



Sharpen Eating Disorder Awareness and Prevention (SEDAP) – 6 hours.

Recommended prerequisite: SMHL.

This evidence-based program comprised 6 hours of online modular content has been developed over the course of 15 years working with researchers in disordered eating prevention. School professionals, educators, parents, coaches and community leaders who participate in this training will:

1. Increase knowledge about the six types of eating disorders, with a focus on female athlete triad syndrome, binge eating disorder and weight stigma reduction.
2. Engage in 6 hours of training and learn directly from the national experts in eating disorders about the facts and best practices prevention and early intervention.
1. Improve strategies for early identification, screening and for helping someone who is struggling.
2. Learn concrete strategies for building body esteem, healthy coping skills and improving knowledge about dietetics models that prevent obesity and eating disorders.

The SEDAP course is nationally recognized. The documentary films contained within the modules have been featured at multiple national medical and educational conferences; including the National Eating Disorders Association, International Association of Eating Disorders Professionals, as well as in over 500 academic institutions and treatment centers as training tools for licensed clinicians.

This program has been utilized as a professional development training tool for over 5,000 educators and school professionals in 14 states and has shown to improve confidence and competence in managing eating disorders in the school setting by over 85% (Anderson et al, 2017).

Qualified participants receive 6 hours of CE's for this course, accredited through University of West Georgia.

The SEDAP course provides a deep understanding of the risk and protective factors surrounding eating disorders and the co-morbidities associated (including suicide and substance use disorders). As originally published in 2017 *Eating Disorders: Journal of Treatment and Prevention*, the course will help school leaders, teachers and coaching staff assess and address mental health needs of students and improve educational life outcomes. Participants will hear documentary film stories of resilience and strength, along with national researchers and clinical experts who share the latest facts about these debilitating diseases. Most importantly, the course highlights the primary prevention programs and techniques that can be utilized to improve body esteem and to decrease weight shame and stigma at the school, district or community level. This training is



appropriate for school administrators, professionals, counselors, and coaching staff. This module has shown to improve the shared protective factors for disordered eating, awareness of the co-morbidities for disordered eating among pediatricians (Haddad et al, 2015), awareness of evidence-based dietetics models, awareness of weight stigma, body esteem, media literacy and awareness of female athlete triad syndrome (Kroshus et al, 2018; Anderson et al., 2017).

Across multiple states the SEDAP program was used as a professional development training program for over 5,000 educators and school professionals; including in Reading, PA schools (funded by Reading Hospital); as a training at the Wisconsin School Nursing Association annual conference (funded by the American Academy of Child and Adolescent Psychiatry) and in Weston CT schools. Each training resulted in post-program survey feedback where over 90% of participants consistently responded positively to the following prompts:

- "I learned something new"
- "I recommend this training for others"
- "This training was a good use of my time"

Our team has over 20 binders containing the findings from these post-program surveys. Foundational feasibility study was published in *Eating Disorders: Journal of Treatment and Prevention* and found to increase competence and confidence in assisting a student who was struggling with disordered eating (Anderson et al, 2017).

Feedback from this course

In 2015, the Sharpen team collaborated with leadership from Greenville Health System Children's Hospital (Prisma Children's) to train 28 pediatricians and pediatric residents using Sharpen's Eating Disorder Awareness and Prevention program (deployed 100% asynchronous). The courses included disordered eating prevention, including: understanding 6 types of eating disorders, weight stigma reduction, obesity prevention, female athlete triad syndrome and exercise addiction.

Findings:

- More than half of participants have been practicing medicine for over ten years.
- 96% of participants strongly agree that our trainings assist in empathizing with patients.
- 91% of participants agree that our trainings assist in diagnosing eating disorders --the highest priority for our participants.

96% of participants agree our trainings assisted them with:



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POWERING HEALTHY MINDS

- Understanding co-Morbidities
- Communicating with Patients
- Communicating with Parents

The above 5 factors were listed as the top priority for participants.

91% of our participants rated the trainings the top two rankings: Good - Excellent. No participants ranked our trainings Fair or Poor.

Pediatrician testimonials:

"Can do it at my leisure; well presented; factual; suggested examples of how to improve encounter with patient / family on healthy lifestyle"

"Refreshing to learn about types of eating disorders and screening"

"Education on how to share among broader settings, such as schools --where many children and adolescents suffering from eating disorders unfortunately go unnoticed."

"Wide overview, patient stories, classification tools."

In spring of 2022, 15 college students participated in the SEDAP program training. Data was completed as a post-test survey.

Participants listed three things they learned from the training:

"It was really interesting learning about the dietetic models- intuitive eating, mindful eating, etc. We are 29th in the world in children's healthcare. Sad. Having guilt around eating can be a subtle, yet prominent sign of an eating disorder. I think this was interesting to learn just because i realize this is so, so common amongst most females."

"I learned just how often people talk about their weight or "fat-talk" and how much like velcro the comments are. I also learned that by critiquing the "thin ideal" students are less likely to develop an eating disorder. These pledges help build resiliency against eating disorder."



“There are, at minimum, 6 types of eating disorders: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, OSFED, UFED, and ARFID. Also, I learned that you can build resilience through increasing protective factors. Examples of these protective factors including improving coping skills, increasing family meal times, delaying gratification, building/increasing mindfulness, and supporting/helping developing adolescents in feeling great about their bodies. Teaching kids to decreasing fat talk is also essential to decreasing likelihood of disordered eating.”

“I learned about some of the cognitions associated with disordered eating, protective and risk factors, as well as how to approach the scenario of someone expressing their disordered eating issues.”

About Sharpen

Sharpen® is an evidence-based, trauma-informed mental health platform that has shown to improve mental health outcomes through the provision of technology that delivers individually-focused, award-winning, and community-driven content (Hussa-Farrell et al, 2021). Sharpen focuses on improving shared protective factors of both individuals and communities by increasing resiliency, mental health literacy, and productivity of users (Hussa-Farrell et al, 2021). Sharpen and its library of over 100 award-winning courses has been used for over five years as professional development training tools for licensed clinicians, educators and peer mentors and has shown to improve suicide prevention best practices (Karydi et al, 2017-2021), improve confidence and competence in assisting an individual or student who may be struggling (Anderson et al, 2017; Patrizi et al, 2019; Fadel et al 2020), decreasing shame and stigma around mental health topics (Fadel et al 2020), improving mental health literacy for school professionals and educators (Anderson et al, 2017), pediatricians (Haddad et al, 2015), and medical students (Fadel et al, 2020). Most notably, the Sharpen system was used to train elementary educators how to lead mindfulness interventions for children ages four to seven in Title 1 schools. The program not only improved health outcomes, but academic outcomes including increased literacy and decreased disciplinary action (Bauer et al, 2019; Parker et al, 2021). Sharpen contains the award-winning peer resiliency program, *Flourish*: a disordered eating prevention program designed and led at Spartanburg Day School in South Carolina, created in collaboration with pediatricians and licensed mental health professionals. The program ran over the course of five years, with over 15 students each year who were trained on the curriculum and then went to mentor elementary aged children in building protective factors such as improving body esteem, mindfulness, social emotional learning and mindfulness based stress reduction (Hussa Farrell 2015-2020).