectiveness in reducing eating disorder risk factors and symptoms, while helping reduce resource demands by enabling timely, in-the-moment support in community settings.

# UPCOMING TRAINING & COACHING OPPORTUNITIES

## Training

05

August

### **FREEDcan Level 1- Become Eating Disorder Informed: Early Intervention for Eating Disorders**

FREEDcan's Level 1 foundational training designed for all staff and providers working in youth-serving treatment settings (ages 8-25), including community mental health and addiction services, family health teams, primary care, integrated youth services, community health centers, campus mental health, etc.

[Click here to register and for other session details:](#)

<https://events.freedcan.ca/training/detail/2026-08-05-1300-FREEDcan-Level-1-Become-Eating-Disorder-Informed-E>



Zoom



1:00PM- 4:00PM

19

August

### **FREEDcan Level 2: Screening, Assessment, and Initial Response**

FREEDcan's Level 2: Screening, Assessment, and Initial Response training is designed for providers working within youth-serving community settings who are involved in assessment and/or care delivery for young people with eating disorders or disordered eating.

[Click here to register and for other session details:](#)

<https://events.freedcan.ca/training/detail/2026-08-05-1300-FREEDcan-Level-1-Become-Eating-Disorder-Informed-E>



Zoom



1:00PM- 4:00PM

## Coaching Sessions

24

June

22

July

### **Level 1 & 2 Training: Virtual Coaching Session Series**

This coaching session is for staff and providers working in youth (ages 8-25) treatment settings who have ideally completed FREEDcan Level 1 and 2 training

[Click here for the Zoom link and other session details:](#)

<https://events.freedcan.ca/training/detail/2026-06-24-1300-Level-1-amp-2-Training-Virtual-Coaching-Session-Se>



Zoom



1:00PM- 02:00PM



Visit our [website](#) for more details and to register for upcoming training and coaching sessions

# Call for Content and Network Sign-Up!

## Share Your Work!

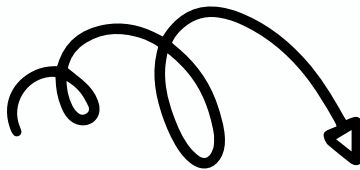
Have articles, insights, or updates related to the FREEDcan model? We'd love to feature them in our quarterly newsletter! Send your content to [freedcan@freedcan.ca](mailto:freedcan@freedcan.ca).

**Stay Connected with FREEDcan:** Our recorded events are located on our website and are available to all network members. Please email [freedcan@freedcan.ca](mailto:freedcan@freedcan.ca) to receive the password for our recordings.

## Not part of our network?

Join our network to receive our quarterly newsletters!

[FREEDcan Network](#)



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# FREEDCAN NEWSLETTER

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**Thank You**



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