

Missouri Eating Disorders Council Minutes

Jan. 28th, 2019 – In Person Meeting

Council Members Present:

Annie Seal
 Beth Harrell
 Connie Cahalan
 Carla O’Conner
 Paul Polychronis
 Stephanie Bagby-Stone
 Joy Schwertley
 Tommy Allgood
 Caroline Graham
 Marjorie Cole
 Del Camp
 Debra Walker
 Janet Clavenger
 Jenny Copeland

Council Members Absent:

Kim McCallum
 Denise Wilfley
 Rebecca Lester
 Travis Stewart
 Ginny Ramseyer-Winter
 Eric Martin
 Lauren Sciacca

Department of Mental Health Staff:

Lori Franklin
 Rosie Anderson-Harper
 Elaina Henry

Guests:

Ellen Fitzsimmons-Craft
 Marie-Laure Firebaugh

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
Welcome/Introductions		
Announcements	<p><i>L. Franklin asked the council if everyone would look at their contact information and make any changes, so the membership can be updated. She also asked everyone to review the bylaws.</i></p> <p><i>The November minutes were reviewed. B. Harrell approved, the motion was seconded, and minutes were approved.</i></p>	<p><i>E. Henry will update the membership list with any changes.</i></p>
Budget Review	<p><i>L. Franklin gave a budget overview that is updated as of today 1.28.19. The balances were read off to the council. The total balance left is \$56,636.54.</i></p>	<p><i>L. Franklin, A. Seal, R. Anderson-Harper, and M. Firebaugh will talk later about the Qualtrics remaining balance.</i></p>

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
<p>Body U Program Overview and Update</p>	<p><i>M. Firebaugh shared her presentation on the Body U Program. M. Firebaugh has been in contact with different Universities since the winter break to discuss going into NEDA week. The same number of schools are still involved. M. Firebaugh stated she is working on Harris-Stowe University.</i></p> <p><i>M. Firebaugh says NEDA week is the main event of the year. NEDA week takes place February 25th, 2019, and continues throughout the entire week. There will be table events at NEDA week from the MO EDC. M. Firebaugh has been invited to do two presentations for NEDA week. One is about Health Psychology Class and the other is on How to Help Someone with an Eating Disorder.</i></p> <p><i>UCM, MIZZOU, and Missouri Southern State University are still sending out campus-wide emails. UMSL just notified M. Firebaugh as of last week they have been approved to start sending out student wide emails. UMSL will start the week prior to NEDA week.</i></p> <p><i>M. Firebaugh announced to the council she has been in touch with Joan Masters with Partners in Prevention, and was invited to submit a presentation for the Meeting of The Minds Conference in April 2019.</i></p> <p><i>M. Firebaugh announced to the council that UCM is holding a fundraiser on February 26th, 2019 with Chipotle. When the flyer is presented at Chipotle and used, 33% of the proceeds will be donated to Body U. M. Firebaugh said at least 25 people need to utilize the flyer and buy from Chipotle before funds would be donated. R. Anderson-Harper asked M. Firebaugh how the money was going to be accepted. M. Firebaugh stated the money will go to Washington University in St. Louis. M. Firebaugh stated if the funds from the fundraiser are a good amount the council members agreed to do some kind of training event for the students at UCM. This discussion will happen after the fundraiser takes place.</i></p> <p><i>M. Firebaugh gave the positive testimonials from every Body U user.</i></p>	<p><i>E. Fitzsimmons-Craft will do more advertising for the January training in hopes of additional attendees.</i></p> <p><i>E. Henry will email out the flyer to the council and people at DMH for advertisement.</i></p>

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	<p><i>M. Firebaugh gave an overview on the number of screens this academic year. For the 2018-2019 Academic year there has been 1,563 total students who have been screened. She has a goal to screen over 2,000 students. Since Body U has started 8,004 students have been screened for eating disorders. M. Firebaugh showed Mizzou being the largest school with the most amount of students screened.</i></p> <p><i>M. Firebaugh announced a new program called Body Positive and Tessa being developed. She has been working on this program since July of 2018. M. Firebaugh has been partnering with Palo Alto University on this program. Within this program x2ai those students who get High Risk for their screen are now getting the chatbot program= Tessa. Tessa provides exercises to reinforce their learning about eating disorders. Tessa can be accessed by Facebook chat or text messaging. Some of the topics the program covers are:</i></p> <ul style="list-style-type: none"> <i>✚ Healthy eating behaviors</i> <i>✚ Coping skills</i> <i>✚ Healthy exercising</i> <i>✚ Triggers</i> <i>✚ Purging and Coping</i> <p><i>Tessa is a free program the students may utilize. Tessa will also check in on said students and give students reminders. Tessa also has interactive questions that help the students stay involved and work through their eating disorder. C. Cahalan asked about Tessa's communication with males. M. Firebaugh stated Tessa is built around being gender neutral. E. Fitzsimmons-Craft told the council that about 10% of students being screened are male.</i></p>	

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<p>Missouri Eating Disorders Coalition 360 Update</p>	<p><i>E. Fitzsimmons-Craft gave overview of upcoming trainings. She explained that the partnership with Preferred Family Healthcare has been successful with upcoming trainings. The training that was cancelled in November of 2018 has been rescheduled to April 12th, 2019 in Kirksville at Preferred Family Healthcare. E. Fitzsimmons-Craft told the council that about 50 people are registered for this training. E. Fitzsimmons announced to the council of the approach from the Council for Adolescent and School Health of interest in resources for adolescents and/or providers in the school setting. Dr. S. Bagby-Stone created a webinar for the School of Nursing Association which is scheduled for May 2nd, 2019 in Jefferson City. A. Seal asked what kind of get together this was. E. Fitzsimmons explained it will be a meeting like the council does. Dr. S. Bagby-Stone announced to the council next month she will be doing a Grand Round at MU for the Child Health Department. She received an email this morning detailing MU will report that and will disseminate that to the council. M. Cole stated she was approached by Mayford about sessions that would be involved with the interest in the body and eating disorders. M. Cole asked would anyone be interested in being a presenter from the council. M. Cole said she would get information to anyone who is interested.</i></p> <p><i>E. Fitzsimmons-Craft let the council know of other upcoming trainings she has been involved with closely with B. Harrell and Tammy Beasley in Poplar Bluff. They have all been conversing about a similar training in the Kansas City area around September/October. E. Fitzsimmons-Craft would prefer to establish an ED team with a CMHC in the area beforehand.</i></p> <p><i>E. Fitzsimmons-Craft gave a review of the upcoming online trainings. There are over 800 online training log-ins. B. Harrell and E. Fitzsimmons-Craft are trying to gain access to the new iaedp courses. B. Harrell gave an update to the provider's free designation through iaedp. She stated this will be available mid-March. A. Seal suggested for the next year's budget for this to be put into it. C. Graham asked for an updated list for access to the upcoming trainings.</i></p>	

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<p>MO Foundation of Health Grand Update</p>	<p><i>E. Fitzsimmons-Craft went over ongoing consultations. FBT and J. Clavenger have recently wrapped up a 12- week consultation with providers from Preferred Family Healthcare, Ozark Center, and Comprehensive Mental Health Services. Dr. S. Bagby-Stone is following up on the Kirksville in-person training coming up in a few months. There is ongoing consultations with dieticians that B. Harrell referred them to. About 6 providers from around the state are in that group. E. Fitzsimmons-Craft advised the council that the Ozark Center completed their final 12-week round of consultations for IPT. They are working on their post-consultation simulations which will provide feedback on the improvement. There is recruiting and scheduling for a new group to begin January 2019. E. Fitzsimmons gave an update on the progress to date with training over 200 separate providers for evidence-based treatment on eating disorders. Other updates E. Fitzsimmons-Craft explained were:</i></p> <ul style="list-style-type: none"> <i>✚ Recent press on Reconnect Eating Disorder Clinic with J. Copeland</i> <i>✚ News Clips to spread the word</i> <i>✚ Newsletter Article in MO Association of School Nurses section, Missouri Family Physician, Missouri Nurse, etc.</i> <p><i>E. Fitzsimmons-Craft also gave update on the Centers of Excellence at Preferred Family Healthcare, Places for People, BJC Behavioral Health, and Burrell Behavioral Health.</i></p> <p><i>E. Fitzsimmons-Craft gave an update on the MO Foundation of Health Grant. E. Fitzsimmons-Craft explained to the council, last year she and A. Seal submitted a special call for applications on this grant. The council was not chosen, but encouraged</i></p>	

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	<p><i>to submit for their Opportunity Fund. This request was submitted in November 2018. The key ideas that the foundation were looking for were:</i></p> <ul style="list-style-type: none"> <i>✚ Ideas that align with one’s mission and core values</i> <i>✚ Aiming to create meaningful, sustainable change on significant health issues</i> <p><i>In the proposal to the foundation some key components were: expansion of training programs more quickly, build multidisciplinary treatment teams in Columbia and Kirksville over course of 2-years, build online platforms to support communication among providers, marketing campaign. E. Fitzsimmons-Craft has been in communication with the program officer who has asked the council to consider a few more questions before submitting full proposal for the Opportunity Grant. The Opportunity Fund’s questions and concepts that the council needed to touch base with were: the project being clearly defined in the context of the big picture and its impact on the bigger picture, what is going on elsewhere across the country with this issue, what is the anticipated ramp up time and when to expect results, is there data on the incidence of this issue in Missouri and its impact on overall health, and will the council be partnering with other entities? A. Seal gave some data input on the question about the data on the incidence of these issues in Missouri. A. Seal suggested a case study from Joplin be included for consideration. B. Harrell stated there are providers utilizing Project Heal for facilitators marketing to spread the word to a multitude of people on stigma. B. Harrell made a point, if providers were taught to screen and identify people for eating disorders then how are they taught to treat and diagnose those people. J. Schwertly suggested that once B. Harrell attends the conference in Iowa that Missouri and Iowa mentor together. J. Schwertly stated she can help with statistics if it is needed. A. Seal said she doesn’t know how working with another state will go over within the budget and commitment and if this is even possible. A. Seal suggested down the road this may be a great opportunity for the council to take on another state to mentor with. R. Anderson-Harper gave a quick reminder to the council that for the grant the council needs to be aware of the rules and policies when accepting money outside of the budget that has already been appropriated. Fiscal has to get involved and maybe the council wants to have another entity submit the proposal on behalf of them.</i></p>	<p><i>B. Harrell will look into this idea J. Schwertly mentioned.</i></p> <p><i>A. Seal will get with R. Anderson-Harper to come up with a realistic timeframe for when the grant can be submitted</i></p>

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	<p><i>E. Fitzsimmons-Craft moved to the last slide in her PowerPoint about sponsorships. She stated the sponsorships from treatment centers could help the council expand research more quickly. E. Fitzsimmons-Craft asked the council if there are rules to be put in place, would the council like to discuss this option, and what the pros and cons are. A. Seal explained that almost everything from national conferences to small trainings by treatment centers. A. Seal stated in her view, she is all for receiving sponsorships. J. Clavenger stated in regards to the sponsorship from a treatment center stepping in and helping would be beneficial to the council. She also stated substance use treatment centers could possibly be sponsors. P. Polychronis stated since the council is established by state statute to be a part of DMH maybe someone from the council be an ambassador to a neighboring state, as an example Illinois, there could be a potential partnership there. A. Seal agreed with P. Polychronis this is a great idea. D. Camp shared concern with the rules in the selecting process for those interested in partnering. D. Camp also stated there may be agreement in an organization's approach and then maybe disagreement with another organization. He asked how the determination would be made with which organization to go with. Would there be certain criteria being looked at or rules. C. Cahalan showed her interest in the sponsorship idea, but had concern since the Department of Mental Health being involved in the budget we should speak to our legal counsel about the parameters and what in relationship does that mean for the department. R. Anderson-Harper agreed with C. Cahalan on the involvement of DMH with the sponsorship. R. Anderson-Harper stated logistic-wise DMH would not be able to accept the grant from an outside entity. She stated that would have to be removed from DMH's involvement. R. Anderson-Harper suggested the MO Coalition for Community Behavioral Healthcare, or WASH-U. A. Seal suggested setting out an initial set of parameters. She also stated doing what the council has been doing in the past with treatment centers. E. Fitzsimmons-Craft stated she has had meetings with El Sauna. A. Seal asked the council about their thoughts of an email going out with suggestions. E. Fitzsimmons-Craft stated the suggestion about parameters and rules is a good idea.</i></p>	

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<p>Additional Information: FY 2020, Follow Up, Next Steps.</p>	<p><i>A. Seal asked the council if they had any projects they want to work on separately or want the council to work on. A. Seal asked questions about the idea of legislation. She asked about diet pills and laxatives be put behind the counter and at least 18 years old to buy them. A. Seal and members of the council discussed marketing ideas, training ideas, and promising steps for the council to take in the Fiscal year 2020.</i></p> <p><i>J. Copeland suggested for the marketing project with the billboards be expanded to the Kansas City area. A. Seal asked about the Joplin billboard and how it worked out. D. Camp said it was a great project. It came out very well, however it's not in a great place for people to see it. T. Allgood told the council he loves the idea from the billboards, but in the community health centers they don't see many results from the billboard itself. J. Copleland stated her and her husband looked for the billboard and could not find it. T. Allgood said the location is very important. B. Harrell stated the highways are great locations, as more people are looking around trying to see things. A. Seal said doing networking with providers that are actively working on eating disorders.</i></p> <p><i>Next meeting will be a conference call on March 25th, 2019 at 10:00 A.M.</i></p>	