



Behind This Mask: **An Eating Disorders Open House**

*EVENT COORDINATOR
INFORMATION PACKET*

INCLUDES:
EVENT OVERVIEW
SAMPLE SCHEDULE & SPONSORSHIP INFO
SCHEDULING FORM



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OPEN HOUSE EVENT OVERVIEW

Behind This Mask: Eating Disorders Open House is designed to open up communication about eating disorders and related issues with:

- College Students
- Adults/Parents
- Youth
- Educators
- Healthcare Professionals & Students
- The Community At-Large

Anorexia, Bulimia and **Binge-Eating Disorder** are the NUMBER ONE mental illness-related killers of young women nationwide, and increasingly young men as well.

By the time they reach college age, nine out of ten women and many men have engaged in eating disordered behavior and one in four women have eating disorders. Intervention is critical because:

- 11 million people nationwide struggle with anorexia/bulimia, and 1-2 million Americans have binge-eating disorder
- Without treatment, up to twenty percent (20%) of people with serious eating disorders die. With treatment, that number falls to two to three percent (2-3%).
- With intervention and treatment, approximately 60% of those with eating disorders make a partial or full recovery!

If you would like to reach out to your community with a message of hope and offer valuable resources for seeking treatment and recovery from eating disorders, a great way to do this is to host an *Eating Disorders Open House*!

Key to Life will:

- Keynote and facilitate the Open House, which is designed to be a free open-forum event
- Assist with assembling healthcare professionals to present and serve on the Q&A Panel
- Provide materials to assist with responding to post-event requests for support
- Provide Press Release, Poster, Registration and Exhibitor templates for promotion

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SAMPLE SCHEDULE & SPONSORSHIP INFO

The open house schedule can be tailored time- and topic-wise to the individual organization's needs and resources. A sample schedule from a recent Open House event is below:

- 8-9am – Registration & Welcome
- 9-9:15a – Introductory Remarks
- 9:15-10:15 – Personal Stories of Recovery from Anorexia, Bulimia, Binge-Eating Disorder
- 10:15-10:30am - Break
- 10:30-11:30 – Professional Presentations *
- 11:30-11:55a – Q&A Panel, Talk-back
- 11:55-noon – Feedback Cards, Visit with Panelists and Exhibitors

* Topics can include but are not limited to: The 4 Elements of a Treatment Team (Physician/Psychiatrist/Counselor/Dietician), Benefits of Inpatient vs. Outpatient Treatment, How to Talk to a Family Member/ Friend About Eating Disorders, Dental/Medical Short- and Long-Term Impact of Eating Disorders

Sponsorship Info

The *Eating Disorders Open House* is offered **free of charge** to *participants*.

A sponsorship fee is requested of the co-sponsoring organization(s) to cover event costs (including speaker coordination, promotion & printing, feedback form design, event administration & participant follow-up). If travel is required of the facilitator(s), travel costs must be included in the sponsorship fee. Please contact us for more information at 713-777-6003 or via the website below.

Key To Life www.key-to-life.com



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SCHEDULING FORM

**ALL FIELDS ARE REQUIRED FOR FORM TO BE PROCESSED
YOU WILL BE CONTACTED ONCE YOUR COMPLETED FORM HAS BEEN RECEIVED**

NAME		
ORGANIZATION NAME		
MAILING ADDRESS		
CITY	STATE	ZIP
PHONE (BEST CONTACT #'S PLEASE)		
FAX		
EMAIL		
REQUESTED DATE(S) OF OPEN HOUSE EVENT		
PLACE & ADDRESS OF EVENT		
START TIME OF EVENT		
EVENT BUDGET		
OTHER SPECIAL NEEDS/REQUESTS		