

The story of an eating disorder, loss and hope

Someday...
I'll eat breakfast.
I'll keep a job for more than 3 weeks.
I'll have a boyfriend for more than 10 days.
I'll love someone.
I'll travel wherever I want.
I'll make my family proud.
I'll make a movie that will change lives.

Someday Melissa

ABOUT SOMEDAY MELISSA

Melissa Rose Avrin was born on December 21, 1989. She was extremely bright and creative, charming friends and family with her offbeat sense of humor. Throughout her life, even in her darkest moments, Melissa's creativity shined through. It was hard for her to express her feelings verbally so she used filmmaking, writing, drawing and acting as means of self-expression and dreamed of a career as a filmmaker.

On May 6, 2009, after a five-year battle with bulimia, Melissa died of a heart attack. Her poem, "Someday..." became the inspiration for the documentary *Someday Melissa, the story of an eating disorder, loss and hope* that Judy Avrin, Melissa's mother, created with Danna Markson, LCSW, and Director Jeffrey Cobelli.

ABOUT SOMEDAY MELISSA, INC.

Someday Melissa, Inc. was founded in 2010 by Judy Avrin following the death of her daughter Melissa. A 501(c)(3) nonprofit organization, Someday Melissa's mission is to promote recognition and awareness of eating disorders and the importance of early treatment.

In order to fulfill Someday Melissa's mission, the goal is to show the film, speak to groups, provide educational materials and have a vital website and blog that are continually updated with information and resources; to share stories of recovery and hope. Sales of the DVD, community screening programs and speaking engagements will support those goals.

MESSAGE TO PARENTS

Discovering that your child may have an eating disorder is worrisome and scary. The best thing you can do for your child is express your concerns calmly, without blame or hysteria. It is also imperative to immediately seek out help from professionals who specialize in eating disorders. If your child is under 18, it is important to find qualified professionals who also specialize in working with children and adolescents.

Your child might be very resistant to professional help. He or she might be very concerned that you or the professionals might take away their eating disorder, leaving them with few coping skills to manage internal and external stressors. Share with your child that the professionals will help them gain healthy coping skills to manage their thoughts, emotions, and external lives.

Remember that the rate of recovery from eating disorder is significantly greater if treatment is started within the first year of onset.

IF YOU SUSPECT SOMEONE HAS AN EATING DISORDER

Plan uninterrupted one-on-one time to speak with them. Don't use language that implies blame or guilt. Ask if they would be willing to talk to a health care professional that is trained in treating eating disorders. Offer support.

People who use eating disorder symptoms typically have limited healthy coping resources to manage their inner and outer lives. Therefore, they may feel threatened if you discuss the coping mechanism they have come to rely on, however unhealthy it may be. Walk the fine line between pushy and persistent. Create an atmosphere of understanding and caring that encourages them to get the help they need.

(Source: National Eating Disorders Association)

ABOUT EATING DISORDERS

An eating disorder is an illness characterized by significant changes to eating, such as eating very small or very large amounts of food. Eating disorders include both emotional and physical problems. As many as 10 million men and women in the United States are suffering from eating disorders. There is no single cause of eating disorders, but culture, family, life changes, stressful events, personality changes biology may be contributing factors.

ANOREXIA NERVOSA is characterized by extreme starvation and excessive weight loss. Warning signs and symptoms include:

- Intense fear of gaining weight
- Extremely restricted eating
- Eating very little or not at all
- Obsessing over thinness
- Distorted body image
- Forcing oneself to throw up
- Low body weight for height
- Excessive exercising
- Eating small quantities of limited foods

BULIMIA NERVOSA is characterized by eating large amounts of food in a short period of time, followed by vomiting, laxative abuse, or over-exercising. Warning signs and symptoms include:

- Intense fear of gaining weight
- Frequent episodes of eating unusually large amounts of food
- Repeatedly bingeing and purging
- Obsessing over thinness
- Distorted body image
- Feeling lack of control in overeating
- Extreme concern with body weight and shape
- Excessive use of laxatives or diuretics

BINGE EATING DISORDERS are also characterized by eating large amounts of food in a short period of time, but without purging, laxative use or over-exercising. Warning signs and symptoms include:

- Frequent episodes of eating unusually large amounts of food
- Eating more quickly during bingeing
- Eating until uncomfortably full or when not hungry
- Feeling disgusted, depressed or guilty after bingeing
- Periods of binge-eating followed by fasting or extremely restricted eating

(Source: U.S. Department of Health and Human Services, National Institute of Mental Health, National Eating Disorders Association)

SCREENING SOMEDAY MELISSA

Using the film as an educational tool, the Someday Melissa Team has dedicated itself to promoting recognition and awareness of Eating Disorders and the importance of early treatment as well as sharing stories of recovery and hope with those touched by or suffering from an Eating Disorder.

Screenings of the film are a unique opportunity to raise awareness of Eating Disorders in your community. Individuals, schools, clubs, health facilities or any organization may host a screening

For information on how to host a screening in your area please visit our website at www.somedaymelissa.com/host-a-screening. Judy Avrin and/or Danna Markson, LCSW, Executive Producers of the film, are available to speak at your event to share their experience and wisdom about Eating Disorders and the making of *Someday Melissa*.

RESOURCES

ACADEMY FOR EATING DISORDERS:

www.aedweb.org

Global professional association committed to leadership in eating disorders research, education, treatment, and prevention.

GURZE BOOKS

www.gurze.com

Information and publications on eating disorders

NATIONAL ASSOCIATION OF ANOREXIA AND ASSOCIATED DISORDERS

www.anad.org

Seeks to prevent and alleviate the incidence of eating disorders through education and research.

NATIONAL EATING DISORDERS ASSOCIATION (NEDA)

www.nationaleatingdisorders.org

Largest non-profit in the United States devoted to the elimination of eating disorders.

SOMETHING FISHY

www.something-fishy.org

Support to people with eating disorders. Dedicated to raising awareness and providing information and support.



Find out more at www.somedaymelissa.com