



Network Eating Disorders

BE DIFFERENT BE YOU

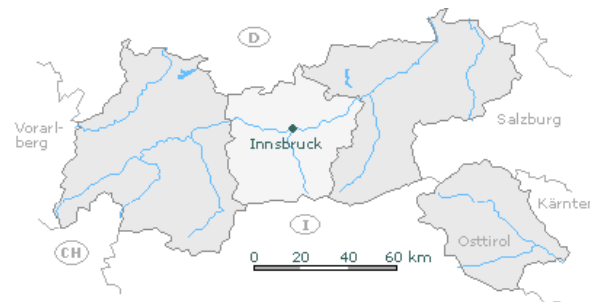
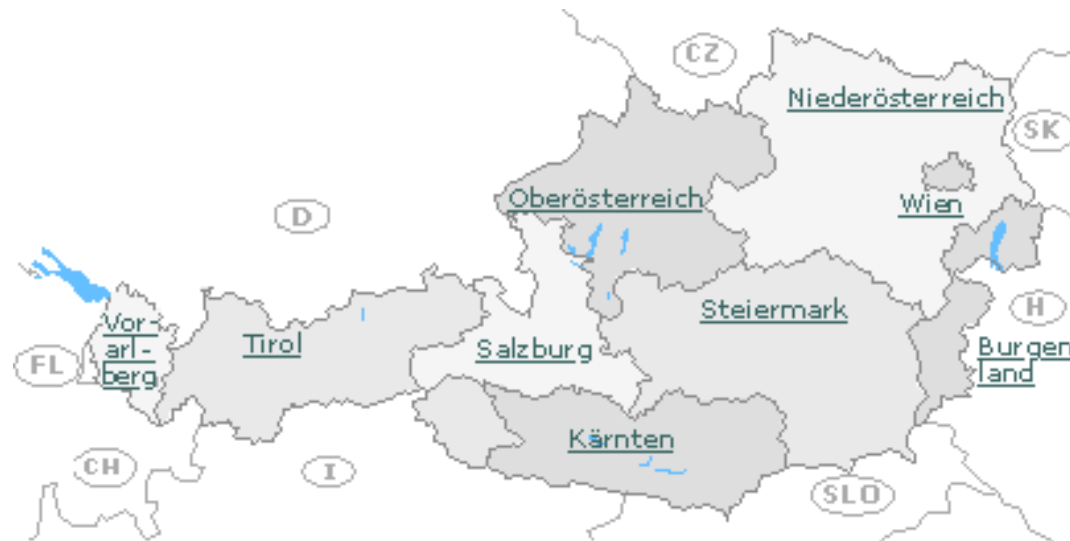
Barbara Haid

**Paper read at the Jubilee Congress on Eating Disorders 2010,
The 18th International Conference, October 21-23, 2010, Alpbach,
Tyrol, Austria**



Network Eating Disorders

Main catchment area



Population

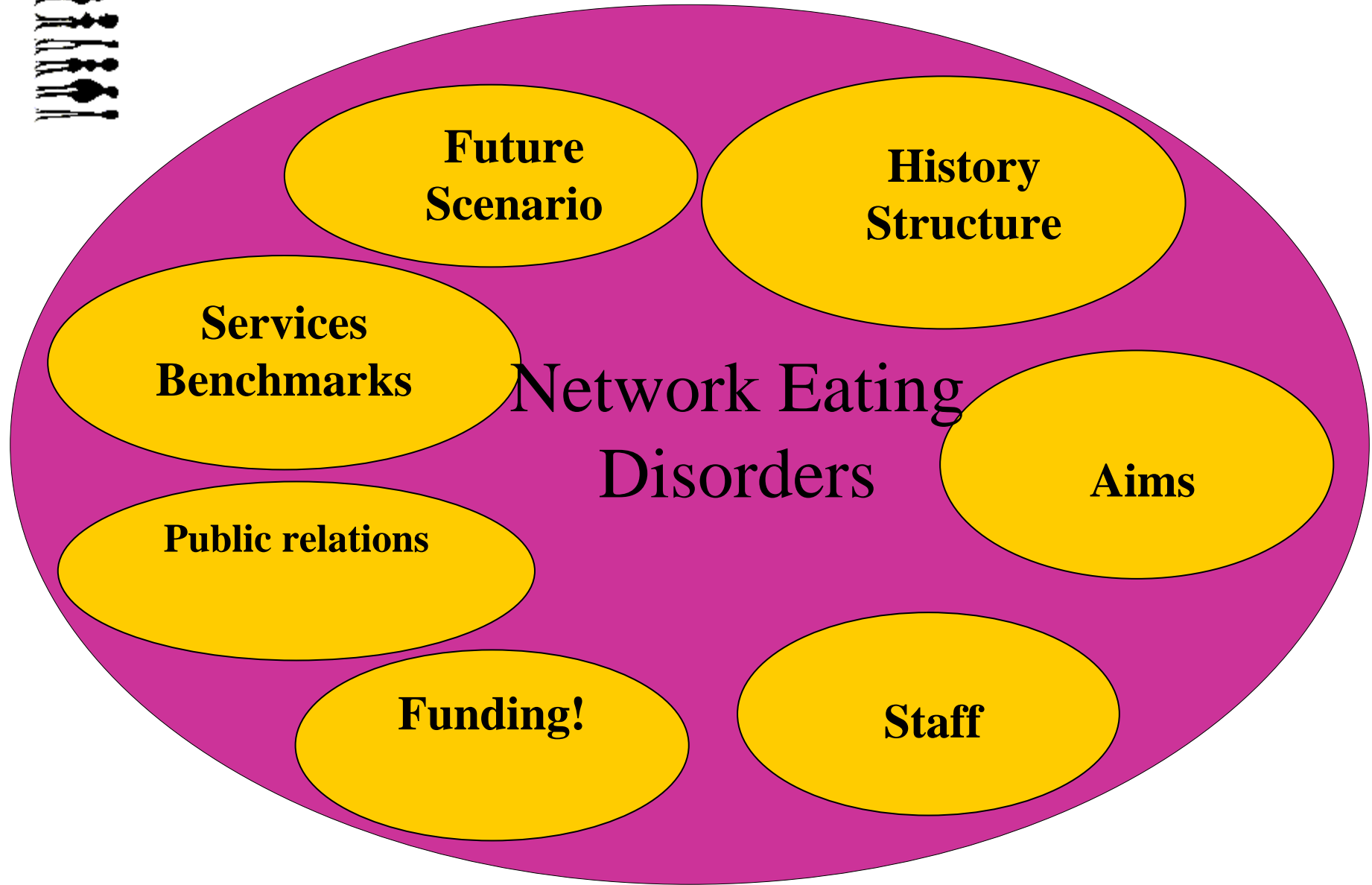
Tyrol: 688.300

**Innsbruck:
128.000**











History / Structure

- Founded in June **1990**
- **One of the oldest institutions** in this field in the German speaking area
- Non-profit organization
- **Members of the Network:** sufferers and carers, psychotherapists, clinical psychologists, healthcare psychologists, medical doctors, nutritional advisers, social workers, teachers, etc.



Aims

- Improving the psychosocial situation of sufferers and carers
- Breaking down individual and social prejudices against sufferers
- Raising the awareness of socio-cultural factors
- Achieving a more adequate treatment of sufferers
- Increasing the quantity and improving the quality of treatment and self-help resources



Staff

➤ **Team**

1 Secretary: Melanie Muigg
2 Counselors : Barbara Haid
Herta Canaval
Interns

➤ **Board**

Chairman: Günther Rathner
Deputy: Karin Waldherr
Clerk: Ulrike Smrekar
Cashier: Maria Seiwald



Funding

➤ **Subsidies**

City of Innsbruck

Federal Government of Tyrol

Federal Ministries

➤ **Donations**

➤ **Membership fees**



Services

Counselling

- **Hotline Eating Disorders**

Tuesday & Wednesday 3 – 6 pm

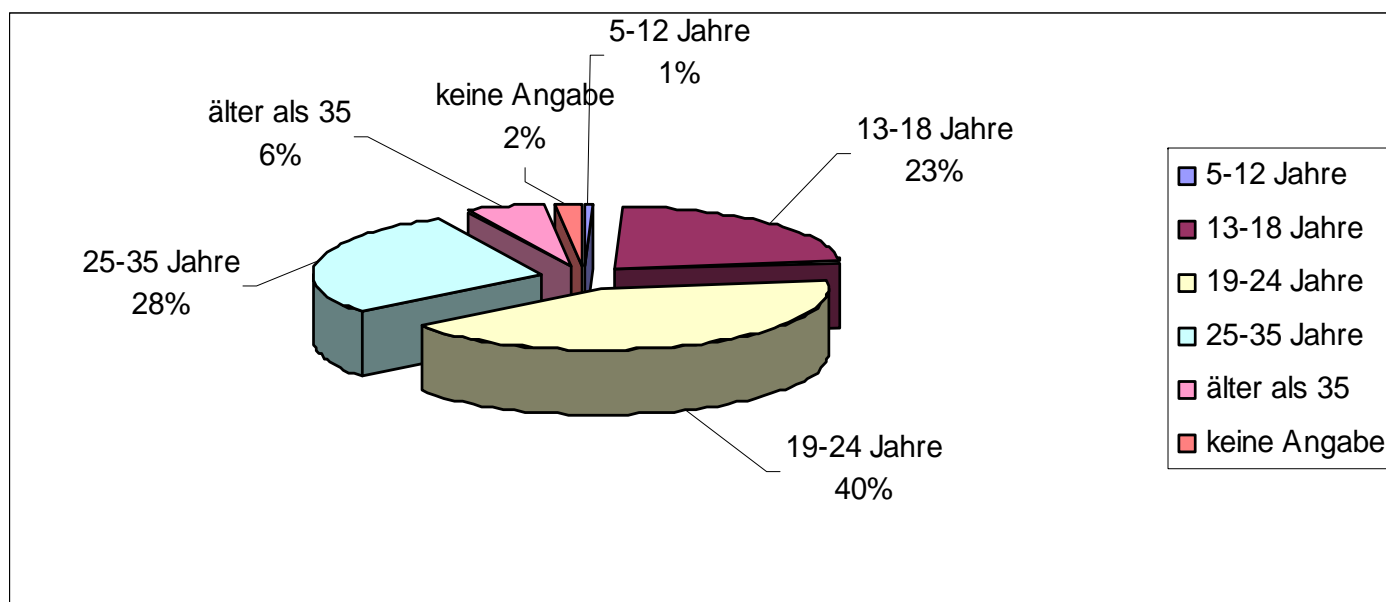
Phone number: +43(0)512/576026

- **Counseling by e-mail**

beratung@netzwerk-essstoerungen.at

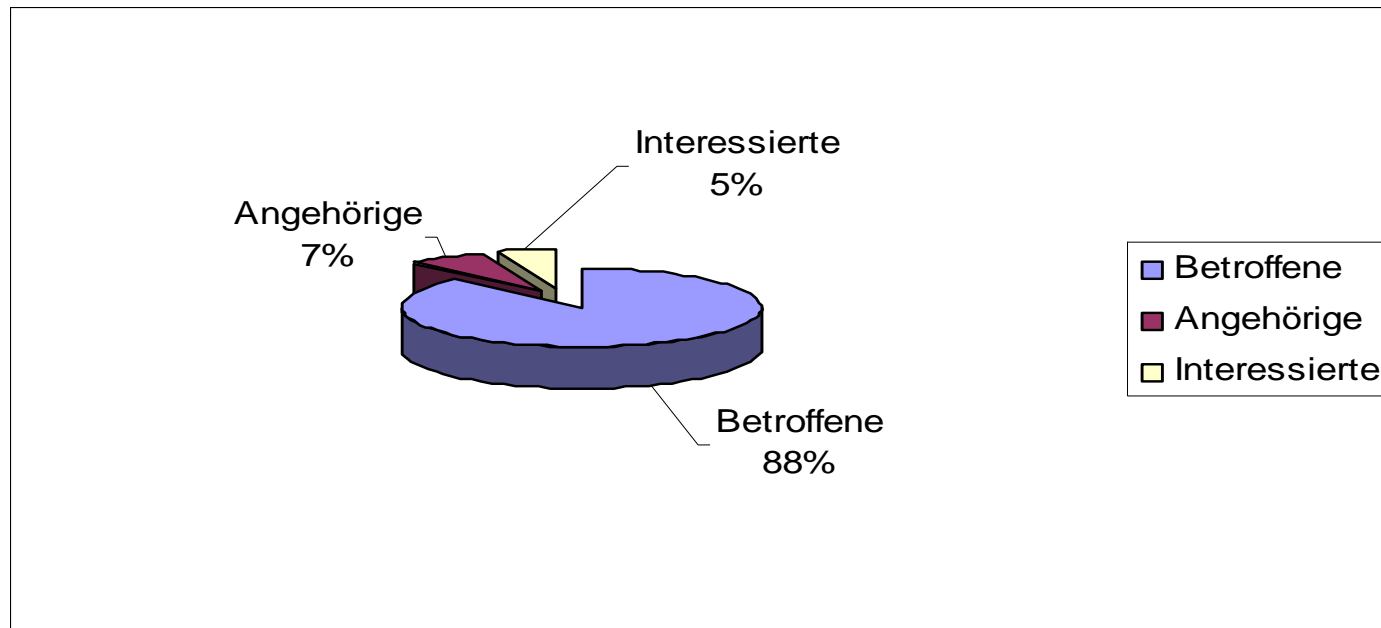


Counseling - Age Groups



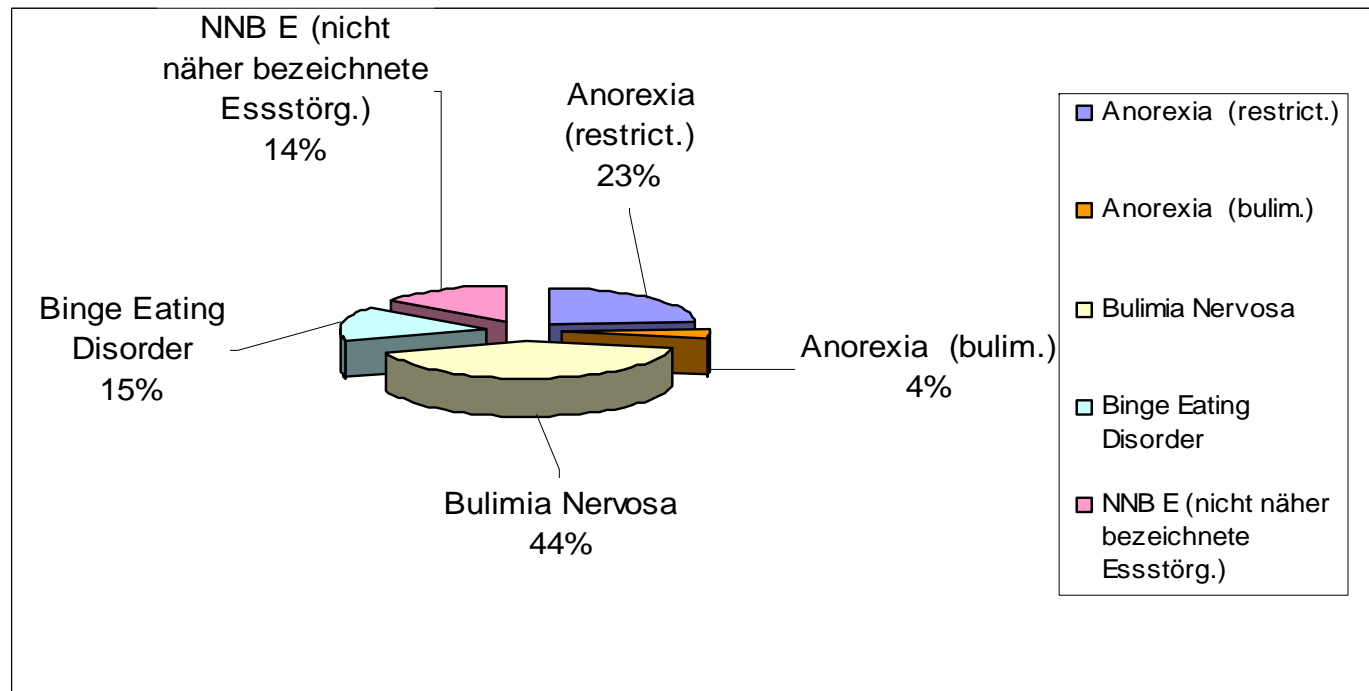


Counseling – Interest Groups





Counseling - Problems





Our cozy room for personal counselling

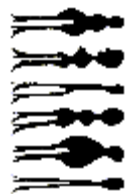




Services

Group services

- **Groups for sufferers and a carer support program**
in cooperation with the Department of Psychological Medicine and Psychotherapy
- **Initiating and supporting self-help groups**



Relatives Group

Formal Issues

- The meetings take place in intervals of 3-4 weeks
- Each session takes 90 minutes
- 6 sessions
- Follow ups

- Continuing of the groups/ Long-term-group



Services

Public Relations

- **First contact for media**
- **Website: www.netzwerk-essstoerungen.at**
- **Library & Video Store**
- **Information material**



Services

Prevention and Health Support

➤ **Workshops**

➤ **Lectures**

➤ **Events**



Prevention and Health Support/ Workshops

- Concept name: “body talking“
- schools, youth centers, organizations and institutions
- Target groups
- Basic information about ED in a modern way
- Primary prevention work



Prevention and Health Support/ Lectures





Prevention and Health Support Events

**BE DIFFERENT
BE YOU**

**JUBILÄUMSKONGRESS
ESSTÖRUNGEN 2010**
20 Jahre Netzwerk Essstörungen &
10 Jahre Österreichische Gesellschaft
für Essstörungen (ÖGES)

18. Internationale Wissenschaftliche Tagung
21. – 23. Oktober 2010
Alpbach, Tirol, Österreich

Für Betroffene, Angehörige und Experten

Wissenschaftliche Leitung /
Convener & Chairman:
Günther Rathner

MEDIZINISCHE UNIVERSITÄT
INNSBRUCK
UNIVERSITÄTSKLINIKEN

Kongressorganisation / Organized by:
Netzwerk Essstörungen
A-6020 Imstbruck, Austria
info@netzwerk-essstoerungen.at
www.netzwerk-essstoerungen.at

**JUBILEE CONGRESS ON
EATING DISORDERS 2010**
A celebration of the 20th anniversary
Austrian Network Eating Disorders &
10th anniversary Austrian Society
on Eating Disorders (ASED)

The 18th International Conference
October 21 – 23, 2010
Alpbach, Tyrol, Austria

Open to sufferers, carers, and professionals

In Zusammenarbeit mit /
in Co-operation with:
ÖGES / ASED
www.oges.or.at
& Imstbruck Medical University,
Dept. Psychological
Medicine & Psychotherapy
www.i-med.ac.at

ANONCE
BÜRO
ADPOST

NETZWERK ESSTÖRUNGEN

Logo of the Austrian Republic and the State of Tyrol.

Congress Eating Disorders

Worldwide Charter for Eating disorders

THE RIGHTS OF PEOPLE WITH EATING DISORDERS AND CARERS

I

RIGHT TO COMMUNICATION/PARTNERSHIP WITH HEALTH PROFESSIONALS

II

RIGHT TO COMPREHENSIVE ASSESSMENT AND TREATMENT PLANNING

III

RIGHT TO ACCESSIBLE, HIGH QUALITY, FULLY FUNDED, SPECIALISED CARE

IV

RIGHT TO RESPECTFUL, FULLY-INFORMED, AGE-APPROPRIATE, SAFE LEVELS OF CARE

V

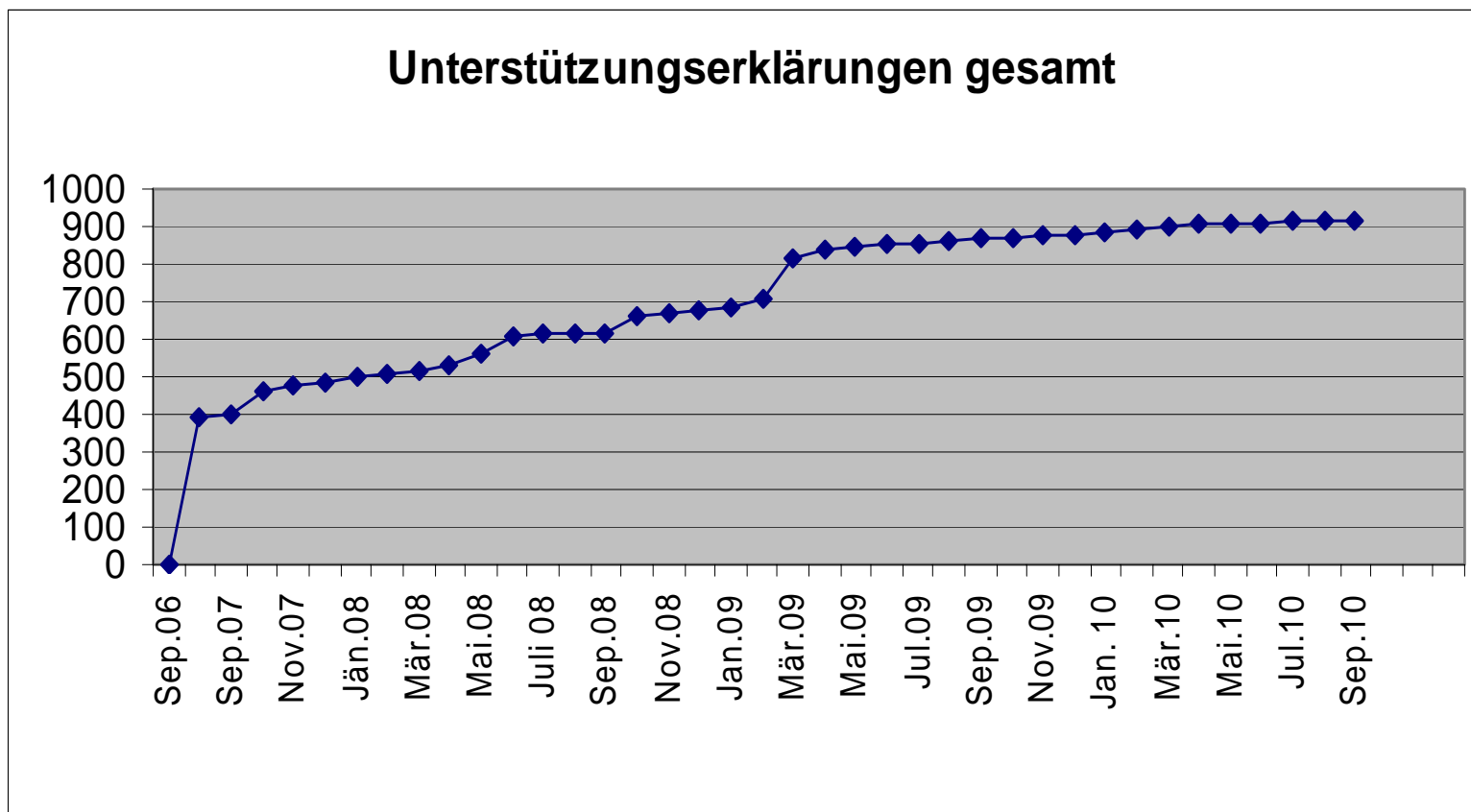
RIGHT OF CARERS TO BE TO BE INFORMED, VALUED AND RESPECTED AS A TREATMENT RESOURCE

VI

RIGHT OF CARERS TO ACCESSIBLE, APPROPRIATE SUPPORT AND EDUCATION RESOURCES



Charter - Supporters





Networking

- Discussion board Eating Disorders Tirol
- Cooperation with psychotherapists in private practices
- Cooperation with medical doctors
- Networking with hospitals, day clinics, psychosomatic ambulances, etc.
- Meetings



Future Scenario

- **Networking**
- **Setting up self-help groups for sufferers and carers**
- **Continuation and extension of school prevention programs**



Thank you for your attention

**BE DIFFERENT BE YOU –
Network Eating Disorders**

**Contact: beratung@netzwerk-essstoerungen.at
Mag. Barbara Haid**

0043/512/576026