

Missouri Eating Disorders Council Minutes

January 27, 2020

Council Members Present:

Annie Seal
Heidi Strickler
Stephanie Bagby-Stone
Marjorie Cole
Debra Walker

Council Members Absent:

Kim McCallum
Ginny Ramseyer-Winter
Janet Clevenger
Travis Stewart
Connie Cahalan
Denise Wilfley
Eric Martin
Carla O'Connor
Beth Harrell
Del Camp
Paul Polychronis
Rebecca Lester
Jenny Copeland

Department of Mental Health Staff:

Rosie Anderson-Harper
Lori Franklin
Korrie Richards

Guests:

Ellen Fitzsimmons-Craft
Marie-Laure Firebaugh
Olivia Laing

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
Welcome/Introductions		
Approval of Minutes	The November minutes were reviewed. One correction was mentioned by M.L. Firebaugh. Nothing further. H. Strickler approved, the motion was seconded by S. Bagby-Stone and the minutes were approved.	
Announcements	<p>H. Strickler stated I Adopt group is now official and she is the student liaison. A. Seal stated that she would volunteer the group to come and speak at one of the meetings in the future and also talk about how the groups could collaborate.</p> <p>The Eating Disorders page through the Department of Mental Health website has been updated. It looks cleaner and now links to the Eating Disorders Council web page. L Franklin stated that once the membership list is updated, it will be added to the website as well.</p>	

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<p>Review of Budget</p> <p>Advocacy Day in Jefferson City</p> <p>MO Behavioral Coalition Partnership</p>	<p>L. Franklin gave a budget overview for FY 2020. The balances were read off to the council.</p> <p>A. Seal stated that Advocacy Day is set up for Wednesday, February 26, 2020.</p> <ul style="list-style-type: none"> • The booth is from 8:00 am to 3:00 pm • Looking for council members to come and help with the booth and anyone able to attend and help should email A. Seal. <p>M. L. Firebaugh has been working on a flyer for the event and also to put into legislator offices. A. Seal is still looking for a legislator to put their name on it, in both the House and the Senate. This is a thank-you Missouri event and also an awareness day, to put out that Missouri is leading the nation in its efforts, as eating disorders are the second most fatal of all mental illnesses, next to opioid addiction. Other facts will be on the facts sheet at the booth. S. Bagby-Stone stated she might be able to attend for part of the time and D. Walker stated she would be there to take photos to put up on the website. D. Walker stated that she would also remind the Department of Mental Health legislator liaison, Susan Flannigan, about the event. O. Laing stated that she would email out to let providers know of this event, as an awareness day, if they want to attend.</p> <p>O. Laing gave a PowerPoint presentation, including information about building a partnership with Missouri Behavioral Health Coalition. O. Laing, A. Seal, and E. Fitzsimmons-Craft had a phone call with the Coalition back in November 2019. The Coalition presented some opportunities:</p> <ul style="list-style-type: none"> • Integrated Behavioral Health Council Meeting • Annual Conference in September, 2020 • Missouri Children’s Trauma Network • Workforce Initiative <p>Missouri Foundation for Health Grant: Addressing the following feedback from previous application:</p>	

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<p>360 Program Update</p>	<ul style="list-style-type: none"> • Gathering patient outcome in data in existing centers • Ozark Center to use Eating Disorder Examination Questionnaire-Short (EDE-QS) and World Health Organization Quality of Life-BREF (WHOQUOL-BREF) <p>O. Laing presented information about training initiative updates, including</p> <ul style="list-style-type: none"> • Online Training • In-Person Training • Centers for Excellence • Consultation Groups <p>Online Training:</p> <ul style="list-style-type: none"> • Monthly online ED training program compiled by Dr. Therese Waterhous is in its second year of monthly online trainings • IAEDP training for providers in Missouri • monthly email with ED training opportunities with nearly 500 subscribers • webinar presented by Riley Nickols, PhD, Director of the Victory Program at McCallum Place • Movement in Eating Disorder Treatment: From Compulsion and Clinging to Flexibility and Freedom was held Tuesday, January 21st, 2020 and had 27 participants. The recording of the training will be available on the MOEDC website. The post-training survey had 9 respondents, all said they would recommend the training, and had a post-test average score of 97%. <p>In-Person Training:</p> <ul style="list-style-type: none"> • ReDiscover in Kansas City was a Dietician Training with Tammy Beasley and Beth Harrell on November 22, 2019 and had 78 participants. The follow-up survey response averages were read and indicated positive results. • “What You Need to Know to Help a Student with an Eating Disorder” was presented by Dr. Stephanie Bagby-Stone at Missouri Coordinated School Health Coalition (MCSHC) in Columbia on December 7th, 2019. The training had an estimated attendance of 70-90 people, 70% of them being school 	

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	<p>nurses and the other 30% being counselors, health teachers, administrators, social workers, and wellness coordinators. Dr. Bagby-Stone was invited back to present again at the Adolescent Health Conference in June, 2020.</p> <ul style="list-style-type: none"> • Interpersonal Psychotherapy with Rob Welch, PhD, tentatively set for March 26-27, 2020 at ReDiscover Mental Health in Kansas City. <p>Centers of Excellence:</p> <ul style="list-style-type: none"> • ReDiscover identified a team leader and 18 providers. • Stephanie Robbins, from Burrell Behavioral Health has put together a syllabus and started ED team meetings. <p>Requested trainings consist of Cognitive Behavioral Therapy guided self-help webinar with Ellen Fitzsimmons-Craft and consultation.</p> <p>Building new partnerships:</p> <ul style="list-style-type: none"> • Places for People started building a team, will go through online trainings, and are working to identify a dietician. • Spoke to the Clinical Director at Compass Health Network and interest was expressed in starting ED teams agency-wide. <p>Consultation:</p> <p>Ongoing Consultation Group</p> <ul style="list-style-type: none"> • Dietician groups led by Sarah Gleason, RD and Paula Antonacci, RD • 14 participating dieticians <p>Upcoming Consultation:</p> <ul style="list-style-type: none"> • Stephanie Bagby-Stone, MD-Ozark Center IOP • Potential IPT group after ReDiscover training <p>Training progress statistics were read aloud with the presentation as well.</p>	

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<p>Questions/Comments</p> <p>Body U Program Update</p>	<p>Promotion:</p> <ul style="list-style-type: none"> • Article will be published in the February 2020 issue of the St. Louis Metropolitan Medical Society’s magazine • Announcement in the Society for Adolescent Health and Medicine • Continue to find avenues to reach providers, particularly physicians <p>M. Cole mentioned the idea of another webinar. She also asked for help, from someone who is willing to take questions from nurses or a place online to ask questions. A. Seal mentioned H. Strickler and if she was willing to assist with this and she agreed. It would be questions in regards to warning signs and providing information, not teaching nurses how to treat. M. Cole mentioned that this would allow affirmation with nurses being able to reach out to someone. A. Seal asked if M. Cole and H. Strickler would work together to do another webinar. Both agreed and M. Cole mentioned setting up a webinar with H. Strickler next year in 2021 due to budget. O. Laing stated the webinar could be recorded and uploaded to websites for nurses to utilize.</p> <p>A. Seal also made mention of members of the council that are no longer going to be on the council. Tommy Allgood has retired, Shawn Sando has a new employment situation, and Caroline Graham has been unable to attend meetings and/or participate.</p> <p>M.L. Firebaugh gave a PowerPoint presentation about a Body U Program update.</p> <ul style="list-style-type: none"> • List of schools enrolled, which included 12 schools. • Planning NEDA Week events <ol style="list-style-type: none"> 1. UMSL-Love Your Body tabling event 2. UCM-NEDA Week events, including workshop on intuitive eating and LGBTQ and eating and body image concerns. 3. SEMO-NEDA Week 4. MSU-The Illusionists and tabling event 	

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<p>Follow-up/Next Steps</p>	<p>5. Talking with liaison and students at MSSU, NWMO, and MWSU to plan events for this week.</p> <ul style="list-style-type: none"> • Promoting Body U through emails <ol style="list-style-type: none"> 1. Campus-wide emails with Mizzou, UCM, UMSL, and MSSU 2. Working with the Department of Psychology at MSU and UMKC to send emails to students in their department <ul style="list-style-type: none"> • Statistics on Screen Results: Screen results statistics read aloud, along with screen distribution statistics and screening algorithm • BODY U Social <ol style="list-style-type: none"> 1. Increased followers 2. Created more engaging content 3. Plan to participate in NEDA week social media campaign 4. Meeting with an influencer from St. Louis with close to 1 Million followers <p>D. Walker stated there are 4 new mental health commissioners and stated that she would like to make them more aware of all of the different things that the department is involved with. D. Walker mentioned the council giving a presentation to them about the council and all that the group does and is involved in. A. Seal stated that it was a great idea and there will be more to come on that.</p> <p>A. Seal asked for any member interest to change the leadership of the council, as someone new could bring fresh thinking, new ideas, and that change could be good. There were no suggestions voiced by any members for change right now. A. Seal also stated that the council is in need of another recovery person and a family member as well.</p> <p>The next meeting will be a conference call on Monday, March 23, 2020</p>	