



MentorCONNECT

Relationships Replace Eating Disorders

Welcome to your *MentorCONNECT* Virtual Tour Package!

In the following pages, you will receive a simple yet comprehensive **overview** of the **FIRST global online mentoring community** created SPECIFICALLY for those in recovery from eating disorders.

- **No more** will sufferers face waiting time in between sessions or treatment discharge with fear and hopelessness
- **No more** will loved ones and treatment professionals struggle to find quality pro-recovery support for a sufferer
- **No more** will survivors wonder where they can go to “pay it forward” to help someone else through recovery

FREE, PRO-recovery, ongoing, high quality eating disorders mentoring support is now here!

NOTE: Our staff of caring volunteer mentors is NOT a substitute for a professional treatment team. We encourage all of our members to maintain a full treatment team as they continue their recovery journey.

MentorCONNECT is enthusiastically received!

One of the biggest pitfalls to a patient relapsing in their recovery is that they discontinue with their treatment. Many of these individuals lack the support to maintain the gains that they have made while being in treatment. MentorCONNECT provides excellent supplemental support to one's recovery and treatment team. By providing consistent support, encouragement, and hope, MentorCONNECT is a unique resource that can truly benefit a person on their recovery journey! -Jennifer Nardozzi, PsyD, The Renfrew Center

There is nothing more isolating than a battle with an eating disorder. During my recovery from anorexia, I found the most healing of course through therapy, but also through connecting again with people. Friends. Family. Individuals whom I could trust and talk to at any time, whether I was feeling blissfully happy or woefully inadequate. Letting my guard down and opening up to people; having mentors to guide me and encourage me through the HARD journey of recovery was my saving grace. MentorCONNECT is a positive and powerful way for individuals and professionals to lift up and support each other when they feel no one else in the world could possibly care. I congratulate Shannon for all of her hard work in bringing the eating disorders community together and helping people not only to hear the words "You are not alone," but to experience that truth for themselves. I will be forever grateful to my mentors, and know that thousands will find the love and compassion at MentorCONNECT that they need to recover to health and happiness. -Kirsten Haglund, Miss America 2008

MentorCONNECT Contact Information

For questions about MentorCONNECT, please do not hesitate to contact us at:

mc@mentorconnect-ed.org

713-906-9888

*And now, please **read on** for your virtual tour of the **MentorCONNECT** community!*

We also invite you to take a short VIDEO TOUR at:
<http://www.mentorconnect-ed.org/mctour>

www.mentorconnect-ed.org



MentorCONNECT


Relationships Replace Eating Disorders

Join me on **MentorCONNECT**
Relationships Replace Eating Disorders


Come join me on MentorCONNECT!
- Shannon Cutts

[Click to Join](#)

Shannon Cutts has:
44 friends
2 photos
1 video
1 discussion
1 blog post
3 songs

Members on MentorCONNECT:


About MentorCONNECT
MentorCONNECT is a place where those in recovery from eating disorders can connect with mentors and peers for support.

	45 members 131 photos	9 discussions 32 blog posts
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To control which emails you receive on MentorCONNECT, [click here](#)

Welcome to MentorCONNECT, where *Relationships Replace Eating Disorders*.

MentorCONNECT is the very first global online mentoring community created SPECIFICALLY for those in recovery from eating disorders.

MentorCONNECT exists for one reason, and one reason only – to connect caring *mentors** in strong recovery with *mentees** who need support for recovery from eating disorders. Membership and all services are always free to all members.

*Mentor: A trusted guide who has knowledge and experience in a certain area, and is willing and able to share it.

**Mentee: A person in need of guidance and instruction who is willing to receive it.

OVERVIEW of **MentorCONNECT**

MentorCONNECT offers THREE LEVELS of membership:

- ⇒ Mentor Level Membership
- ⇒ Mentee Level Membership
- ⇒ General Support Level Membership

Two key facets of **MentorCONNECT** member participation:

Mentoring Meetup

- Thorough application process
- Orientation and training curriculum issued to mentors and mentees with first steps and guidelines
- Self-matching encouraged; moderated matching available
- Same-Gender mentor matching enforced
- Mandatory monthly oversight for mentoring teams including completion of monthly surveys
- Mandatory Mentor2Mentor Program matches incoming mentors with an experienced mentor

MC Community Forums

- Password-protected, confidential, pro-recovery, moderated online support community for members
- Customizable profile page for each member
- Recovery Blogs
- Chat/Email with other members
- Attend weekly moderated chat support groups
- Monthly free Teleconference Series with leading eating disorder experts and lay professionals
- Wide variety of ongoing support and study groups
- Daily inspirational e-blast
- Weekly mentoring newsletter



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Overview of the Mentoring Meetup—Mentor / Mentee Level Membership

The **Mentoring Meetup** is the heartbeat of what makes **MentorCONNECT** so uniquely needed and appreciated by mentee and mentor members alike.

For **mentor** members, the Mentoring Meetup offers the chance to share their wisdom, strength, and enthusiasm for recovery with those who desperately need encouragement to continue fighting.

For **mentee** members, the Mentoring Meetup provides access to that most inspiring of individuals—the caring mentor who understands what it is like to suffer from an eating disorder and can provide compassionate support.



The screenshot shows the MentorCONNECT logo at the top, followed by the text "Mentoring MeetUp". Below this, there are sections for "Guidelines" and "Making A Mentoring Match". On the right side of the page, there is a navigation menu with links for "MentorCONNECT Login", "MC Team", "MC Overview", "MC Basics", and "MC Getting Started".

Mentor Member Demographics	Mentee Member Demographics
<ul style="list-style-type: none"> •Volunteer mentors must meet the following criteria: <ul style="list-style-type: none"> •Twelve consecutive months in sustained recovery (defined as “largely free from ED coping behaviors”) •Individuals with second-hand ED recovery experience can serve if they meet additional criteria •Volunteer mentors represent: <ul style="list-style-type: none"> •Students studying to work in the ED or related field •Clinicians who are in strong recovery •Educators who are in strong recovery •Sisters and mothers of those who are in recovery •Authors, speakers, and musicians in strong recovery •Individuals in strong recovery who want to give back •Mentors are thoroughly pre-screened by the MC Leadership Team before being approved to serve 	<ul style="list-style-type: none"> •Mentee members must commit to the following: <ul style="list-style-type: none"> •Complete 30 pages of reading in “Beating Ana” and turn in a homework assignment •Check in at least once per week with their mentor •Post at least once per week on the Forums •Be an active participant in the community •Completion of monthly surveys •Mentee members represent: <ul style="list-style-type: none"> •Ages 14-62+ •Less than 1 year to more than 7 years in recovery •Global membership comes from 15 countries around the world •Members struggle with anorexia, bulimia, EDNOS and BED as well as dual diagnosis issues



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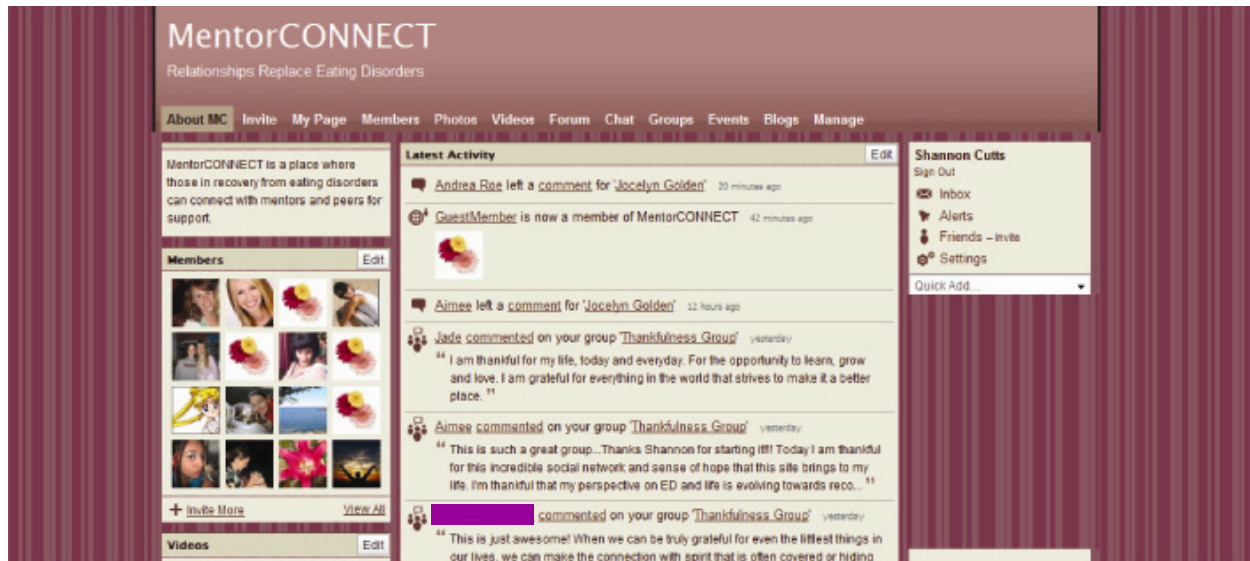
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Guided Tour of the MC Community Forums—Mentor / Mentee / General Support Level of Membership

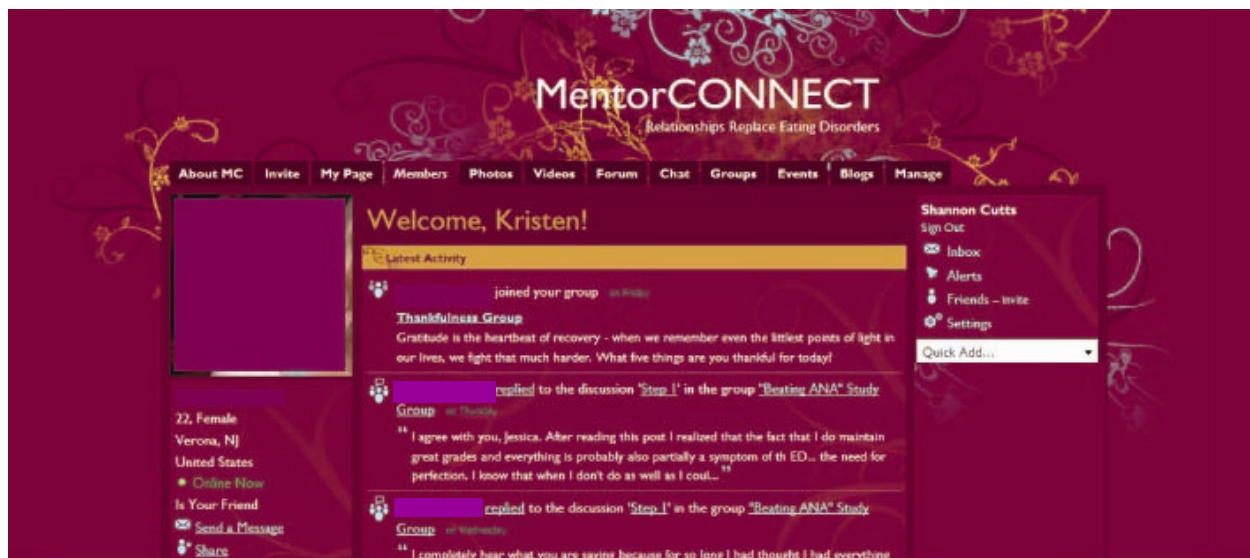
For more information take our short VIDEO TOUR at:

<http://www.mentorconnect-ed.org/mctour>

Upon arrival, “About **MentorCONNECT**” gives a brief overview of the community’s purpose and many features:



Next, each member is warmly invited to get creative as they personalize their “My Page” space on the Community Forums with their favorite photos, videos, music, poems, chosen groups, blog posts, and friend invites:



www.mentorconnect-ed.org



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Guided Tour of the MC Community Forums, Continued

A wide variety of pro-recovery study and support groups provide mentors, mentees, and those seeking general support a way to connect with others for group support:

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About MC Invite My Page Members Photos Videos Forum Chat **Groups** Events Blogs Manage

All Groups My Groups + Add a Group

All Groups (9)

Search Groups Sort by: Most Active

- Recovery Toolkit**
16 members
Latest Activity: 3 hours ago
We all have our ED coping skills, but we don't want to use those anymore! What works for you to get you through a tough day? Here is where we can shar...
- Thankfulness Group**
22 members
Latest Activity: 4 hours ago
Gratitude is the heartbeat of recovery - when we remember even the littlest points of light in our lives, we fight that much harder. What five things...
- Just for Mentors**
9 members
Latest Activity: 20 hours ago
A place where MC members serving as mentors can come together to share ideas and find support.
- "Beating ANA" Study Group**
18 members
Latest Activity: Mar 5
A place where readers of "Beating ANA" can come together to discuss and practice the Recovery Workshop Exercises together.
- BodyCONNECT**
22 members
Latest Activity: 7 hours ago
- CaregiverCONNECT**
3 members
Latest Activity: 1 day ago

Shannon Cutts
Sign Out
Inbox
Alerts
Friends - Invite
Settings
Quick Add...

Members' moderated personal blog posts allow members to share their recovery journals with others:

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About MC Invite My Page Members Photos Videos Forum Chat Groups Events **Blogs** Manage

All Blog Posts My Blog + Add a Blog Post

All Blog Posts (32)

Search Blog Posts

my moment of truth
I have been doing researching on Eating Disorders for the last year, gaining insight as to why I have one and different ways of going about recovery. I have read numerous books and article about different treatments used in recovery too. I have also tried hypnotherapy and at home treatment programs. Nothing worked in the past because there was a huge fear of letting go and at the particular moment, my life was still managable and the Ed was 'working' for me. I had not come to the realization th... [Continue](#)
Added by [lara](#) on March 5, 2009 at 12:13am — No Comments
★ [Feature](#)

My Recovery - A new beginning...
I have decided to do some exploration and try to start a recovery blog on here as a way to get

Latest Blog Posts

- [my moment of truth](#)
- [My Recovery - A new beginning...](#)
- [My Commitment to my Nutritionist and Myself](#)
- [A final \(positive\) poem](#)
- [Poems](#)
- [Again and Again and Again \(a poem\)](#)
- [A statement of commitment.](#)

Most Popular Blog Posts

- [Touched](#)
- [Nutrition = my body scares me](#)
- [???](#)
- [A Bucket List of Sorts](#)

Shannon Cutts
Sign Out
Inbox
Alerts
Friends - Invite
Settings
Quick Add...



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Overview of the “Pro-Recovery Talk Rocks” Campaign



The Tradition of Internet-Based Support Sites

In the past, internet-based eating disorders recovery support sites have been considered to be highly unsafe places for sufferers to venture. Unmonitored or largely un-tended to, such sites have (whether they intended to or not) tended to foster the exact opposite of what new visitors were seeking - a safe, private, confidential, supportive PRO-recovery home on the web!

The Next Generation of Internet Support

MentorCONNECT exists to prove that it IS possible to create just such a positive, safe, private, confidential, pro-recovery space online. Our members learn how to “talk pro-recovery” within hours of joining the community. And our caring moderators are always on hand to provide guidance and support as new members experience the power of—and develop their preference for—a pro-recovery community and pro-recovery attitude!

Overview of the “Mentor Model”



Our mentoring teams follow the "Mentor Model" as outlined in *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back*. *Beating Ana* is the first book written to specifically address the power and efficacy of adding a recovery mentor to the support team.

When each new member joins, they are greeted within minutes by members of our MC Welcome Team as well as MC Leadership team members. With the wealth of support and resources provided, including FAQ, Pro-Recovery Talk Guidelines, Forums Rules, instructions for how to access groups and chat support, and even a short video tour of features and benefits, existing members and leadership work very hard to help each new member get oriented and get plugged in very quickly to their new pro-recovery home on the web.

Additional *MentorCONNECT* Support Offerings

***MentorCONNECT* Monday & Thursday Night Live, Moderated, Chat E-Support Groups**

- All ***MentorCONNECT*** members are invited to attend
- Moderators are trained and always co-lead meetings with another trained facilitator
- Meetings begin at 8pm CST in the Forums Chat and last for one hour
- Chat rooms are open and moderated 1/2 hour before and after each meeting for extra support
- All attendees have a voice in choosing weekly recovery topics and homework assignments

***MentorCONNECT* Monthly Teleconference Series**

- All ***MentorCONNECT*** members are invited to attend
- Nationally-recognized eating disorders experts donate their time to provide expert eating disorder information and recovery tools to MC members
- Recent invited presenters include: Thom Rutledge, Jenni Schaefer, Dr. Carolyn Becker, Doris Smeltzer, Jessica Setnick, Dr. Kenneth Weiner, June Alexander, Kirsten Haglund, and others
- Permanent Podcast Archive is maintained for members' future education and reference
- Members have a voice in selecting invited teleconference presenters

***MentorCONNECT* Leadership & Advisory Team**



(listed in photo order)

Shannon Cutts—Founder/Director

Marisol Perez, Ph.D

Marisa Goodwin

Janee Harrell

Jeanette Henriques, Ph.D.

Andrea Roe

Lynn Gerhard

Cheryl Kerrigan

Thom Rutledge

For Leadership & Advisory Team Complete Bios, visit: www.mentorconnect-ed.org/mcleadershipteam



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Members and Professionals Speak About Their Experiences with MentorCONNECT

*Shannon Cutts, the founder of MentorCONNECT, is an inspiring and positive light illuminating the path to recovery from eating disorders. MentorCONNECT is a unique opportunity to find online support through mentoring relationships, groups and posting forums. Mentoring, along with a treatment team of eating disorder treatment specialists, may be the next step in helping an eating disorder sufferer recover and thrive. If you haven't already joined MentorCONNECT, check it out and find uplifting recovery support! -Jacquelyn Ekern, **Eating Disorder Hope***

*Which takes more courage --- to suffer alone and remain isolated or to reach out for help? Knowing that you need help is wisdom. Doing what it takes to get that help is an act of courage. Shannon Cutt's MentorCONNECT program is here to give you a place to display your courage. -Thom Rutledge, co-author with Jenni Schaefer of **Life Without Ed***

*Shannon Cutts wisely recognizes that healing from eating disordered behaviors includes not only skilled treatment from a knowledgeable team of providers but a number of adjunct activities as well. The addition of these activities (yoga, mindfulness, mentoring) allows for an integrated approach to treatment that can produce positive results way beyond what a "standard" treatment protocol may achieve. There is no "one-size-fits-all" protocol for the treatment of EDs. Including MentorCONNECT as an adjunct activity provides an important component to a well-rounded approach. -Doris Smeltzer, MA, author **Andrea's Voice: Silenced by Bulimia***

I really feel like I'm starting to grow. I think that the biggest role in my growth has been sharing so openly with my mentor and through the blogs. I'm finally able to get thoughts out of my head and not feel so overwhelmed and bogged down by them. I am starting to be able to recognize my needs. I'm also starting to recognize/ distinguish between the Ed voice and my voice, what Ed wants and what I want. This stuff has been so important for me. I know that I wouldn't be where I'm at without all the support on this site! It's saving my life! -Leslie Ann

This program is amazing. It feels so good to be able to mentor and help someone and possibly make it a bit easier for them. There is nothing more rewarding than knowing you are making even the smallest bit of a difference in someone's life. When you have been where they have been, when you have experienced, first-hand, the pain and the frustration and the sorrow, you know what it's like. The greatest feeling is knowing that you are lessening that for someone. You can see the relief from them when you simply say, "I've been there. I get it. It gets better." Being able to help, and being able to use my struggles to better someone else's life is truly as good as it gets. -Jen

MentorCONNECT has been very helpful for me in my recovery journey. After joining, I looked forward to receiving a mentor, and when I did I was amazed at her wisdom and insight. While having the support of a therapist, doctor, and others is very helpful and often necessary, I have found this additional support to be very beneficial. It is great to be able to talk through various issues with someone who's been through struggles similar to yours. They tend to have a different perspective from those who have never dealt with ED. I also find the weekly online chats to be helpful. They remind me of my recovery goals and equip me to face the challenges of a new week. -Joan

I think this is great what you have put together. I think one of the hardest parts of having an ED is the loneliness that comes with it. People without eating disorders do not understand the disease at all and people that are struggling are not the best people to go to lean on. To have a place that you can connect with others throughout the country who are in recovery can really be helpful. For me, having someone to talk to and listen has helped me try and recover more than anything but it is hard to stay on that path during the times that I feel all alone. -A.K.

I can say that so far being a mentor is an insurance policy in the fact that I wouldn't even think about relapsing...reason being.....hearing their pain and suffering as they deal with ED. It reminds me what I left behind and saddens me because I want to make it better quick but I can't; it's a process. It's a lot of work but I love it so far. It's a great addition to my recovery. -Cheryl