

*“Because supporting the family
supports the patient”*

*“Treatment of eating disorders is
a great example of
how badly we have done by parents
by separating individuals from families and
blaming families for the problem” ...*

Dr Thomas Insel
Director of the US National Institute for Mental Health

Join us

Families Empowered and Supporting Treatment of Eating Disorders is an organization of parents and caregivers. In order to know who we serve and what parents want, we invite all those affected by eating disorders to become members of F.E.A.S.T. Membership is free.

www.FEAST-ED.org

Families Empowered and Supporting Treatment of Eating Disorders

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F.E.A.S.T.



*Families Empowered and
Supporting Treatment
of Eating Disorders*

*Serving up support and information for
parents and carers of eating disorder patients.*

F.E.A.S.T.

...is a nonprofit international organization of and for parents and caregivers. We help loved ones recover from eating disorders by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

We Believe

Eating disorders are biologically based mental illnesses and are fully treatable with a combination of nutritional, medical, and therapeutic supports.

Parents do not cause eating disorders, and patients do not choose eating disorders.

Parents and caregivers are a powerful tool for a loved one's recovery from an eating disorder.

Blaming and marginalizing parents in the eating disorder treatment process causes harm and suffering.

When available, patients should receive evidence-based treatment.

Families should be supported in seeking the most appropriate treatment in the least restrictive environment possible.

Food is medicine: all treatment should include urgent and ongoing nutritional rehabilitation.

When the family is supported, the patient is supported.

Siblings and all family members are affected by a family member's illness, and deserve full attention to their needs.

Parents have unique abilities to offer other parents support, information, and the wisdom of experience.

History

Families Empowered and Supporting Treatment of Eating Disorders was formed in March 2008. Membership is open to families, professionals, patients, former patients, and other concerned members of the public. Our focus is entirely on supporting parents and caregivers. We are funded by donations from the public. Donations and volunteers are welcome. F.E.A.S.T. is a 501(c)(3) charitable organization.

Professional Advisory Panel

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Services

- Around the Dinner Table, an online forum for parents and caregivers that has supported families since 2004
- A research blog
- Collaborate with other eating disorder groups, and advocate mutual goals, such as: insurance parity, legislative initiatives, public education, and professionalism in the ED world
- Email and telephone support
- Helping parents find information and get involved with advocacy around the world
- Downloadable brochures for teachers, coaches, doctors, family, and friends
- F.E.A.S.T. Media Outreach project advocates accurate and current presentation of eating disorder issues on the internet and in other media
- Online Recipe book
- Directory of evidence-based treatment providers

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