



THE FAMILY SUPPORT ROLE IN EATING DISORDER RECOVERY OUTCOMES



Greg Fowers JD, LMFT
Inpatient Unit Program Director



Overview

- What the Research Shows
- Family-Based therapy model
- What Patients Say
- What Parents of Patients Say
- Zone Plan

What the Research Shows



Research: Understanding ED

“Starving numbs, binging soothes and vomiting provides relief.”



Dalhanty & Greenberg 2007

Research: Family support essential

- Family support is primary factor for patient's recovery
- Success of family support is dependent on the family receiving education and support

Perkins et al. 2004

Research: Educating the family

- Families need support for their emotional distress resulting from the emotional impact of the ED on the patient and the family

Haigh & Treasure 2003

- Educational intervention for the family must include more effective listening skills and opportunity to practice understanding

Gisladottir & Svavarsdottir 2011

Research: Acceptance of emotions

- ED behaviors are often a means of escape from intolerable emotions/experiences

- "Individuals experience renewed hope in the possibility that they may recover from their ED by means of working to identify, accept, allow and alter maladaptive emotional reactions, thereby altering dysfunctional behavior patterns and rendering the eating disorder unnecessary as a means of coping."

Robinson et al. 2015

Research: Family-Based therapy model

- "Therapists act as consultants to help the family uncover their strengths in order to fight the ED."

- Treatment addresses the patient's refeeding needs and interruption of eating disorder symptoms

- Treatment addresses emotional regulation

Robinson et al. 2015

Research: Family-Based therapy model

- Parents are regarded as the expert on their child, whereas the therapist acts as a consultant on the ED-specific knowledge

- Parents help their child:
 - ▣ Process emotions
 - ▣ Increase emotional self-efficiency
 - ▣ Deepen parent-child relationships

Robinson et al. 2015

Research: Family-Based therapy model

- Families who receive FBT treatment experience an increase in success:
 - ▣ 50-75% of adolescents with anorexia are weight restored by the end of treatment
 - ▣ 60-90% of adolescents have fully recovered after 5 years

le Grange & Eisler 2009

How family & friends can help

- Re-nourishment of brain and body
- Structure with food and schedule
- Ask "what's my job"
- Learn, study, understand
- Expect honesty

How family & friends can help

- Be supportive
- Help expressions of emotions
- No judgment of child or self
- Good self-care
- Show love, encouragement, kindness, hope
- Create opportunities to talk

Ways to nurture

- Identify emotional needs together
- Show her the love you feel
- Be available, spend time together
- Ask her about her life



Communication

- Listen respectfully
- Acknowledge feelings
- Avoid lecturing




Creating autonomy

- Allowing differences
- Emotional separation
- Launching



What Patients Say

A photograph of three people standing side-by-side. On the left is a man in a grey t-shirt and brown pants. In the middle is a woman in a red top and blue jeans. On the right is a woman in a beige cardigan and blue jeans. They are all looking towards the camera.

Advice from former patients

- Find your own healing
- Educate yourself
- Show love
- Separate person from behaviors
- Cheerleader v. Coach

Advice from former patients

- Be vulnerable & open
- Have fun together
- Stop discussing recovery with others
- Rebuild trust
- Don't be the "food police"

A photograph of three people in a kitchen. A woman in a blue shirt is on the left, a woman in a pink and white plaid shirt is in the middle, and a man in a pink shirt is on the right. They are all looking at a plate of food on the counter.

Advice from former patients

- Help provide resources and tools for recovery
- Let go of the desire to control
- Celebrate or reward efforts towards recovery
- Express hope

What Parents of Patients Say



Advice from Parents of former patients

- Never give up hope
- Express love
- Identify resources: often placement is the best option
- Trust the process
- Road to recovery is not smooth, easy, quick or pretty

Advice from Parents of former patients

- Educate yourself
- Learn to communicate
- Learn to listen
- Develop DBT skills
- Avoid judgment



Advice from Parents of former patients

- Own and communicate emotions
- Be careful of your words
- Avoid comparisons
- Accept and love your body
- Be willing to say "I'm Sorry"

Zone Plan



	Blue Zone	Green Zone	Yellow Zone	Red Zone
Meals and Snacks	Daily: -3 Meals -3 Snacks	Daily: -3 Meals -3 Snacks	Daily: -3 Meals -3 Snacks	Daily: -3 Meals -3 Snacks
	Center for Change, Example of Zone Plan Adolescent			

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Weight Maintenance	-Main with 2 sides at breakfast, lunch and dinner. -3 snacks per day with variety (1 challenging, 1 medium and 1 safe) -Continue to take 1-3 challenge/extras per day	-Main with 2 sides at breakfast and 3 sides at both lunch and dinner. -3 snacks per day with variety (1 challenging, 1 medium and 1 safe) - Take 2 challenge/extras per day	-Main with 3 sides at all meals. -3 snacks per day with variety (1 challenging, 1 medium and 1 safe) -Add one can of boost at evening snack (in addition to menu) -Take 3 challenge/extras per day	- OP team to reassess need for a higher level of care.
	Center for Change, Example of Zone Plan Adolescent			

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Weight Maintenance	-Variety of foods for meals and snacks (juice and milk only once per day) -If restricts or skips snack 4oz of nutritional boost will be given. -If restricts or skips meal 12oz of nutritional boost will be given.	-Variety of foods for meals and snacks (juice and milk only once per day) - If restricts or skips snack 8oz of nutritional boost will be given. -If restricts or skips meal 16oz of nutritional boost will be given.	- 1 side at breakfast must be 12oz of chocolate milk. -Variety of foods for meals and snacks (juice only once per day) -If restricts or skips meal 24oz of nutritional boost will be given.	- OP team to reassess need for a higher level of care.
	Center for Change, Example of Zone Plan Adolescent			

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Meal Style	-plate dinner and evening snacks (eat 100%) -Consume meals within 30 minutes, receive nutritional supplement from above guidelines.	-plate dinner and evening snacks (eat 100%) -Consume meals within 30 minutes, receive nutritional supplement from above guidelines.	-will plate all meals and snacks (eat 100%) -Consume meals within 30 minutes, receive nutritional supplement from above guidelines.	
	Center for Change, Example of Zone Plan Adolescent			

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Exercise	<u>Weekly:</u> -150 minutes of low impact with parent permission (yoga, swimming, hiking, biking etc.) -Participation in physical education at school	<u>Weekly:</u> -60 minutes of low impact exercise, 2 times per week with notification and permission of parents.	<u>Weekly:</u> -No exercise	<u>Weekly:</u> -No exercise
	Center for Change, Example of Zone Plan Adolescent			

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Exercise	<u>Weekly:</u> -20 minute walks or bike ride per day with day - Each incident of illegal exercise will be self-corrected with 4oz of nutritional supplement	<u>Weekly:</u> -15 minute walks per day - Each incident of illegal exercise will be self-corrected with 4oz of nutritional supplement	<u>Weekly:</u> -No walks -Each incident of illegal exercise will be self-corrected with 8oz of nutritional supplement	<u>Weekly:</u> -No walks -Each incident of illegal exercise will be self-corrected with 12oz of nutritional supplement
	Center for Change, Example of Zone Plan Adolescent			

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Food Comment	<p><u>Adolescent:</u></p> <p>-Allowed to voice preferences and if possible offered a choice.</p>	<p><u>Adolescent:</u></p> <p>- No comments about meal or snack choices.</p>	<p><u>Adolescent:</u></p> <p>- No comments about meal or snack choices.</p>	<p><u>Adolescent:</u></p> <p>- No comments about meal or snack choices.</p>
	<small>Center for</small>	<small>Change, Example of Zone</small>	<small>Plan Adolescent</small>	

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Processing w/Parent	<p>Mandatory once per day three months post treatment.</p> <p>If not willing to talk about her feelings then an extra family session will be scheduled.</p>	<p>Mandatory once per day three months post treatment</p> <p>If not willing to talk about her feelings then an extra family session will be scheduled.</p>	<p>Mandatory before and after meals and snacks.</p> <p>If not willing to talk about her feelings then an extra family session will be scheduled.</p>	<p>Mandatory before and after meals and snacks</p>
	<small>Center for</small>	<small>Change, Example of Zone</small>	<small>Plan Adolescent</small>	

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Safety	<p>Any endorsement of active suicidal ideation will be assessed by psychiatrist or therapists.</p>	<p>Any endorsement of active suicidal ideation will be assessed by psychiatrist or therapists.</p>	<p>Any endorsement of active suicidal ideation will be assessed by psychiatrist or therapists.</p>	<p>Any endorsement of active suicidal ideation will be assessed by psychiatrist or therapists.</p>
	<small>Center for</small>	<small>Change, Example of Zone</small>	<small>Plan Adolescent</small>	

	Blue Zone	Green Zone	Yellow Zone	Red Zone
OP Appointments	<p><u>Therapy:</u> -1 x per week until she remains in this zone at least three months</p> <p><u>Dietitian:</u> -1 x per month until she remains in this zone at least three month</p>	<p><u>Therapy:</u> -Minimum 1x/week until she remains in this zone at least three months</p> <p><u>Dietitian:</u> -Minimum 1x/week until she remains in this zone at least six months</p>	<p><u>Therapy:</u> -Minimum 2/week</p> <p><u>Dietitian:</u> -Minimum 2/week</p> <p><u>Weigh-in:</u> -Minimum 2/week</p>	<p>OP treatment team will assess for higher level of care.</p>
	Center for Change, Example of Zone Plan Adolescent			

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Chores & Homework	<p>-Keep room clean and complete assigned chores</p> <p>-Help prepare dinner and cleanup kitchen three times per week</p> <p>-Vacuum and dust the living room once per week</p>	<p>-Keep room clean and complete assigned chores</p> <p>-Help prepare dinner and cleanup kitchen three times per week</p> <p>-Vacuum and dust the living room once per week</p>	<p>-Keep room clean and complete assigned chores</p> <p>-Help prepare dinner and cleanup kitchen three times per week</p> <p>-Vacuum and dust the living room once per week</p>	
	Center for Change, Example of Zone Plan Adolescent			

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Chores & Homework	<p>- Clean the bathroom once per week</p> <p>-Homework will be completed daily for one hour supervised by parents Monday-Friday</p> <p>-Parent will call school weekly to verify attendance</p>	<p>- Clean the bathroom once per week</p> <p>-Homework will be completed daily for one hour supervised by parents Monday-Friday</p> <p>-Parent will call school weekly to verify attendance</p>	<p>- Clean the bathroom once per week</p> <p>-Homework will be completed daily for one hour supervised by parents Monday-Friday</p> <p>-Parent will call school weekly to verify attendance</p>	
	Center for Change, Example of Zone Plan Adolescent			

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Self Care	-Dressed and ready for the day by 6:30 am	-Dressed and ready for the day by 6:30 am	-Dressed and ready for the day by 6:30 am	
	-Daily personal hygiene	-Daily personal hygiene	-Daily personal hygiene	
	-Bedtime is 10pm Sunday through Saturday	-Bedtime is 10pm Sunday through Saturday	-Bedtime is 10pm Sunday through Saturday	
	<small>Center for Change, Example of Zone</small>	<small>Plan Adolescent</small>		

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Honesty Rule	<u>Within 4 hours:</u> -Restricting	<u>Within 4 hours:</u> -Restricting	<u>Within 4 hours:</u> -Restricting	
	-Exercise	-Exercise	-Exercise	
	-Self-harm	-Self-harm	-Self-harm	
	-Weighing self	-Weighing self	-Weighing self	
		<small>Center for Change, Example of Zone</small>	<small>Plan Adolescent</small>	

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Spirituality	-Attend church weekly with parents	-Attend church weekly with parents	-Attend church weekly with parents	
	-Attend youth activities	-Attend youth activities	-Attend youth activities	
	-Pray daily	-Pray daily	-Pray daily	
	<small>Center for Change, Example of Zone</small>	<small>Plan Adolescent</small>		

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Social Goals	-Take one music class per week	-Take one music class per week	-Take one music class per week	
	-Plan one social outing per week, in advance with approved friends, and attempt to follow through with plans.	-Plan one social outing per week, in advance with approved friends, and attempt to follow through with plans.	-Plan one social outing per week, in advance with approved friends, and attempt to follow through with plans.	
	-Friends may visit at the house anytime with parent's approval	-Friends may visit at the house anytime with parent's approval	-Friends may visit at the house anytime with parent's approval	
	<small>Center for Change, Example of Zone</small>	<small>Center for Change, Example of Zone</small>	<small>Plan Adolescent</small>	

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Friends	-Allowed to communicate with friends on social media if all chores and homework are complete	-Allowed to communicate with friends for 60 minutes per day on social media if all chores and homework are complete	-Allowed to communicate with friends for 30 minutes per day on social media if all chores and homework are complete	
	<small>Center for Change, Example of Zone</small>	<small>Center for Change, Example of Zone</small>	<small>Plan Adolescent</small>	

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Phone, TV, & Computer	-Allowed to use the cell phone until 9 pm to talk to approved family/friends			
	-Allowed to watch television programming	-Allowed to use the cell phone 60 minutes per day to talk to approved family/friends	-No telephone privileges; cell phone will be monitored by parent	
	-Allowed to be on computer for 30 minutes per day with adult supervision	-No computer privileges	-No computer privileges	
	-Internet browsing will be monitored by parents.			
	<small>Center for Change, Example of Zone</small>	<small>Center for Change, Example of Zone</small>	<small>Plan Adolescent</small>	

	Blue Zone	Green Zone	Yellow Zone	Red Zone
Rewards	\$100 dollars per month for shopping			
	Center for	Change, Example of Zone	Plan Adolescent	
