



## Student Resource Handout

For crisis or suicide support 24/7, 365 days a year contact:

- Call or text "988"
- Call or text Alaska Careline at 1-877-266-4357

If you have general questions about eating disorders, are concerned that you or a friend might have an eating disorder, or you are seeking support and encouragement for eating concerns contact:

- ANAD at 1-888-375-7767 Monday-Friday from 7am-7pm

If you are seeking Alaska-based resources for providers who can support eating disorder recovery, contact the Alaska Eating Disorders Alliance.

- Call 907-308-8400 or
- check out the online listing available at: <https://www.akeatingdisordersalliance.org/alaska-treatment-options>

If you are seeking resources about eating disorder treatment facilities outside of Alaska who support individuals with eating disorders contact the National Alliance for Eating Disorders at:

- [www.findedhelp.com](http://www.findedhelp.com)
- or call 1-866-662-1235 Monday-Friday 5am-3pm Alaska Standard Time to talk to a mental health clinician who can help

If you are concerned that you, your athlete, or your child has an eating disorder, they may benefit from an assessment. Many Alaska providers can provide an assessment. You may also contact Project Heal for a free, 1-hour assessment that will provide diagnoses and treatment recommendations.

- <https://www.theprojectheal.org/clinical-assessment>

To access eating disorder support groups, check out current offerings from the following organizations:

- The Alaska Eating Disorders Alliance -- <https://www.akeatingdisordersalliance.org/supportgroups>
- The Eating Disorders Foundation -- <https://eatingdisorderfoundation.org/get-help/support-groups/support-group-schedule/>
- The National Alliance for Eating Disorders Awareness -- <https://www.allianceforeatingdisorders.com/eating-disorder-support-groups-and-programs/#locations>
- ANAD -- <https://anad.org/get-help/about-our-support-groups/>



## Resources for Athletes and Eating Disorders

### Project Red-S

A place where people of all ages, genders, abilities and activities can come together to learn how to prevent or overcome Relative Energy Deficiency in Sport. A place to pursue peak performance in a healthy body and mind. Where instead of winning at all costs, it's about winning without compromise.

<https://red-s.com/>

### “Finding Your Sweet Spot: How to Avoid RED-S by Optimizing Your Energy Balance”

In this book, author and dietitian Rebecca McConville offers easy to understand advice to help you find your “sweet spot,” that place where you’re providing your body with the energy it needs so you can perform your best in your sport – and also in your life.

[https://www.amazon.com/Finding-Your-Sweet-Spot-Optimizing/dp/1091089051/ref=sr\\_1\\_2?hvadid=580688936095&hvdev=c&hvlocphy=9033845&hvnetw=g&hvqmt=e&hvrnd=6161175971323236734&hvtargid=kwd-2237686252&hydadcr=15523\\_13517318&keywords=finding+your+sweet+spot&qid](https://www.amazon.com/Finding-Your-Sweet-Spot-Optimizing/dp/1091089051/ref=sr_1_2?hvadid=580688936095&hvdev=c&hvlocphy=9033845&hvnetw=g&hvqmt=e&hvrnd=6161175971323236734&hvtargid=kwd-2237686252&hydadcr=15523_13517318&keywords=finding+your+sweet+spot&qid)

### Running in Silence

Creating an athletic community that meets the needs of athletes physically and mentally to prevent, identify, and encourage recovery of eating disorders.

<https://runninginsilence.org>

### Addressing Eating Disorders Among Athletes

Join members of the Alaska Eating Disorders Alliance (AKEDA) and Holly Brooks for this interview from KSKA’s “Line One Your Health

Connection” with host Prentiss Pemberton as they discuss eating disorders risks for athletes.

<https://alaskapublic.org/2021/06/25/addressing-eating-disorders-among-athletes/>

### Live From the Bear Tooth

Listen to the live panel discussion moderated by 2X Olympian Holly Brooks and other Alaskan athletes and coaches after a sold out viewing of “Winning at All Costs” at the Bear Tooth Theatre in Anchorage, Alaska in February 2023.

<https://podcasts.apple.com/us/podcast/addressing-alaskans-athletes-and-eating-disorders/id1092712366?i=1000603659039>

### Alaska Insight

Alaska Public Media journalist Lori Townsend interviews Holly Brooks and Beth Rose to discuss the documentary film “Winning at All Costs.”

<https://alaskapublic.org/2023/02/17/shining-a-light-on-eating-disorders-alaska-insight/>

### Non-Weight Based Athletic Performance Factors

#### McCallum Place Eating Disorders Center “Optimizing Sport Performance by Looking Beyond Weight”

Undue emphasis on weight as a factor for sports performance can place athletes in a vulnerable position. Consider these 40 other factors that impact sport performance and think about how these can be areas to focus attention on performance improvement, instead of weight.

<https://www.mccallumplace.com/about/blog/optimizing-sport-performance/>

### Athlete Stories

#### Lauren Fleshman, “Good for a Girl: A Woman Running in a Man’s World”

Part memoir, part manifesto, *Good for a Girl* is Fleshman’s story of falling in love with running as a girl, being pushed to her limits and

succumbing to devastating injuries which are partly due to lack of proper nutrition, and daring to fight for a better way for female athletes.

<https://www.amazon.com/Good-Girl-Woman-Running-World/dp/0593296788>

<https://globalsportmatters.com/health/2019/08/28/hidden-figures-male-athlete-eating-disorders-often-overlooked/>

### **Lauren Fleshman, “I Changed My Body for My Sport. No Girl Should”**

In this New York Times Op-Ed piece, professional track star Lauren Fleshman calls for changes to the “win at all costs” culture of competitive sports that start in high school, claiming they harm female athletes and need to be reconsidered in order to avoid institutionalized harm.

<https://www.nytimes.com/2019/11/16/opinion/girls-sports.html>

### **Mary Cain, “I Was the Fastest Girl in America Until I Joined Nike: Mary Cain’s male coaches were convinced she had to get ‘thinner and thinner and thinner.’ Then her body started breaking down.”**

In 2013, Mary Cain became the youngest American track and field athlete to make a World Championships team. In a guest column in the New York Times, she shares how the drive to change her body’s shape to improve performance eventually led to a devastating eating disorder – and a call to action for others to change their beliefs that body shape is the key to performance.

<https://www.nytimes.com/2019/11/07/opinion/nike-running-mary-cain.html>

### **Hidden Figures: Male Athletes Eating Disorders Often Overlooked**

Football player Patrick Devenny and running coach and former collegiate distance runner Mario Fraioli share their stories of how eating disorder symptoms impacted them, highlighting ways that concerning behaviors sometimes appear different in males than females.