Tennessee v. Meta
Case No. 23-1364-IV

DX3580

Message

From: Vaishnavi J [/O=THEFACEBOOK/OU=EXCHANGE ADMINISTRATIVE GROUP (FYDIBOHF23SPDLT)/CN=RECIPIENTS/CN=21D2B48C61C849F8B5DD710074F39986-VAISHNAVIJ]
Sent: 2/5/2021 1:25:39 AM
To: Vaishnavi J [vaishnavij@fb.com]
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Subject: Thank you: ED feedback session
Attachments: Expert feedback session_ Bios of participants.pdf

Hi all,

Thank you for joining and sharing your feedback with us on our policies around eating disorders yesterday. You shared some important thoughts and insights and we really appreciate the time you took out of your day, especially across a range of time zones.

As promised, please find attached a list of bios from all participants who wanted to share them with us. Feel free to reach out if you have any follow-up questions or thoughts. Looking forward to more fruitful conversations in the future!

cheers,
Vaishnavi

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Vaishnavi
pronounced VYE-sh-nuh-vee
Head of Safety, Instagram
IG: @vyanams

Facebook & Instagram Expert Feedback Session: Eating Disorders

Feb 3, 2021 08:00 AM Pacific Time

Bios of participants who shared them

Anna Lavis, University of Birmingham (UK)

Anna Lavis is an anthropologist working across the Institute of Applied Health Research and Institute for Mental Health at the University of Birmingham, where she leads a programme of work into young people's experiences of mental health and distress. With focuses on eating disorders, psychosis, self-harm and suicide, she has gained funding from Samaritans; ESRC; NIHR; NSPCR and Wellcome Trust amongst others. Working across academic, clinical and third-sector interfaces, Anna has a long-standing research interest in relationships between mental health and social media, having used online ethnography to explore eating disorders, self-harm, and suicide content. She acted as an advisor on the Samaritans' development of Industry Guidelines, has advised a range of national and international organisations on online harms, and has recently been working with Facebook/Instagram in relation to eating disorders content.

Chelsea Kronengold, NEDA (US)

Chelsea Kronengold is an eating disorders and body liberation activist and nonprofit professional. Chelsea graduated summa cum laude from the University of Florida, subsequently receiving a masters degree in clinical psychology from Columbia University. Presently, Chelsea is the Communications Manager at the National Eating Disorders Association (NEDA), overseeing NEDA's social media and communications. Additionally, Chelsea serves as a master trainer for the Body Project; an evidence-based body confidence and eating disorders prevention program for women and girls. Chelsea frequently speaks on behalf of NEDA about her personal and professional experience with body image, eating disorders, diet culture, media literacy, and weight stigma; she has appeared in national media platforms including The New York Times, CNN, NBC, Rolling Stone, and USA Today. [Instagram: @HeartOfKronengold]

Kristina Saffran, Equip (US)

Kristina Saffran is the cofounder and CEO of Equip, a virtual program helping families recover from eating disorders at home with comprehensive, gold-standard care created by experts in the field and people in recovery. Equip's five person care teams include dieticians, physicians, therapists, and mentors who deliver wrap-around support to provide families progress and lasting recovery. At 15 years old, in her own recovery from anorexia, Kristina founded Project HEAL, now a leading grassroots eating disorder non-profit in the US providing treatment access and recovery support to people struggling with eating disorders. Kristina is an Ashoka Fellow, a Forbes 30 under 30 social entrepreneur, and a Facebook Community Leadership Fellow, and graduated from Harvard College with a bachelors degree in psychology in May 2014.

Lotte Rubæk, Child and Adolescent Mental Health Services (Denmark)

Lotte Rubæk is the leader of the self-injury team in Child and Adolescent Mental Health Services in the Capital Region of Denmark. Throughout her career, Lotte has had non-suicidal self-injury (NSSI) as her primary focus area, and she has worked clinically with self-injuring and eating disordered adolescents since graduating in 2007. Lotte has followed the development in the proportion of young people with

self-injury and the lack of specialized treatment options with concern, and through participation in a political task force, she has succeeded in putting self-injury on the political agenda and in the Finance Act.

The self-injury team is the first of its kind in Denmark, and with that Lotte aims to offer evidence-based, early and easily accessible treatment options for young people with self-injury. At the same time, the team qualifies employees in psychiatry through e-learning programs and courses where a major focus area is self-injury, suicidality and social media.

Alongside her clinical work, Lotte has been involved in research projects, where she has investigated dependency aspects of self-injury and what characterizes self-injuring psychiatric patients regarding affect regulation, dissociation, impulsivity, trauma and self-injury motives. At present, Lotte is investigating the effect of internet-based treatment against self-injury in a large randomized controlled trial.

Mireille Almeida, ASTRAL (Brazil)
The Brazilian Association for Eating Disorders (ASTRALBR) was created to help people get adequate information about eating disorders (ED) and access to treatment. Since 2018, it has been conducted by a group of ED specialists (volunteers), and one of its actions is to integrate health professionals that work with ED in the country to raise awareness and break stigma. The highly relevant campaign is the World Eating Disorders Day that is promoted by Academy of Eating Disorders, and here in Brazil we also promote in partnership with them. Last year we started promoting the Weight Stigma Awareness Week, and we have other actions like family support groups, prevention programs with teenagers (planning stage).

Rebecca Eyre, Project HEAL (US)
Rebecca Eyre, MA, LMHC is the CEO of Project HEAL, a nonprofit whose mission is to breakdown systemic, healthcare, and financial barriers to eating disorder treatment in the U.S. Rebecca is a licensed therapist with 10 years of experience treating eating disorders and co-occurring diagnoses. After working for years in a treatment center and then in private practice, she has firsthand knowledge of the complexities - and too often, the injustices - of the eating disorder treatment landscape. Rebecca believes that deeper systemic change is required before healing is truly accessible to all, and as a queer woman, she is committed to bringing an intersectional lens to her leadership of Project HEAL. Rebecca has a BA in Psychology from Northwest Nazarene University and a MA in Counseling Psychology from The Seattle School. She currently lives in New York City.

Shiri Daniels, ERAN (Israel)
Dr. Shiri Daniels is The National Director of Counseling at ERAN - Israel's largest hotline for emotional first aid via the telephone and Internet. Dr. Daniels is an expert in listening skills, supportive conversation, psychology in the digital age, coping with emotional distress and crisis intervention.

She is a member of the National Council of Suicide Prevention, has a wealth of experience in short term consulting, group facilitation and emotional first aid via the Internet. As a preparedness, response and resilience expert dealing with national emergencies at ITC (Israel Trauma Coalition), she is an active participant in delegations and training teams in the psychosocial field around the world.

Dr. Daniels is the author of "The Power of Listening - Helping those close to you in times of emotional distress and crisis" (2015) and "Analog Pain in a Digital Age – Positive coping with separation and divorce"(2018) , published in Israel by Matar Publishing House.

Dr. Daniels has a Ph.D. from the Faculty of Education at the University of Haifa in the field of educational counseling; a Master's degree in the field of counseling, specializing in art therapy and bibliotherapy; and a Bachelor's degree from Tel Aviv University in educational counseling, sociology and anthropology.

Sook Ning Chua, Relate (Malaysia)
Dr Chua Sook Ning is the founder of Relate Malaysia - a not-for-profit organisation dedicated to the provision of mental health services, education, training and advocacy since 2015. She recently published a report on the economic cost of youth suicide in Malaysia and is working with key stakeholders to decriminalize suicide in Malaysia. Sook is also a virtual visiting fellow at the Strategic Training Initiative for the Prevention of Eating Disorders (STRIPED) at Harvard T.H. Chan School of Public Health. Her research collaborations with STRIPED includes estimating prevalence rates of eating disorders in Singapore and Malaysia. She is currently working with STRIPED on estimating the prevalence of disordered weight control behaviors, cosmetic surgery and use of skin lightening products in Asia. As a renowned mental health advocate, Sook has been a sought-after speaker over the past 10 years, appearing on radio and in print media, as well as delivering three TEDx Talks since 2017.

Yael Levy-Sahar, Sahar (IL)
Sahar, an Israeli non-profit organization, was established 20 years ago to provide anonymous, immediate assistance to people experiencing emotional distress, refer them to other organizations for further support and assistance and prevent suicide. In order to achieve its mission, Sahar operates live chat lines and other online help channels, where it identifies emotional distress and creates active, empathetic communication while addressing each caller's particular experience. In 2020, we had a 76% increase in calls regarding eating disorders compared to 2019.

During the first, second and third lockdown, we saw an increase in calls regarding eating disorders. These lockdowns pushed many girls to the edge; amid the increasing sense of invisibility, busy parents, social isolation, spending more time in virtual spaces where beauty ideals are often distorted, adolescent girls who have been grappling with a distorted self-image, perfectionism and a strong need to belong, have developed severe eating disorders.