

Upcoming events

Eating Disorder Awareness Week, hosted by EDSNA in Edmonton Feb 1-7, features *ED-ucate*, a full-day **symposium** on eating disorders, held on Feb 3 at the Alberta Teachers' Association building. A special breakout session on **Eating Disorders and the Classroom** will help teachers in supporting students with this complex illness. Symposium cost is \$40, including lunch. For more information and to register, visit: www.EDSNA.ca/ED-ucate.html

The **Shaping the Future conference** in Kananaskis, Jan 28-30, is a great place to identify resources, create networking opportunities and improve support for student health. Don't miss the **pre-conference session on mental health**, co-sponsored by Ever Active Schools and ASBA. School administrators and trustees will leave empowered to respond to elements of Bill 10 and student health. To register, go to: <http://www.everactive.org/register-stf?id=1474>

Eating Disorder Support Network of Alberta: a great resource for educators

Eating disorders affect approximately 300,000 Albertans, have the highest mortality rate of any mental illness, and appear to be on the rise, with children as young as seven being diagnosed. Teachers are often the first to notice warning signs in their students, but may not know what to do or where to turn for more information. The Eating Disorder Support Network of Alberta (EDSNA) is here to help!



EDSNA hosts a website with many useful links and resources, gives presentations on eating disorders to adult audiences, and offers professionally-facilitated support groups for family members and individuals (18+) affected by eating disorders. Support groups are currently offered in Edmonton and Red Deer and will be available in Calgary in the fall. EDSNA also hopes to begin offering online support in the near future. (Go to <http://www.eatingdisordersupportnetworkofalberta.com/>)

Making a difference in teen mental health

Almost 20% of the population suffers from some sort of diagnosable mental disorder. Mental disorders are the second leading cause of disability. School boards and teachers must be prepared to disseminate evidence-based research to students in need.

Teenmentalhealth.org has a rich array of information, and provides assistance in a variety of forms to better understand mental health. Visit the website's toolbox to explore the different resources and reports, which are categorized by who could use them and what they represent. Bipolar disorder, depression, ADHD, suicide and many more mental disorders are discussed. Almost all resources, reports, and publications are provided free of charge. Using these tools to improve mental health literacy in your district can save lives.

Equip yourself with knowledge and skills to better the lives of your students. Visit <http://teenmentalhealth.org/> and change the conversation on mental health in your schools.

Did you know?

ASBA, in its work supporting student health and wellness, has worked with Ever Active Schools, Alberta Health Services, the Alberta Medical Association, the College of Alberta School Superintendents, the Alberta School Councils' Association, the Alberta School Employee Benefit Plan, the University of Alberta, and the Wellness Fund.

Collaboration is critical to success in the 21st century.

