

Request for Proposals

Consultant: Examination of the Intersection between Anxiety and Eating Disorders

Organizations: Jessie's Legacy Eating Disorders Prevention and Awareness Program
& Anxiety Canada

About Jessie's Legacy:

Jessie's Legacy, a program of Family Services of the North Shore, provides eating disorders prevention education, resources and support for BC youth, families, educators and professionals. Jessie's Legacy is one of the seven BC Partners for Mental Health and Addictions Information.

About Anxiety Canada:

Anxiety Canada (formerly AnxietyBC™) is a registered charity established in 1999 by a group of concerned individuals, family members, and health professionals. The association's mission is to promote awareness of anxiety disorders and support access to proven resources and treatment. Anxiety Canada is one of the seven BC Partners for Mental Health and Addictions Information.

The Context:

The co-morbidity of anxiety and eating disorders is well known in the research literature (e.g., for a review: Swinbourne & Touyz, 2007). Research also shows that high rates of co-occurrence are commonly exhibited during the early onset phase, indicating a potentially important area of intersection for early identification and prevention efforts.

In an effort to better understand this relationship we want to develop a theory of change and comprehensive assessment of effective mechanisms for health literacy delivery that takes into account the intersection between anxiety and eating disorders. The aim of this contract is to:

- Conduct a review of the current scientific literature to determine best practices around prevention and early intervention of eating and anxiety disorders
- Conduct an environmental scan to determine what work is currently being done in the province regarding eating and anxiety disorders
- Review best and most efficient practices around mechanisms for disseminating prevention and early identification information to school aged children (K-12) and how best to include their parents/families.

The goal is that a thorough overview will help guide Anxiety Canada and Jessie's Legacy towards developing effective health literacy tools that will inform how we create resources, provide and disseminate health literacy education efficiently and effectively.

The Contract:

We are seeking a consultant to work in collaboration with key staff and senior leadership in order to:

- Develop a theory of change for anxiety and eating disorders that includes:
 - An overview of literature on prevention of eating and anxiety disorders
 - An overview of current health literacy work being done in BC on eating and anxiety disorders for school aged youth (K-12)
 - Conduct interviews with key organizations and youth, parents and families with lived experience
 - Intended impacts for health literacy around the intersection of eating and anxiety disorders
 - Design an implementation plan
 - Submit a final report

Accountability and Reporting

Jessie's Legacy Manager Joanna Zelichowska will manage the contract and oversee the process for the development of the theory of change document.

Term of Contract

July 15th, 2019 – November 30th, 2019

Budget

The budget available for this project is up to \$ 5,000 for the contract period, including GST and applicable taxes.

Experience and Job Skills required:

- Experience with reviewing and evaluating scientific literature
- Experience working in health literacy or health promotion
- Experience conducting needs assessments and program evaluations
- Experience developing implementation plans
- Excellent verbal and written communication skills
- Ability to facilitate effective group processes with organizations and/or individuals with lived experience
- Demonstrated knowledge of strategies to enhance impact

Contractual Terms and conditions:

- Complete a Criminal Records Check for working with vulnerable populations
- GST #

Proposal Components and Submission Details (Recommended content):

- Understanding of the project, scope, approach and methodology
- Project management approach and work plan

- Declaration of Experience and Qualifications (attach curriculum vitae)
- References (minimum of three)

Direct Questions and Inquiries to: Joanna Zelichowska at: zelichowska@familyservices.bc.ca

Closing Time: Proposals must be received before 5pm on June 30th 2019

Submission: Proponents will submit an electronic proposal by email. Proposals must be in PDF format with all attachments sent to Joanna at: zelichowska@familyservices.bc.ca.