



"It may be when we no longer know what to do, we have come to our real work, and that when we no longer know which way to go, we have begun our real journey."

- Wendell Berry

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Partners

Emerge

Emerge takes evidence-based programs that improve body image, eating disorders, and weight management and adapts them into interactive media and technologies aimed at transforming thoughts, perceptions and behaviors. EmERGE programs aim to empower individuals to seek health and thriving as the desired endpoint, rather than unattainable appearance goals.

The Body Project

The Body Project is a dissonance-based body-acceptance program designed to help high school girls and college-age women resist cultural pressures to conform to the thin-ideal standard of female beauty and reduce their pursuit of unhealthy thinness. The Body Project (backed by 15 years of quantitative research) demonstrates the program's ability to decrease body dissatisfaction, thin-ideal internalization, eating disorder symptoms, dietary restraint, and negative affect.

The Healthy Minds Network

One of HMN's most important projects is the Healthy Minds Study (HMS), an annual survey examining mental health (e.g., depression, anxiety, eating disorders), related health behaviors (e.g., substance use, sleep) and service utilization among college students.

O'Connor Professional Group

OPG offers a continuum of behavioral health services to individuals, families, employers and advisors. Their areas of focus include addiction, eating, mood and personality disorders, and mental health issues, as well as failure to launch services for young adults. Staff can provide concierge services to identify suitable treatment and aftercare options, as well as assist the entire family in creating and implementing sustainable recovery plans.

Events

Musicians for Recovery:

This initiative brings together two of my greatest passions—music and supporting college students in crisis. Although students are struggling with eating disorders at alarming rates, there is limited opportunity for the university community to come together and share their concerns about this important topic.

HRS will be co-sponsoring "Recovery Concerts" at local universities. At each event, we will have a musical concert, preceded by a brief presentation about eating disorders, guidance on how to support a friend, and tips on how one can reach out for support themselves. In addition, campus staff will be present to offer information on their campus resources.

Event planning kits will be provided to all participating Massachusetts colleges or universities interested in hosting an event. These kits include the following promotional materials: downloadable event logo, complimentary event t-shirts for concert organizers, press release template, sample event flyer, social media posts, Talking Points Fact Sheet, and guidelines on hosting a successful Musicians for Recovery event.

Universities can submit a request to host a Musicians for Recovery event, and upon acceptance, will be matched with an individual or organization that has donated funds to support these campus-based events.

*"Music speaks what cannot be expressed,
soothes the mind and gives it rest,
heals the heart and makes it whole,
flows from the heaven to the soul."*

- Author unknown

At **Hynes Recovery Services**, we understand the unique challenges that clients are confronted with when faced with the significant impact of an eating disorder diagnosis. Our team is here to guide you along your recovery journey, helping to secure the best treatment options available based on your individual needs. And as this is an illness that affects all family members, we are equally committed to supporting a client's entire support network. Full recovery is indeed possible. Allow us the opportunity to help you start this journey....and let the healing begin.

And for professionals in the eating disorder community, our organization can be a useful resource as well. In order to effectively support those struggling with eating disorders and/or body image disturbances, we need to be aware of the full range of services available in our communities, and beyond. It is for this reason that HRS has created a comprehensive on-line directory of programs and other resources within MA and across the country, which can offer an array of treatment options for your clients.

**Please contact us for a free consultation
by calling (339) 222-1947
or e-mailing
Dawn Hynes at:
Dawn@HynesRecovery.com**

Founder: Dawn Hynes, MSW



Dawn Hynes, Founder of **Hynes Recovery Services**, holds a Master's Degree in Social Work from Washington University in St. Louis. She is a passionate advocate dedicated to making eating disorder treatment accessible to more people and providing practitioners with state of the art training and resources.

For the past 20 years, Dawn has been active in eating disorder recovery work as an advocate, clinician, and volunteer. She has trained staff, developed clinical manuals, and worked with groups and individuals at Boston Children's Hospital and Laurel Hill Inn's Residential Treatment Program. As a volunteer, she has helped hundreds of families nationwide find resources and treatment referrals, created and distributed comprehensive eating disorder manuals to eating disorder organizations nationwide, and has also worked with a team of clinicians helping both celebrities and Olympic athletes connect to treatment.

Testimonial

"Dawn Hynes is a tireless advocate, committed to helping people struggling with eating disorders find the care they need. Her organizational skills, energy, and dedication, have already guided countless students into treatment, and now she will also be focusing on the difficult and important transition from treatment back to college life."

– Margaret Ross, M.D., Medical Director, Center for Anxiety and Related Disorders, Boston University



Client Services

Hynes Recovery Services offers clients the opportunity to be fully supported in their recovery from an eating disorder. We are equipped to handle clients in both the early stages of an eating disorder, as well as those that may have been living with the devastating effects of this illness for some time. Clients and their families will receive not only information and education regarding all aspects of a loved one's eating disorder, they will also have the opportunity to be connected to the top eating disorder experts in their geographical area.

Family Services

At Hynes Recovery Services, we truly understand how overwhelming it can be for you as a family to deal with a loved one who is struggling with an eating disorder. And it is not just parents who suffer in silence; siblings are also at a loss as to how they can best support their brother or sister who is in need of support. Unfortunately, there isn't always a clear answer as to what should be done – for example, should we wait until our loved one is ready for treatment, or is it best to look into planning an intervention in order to maximize our chances of securing treatment?

We will take the time to listen to your concerns and guide you in prioritizing next steps for treatment. This can be a difficult process, but becomes much more manageable when provided with information and advice as to which level of care is most appropriate based on one's current medical and/or psychological symptoms. In addition, we can also effectively guide you in identifying evidence-based treatment resources, and if needed, referrals for family coaching and/or family therapy.

Provider Support

In order to effectively support our students struggling with eating disorders and/or body image disturbances, we need to be aware of the full range of resources that are available and geared for the college student population. It is for this reason that **Hynes Recovery Services** has assembled a list of programs and services within the Northeast (and across the country) that can offer an array of treatment options. In addition, HRS has established a Provider Affiliate Network, offers clinical supervision groups, and also plans networking events each semester for practitioners both within and outside of the university community.

Campus Support

University resources developed through Hynes Recovery Services includes: campus awareness materials, guidelines for administrators and providers in the process of creating campus-based eating disorder support services, the development of a clinical manual (along with support group curriculum), and creation of an Athlete and Eating Disorder Intervention Team, in addition to ongoing trainings for university health care practitioners.



Adolescent Treatment Program

This initiative is geared towards supporting high school seniors in the process of transitioning to college. Our primary support will entail establishing highly skilled outpatient eating disorder treatment teams for these young adults – and if requested, ongoing clinical case management services. HRS is also planning to support the high school and boarding school communities. To address the increasing number of students identified as struggling with an eating disorder, our team will be offering monthly virtual conference calls (from September through June) to guide educational institutions seeking various forms of support for the students in their care.

ED Recovery on Campus Campaign



Our **mission** is to become the premier advocacy organization related to body image disturbances and eating concerns within the university community. In order to best accomplish our goals and

objectives within this stated mission, we have created a national eating disorder awareness campaign, enlisting Allison Kreiger Walsh as our recovery ambassador.

"It is an incredible honor to be a part of a collegiate initiative dedicated to helping students in recovery. In my role as the National Collegiate Recovery Spokesperson, I will be using my voice to help further advance what is currently available and inspire those in recovery to create a movement of support on their campuses."



– Allison Kreiger Walsh, JD