

Missouri Eating Disorders Council Minutes

March 19, 2018 – Conference Call

Council Members Present:

Denise Wilfley
 Carla O'Connor
 Annie Seal
 Stephanie Bagby-Stone
 Travis Stewart
 Jenny Copeland
 Joy Schwertley
 Shawn Sando
 Rebecca Lester
 Caroline Graham
 Marjorie Cole
 Beth Harrell
 Connie Cahalan
 Tommy Allgood

Council Members Absent:

Del Camp
 Paul Polychronis
 Kim McCallum
 Ginny Ramseyer-Winter
 Eric Martin
 Lauren Sciacca
 Janet Clevenger

Department of Mental Health Staff:

Rosie Anderson-Harper
 Debra Walker
 Lori Baysinger
 Vicki Schollmeyer

Guests:

Ellen Fitzsimmons-Craft
 Marie-Laure Firebaugh

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
Welcome/Introductions	<i>A.Seal introduced Tommy Allgood from Family Counseling Center.</i>	
Announcements	<i>A.Seal presented last week presented at the Missouri Coalition for Community Behavioral Healthcare about our council. She gave an overview, our charge for our council. There was about approximately 26 agency present. She spent most of the time talking about our training program. A.Seal asked everyone to review the minutes, Carla motion to approve the minutes, Shawn seconded. Minutes approved.</i>	<i>Still need a name for our training program.</i>
Discuss unallocated funds	<i>A.Seal stated that we have around \$4,000 available. A.Seal said would like to place a billboard in the Joplin area. V.Schollmeyer stated that the invoice would be sent by June 17th at the latest. The other option would go to the Body U program. It would go to Body U awareness at table events and other Body U events. We will do both.</i>	<i>We can discuss the way we will spend our extra funds at our next meeting in May.</i>
Body U Program Overview and Update	<i>M. Firebaugh talked the Body U update. She discussed we had a successful program transition. Everybody program was well received by all universities. 135 users have signed up for everybody Program. We Have 5 active coaches. M. Firebaugh also reported that she had a successful NEDA week at the end of February and that she worked with student ambassador. She also presented at MU student affair council and</i>	

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<p>Ozark Training Initiative Update</p>	<p><i>MWSU to do a body image and self-esteem in our media obsessed world. Body U also had press releases in NWMO and an article in the Missourian about Body U at Mizzou. A.Seal ask about the screening on Truman, M. Firebaugh said that she would be in contact with the student liaison or find someone to work with us on the Body U program. M. Firebaugh went through the rest of the screen numbers.</i></p> <p><i>E. Fitzsimmons-Craft presented information on Training Initiative update. Completed of recent trainings: RDN training was held January 30, 2018 in Poplar Bluff. Had 63 providers from the across the state in attendance. 53% were dietitians or dietetic students/interns and the remaining attendees were primarily therapists. Prior to the training only 56% had ever assessed a patient with an eating disorder, 41% ever treated a patient with an eating disorder. Had good feedback regarding this training. Also had a pre/post quiz. Will also distribute a 4 month follow-up survey at the end of May/early June to assess sustained impact. This training was video recorded and will be uploaded to Relias and to the web.</i></p> <p><i>Eating disorders 101 training conducted by E. Fitzsimmons-Craft on 2/12/18 at Places for People in St. Louis. Covered overview of eating disorders, screening and diagnosis tools, evidence-based treatment options and how the MO Eating Disorders Council can help.</i></p> <p><i>Cognitive-behavioral therapy guided self-help (CBTgsh) training conducted by E. Fitzsimmons-Craft on 3/14/18 via Skype, 9 attendees from Ozark Center and FCC Behavioral Health.</i></p> <p><i>Upcoming Trainings: "The MO Eating Disorders Council's Toolkit for Eating Disorders Screening, Prevention and Treatment" Sprint Training Institute workshop May 31, 2018.</i></p> <p><i>In-person interpersonal psychotherapy training – May/June 2018 St. Louis. Ongoing Consultation in Evidence-Based Practices for Eating –Disorders</i></p> <ul style="list-style-type: none"> <i>• Family Based Treatment - E. Fitzsimmons-Craft providing follow up consultation, wrapped up with clinicians at the Ozark Center in Dec. 2017</i> <i>• Interpersonal Psychotherapy Rob Welch, will complete final 12 week round of consultation beginning end of March</i> 	<p><i>A.Seal asked if anyone knows anyone at Truman if they could reach out to get there screening numbers up.</i></p> <p><i>Lori will send J.Copeland some brochures.</i></p>

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
	<ul style="list-style-type: none"> • Consultation for medical providers – Stephanie Bagby-Stone <ul style="list-style-type: none"> ➢ 6 providers (Ozark Center and FCC) ➢ Calls will continue to April, May and June • Consultation for dietitians <ul style="list-style-type: none"> ➢ Paula Antonacci consultation: <ol style="list-style-type: none"> 1. Deborah Herbst 2. Kristen Nickels 3. Susan Pittman ➢ Sarah Gleason advertised to RDs at the Poplar Bluff training <ol style="list-style-type: none"> 1. Tremendous interest in ongoing consultation – 25 interested 2. Calls began in Feb. 2018 <p><i>In discussions with Ozark Center about whether they are interested to fit in CBT consultation. In addition, they will be discussing clinicians at FCC, add CBTgsh to FBT calls.</i></p> <p><i>A.Seal stated that we will hear sometime in May regarding our grant. E. Fitzsimmons-Craft reported that she meet with Mel Fetter and Terry Trafton MO Coalition on getting more eating disorders trainings. She also stated that we are working on getting additional Centers of Excellence at Places for People in St. Louis, Preferred Family Healthcare (locations across MO) and BJC Behavioral Health St. Louis.</i></p> <p><i>A.Seal said that the State school nurse webinar is scheduled for April 25 with S. Bagby-Stone with the help of M. Cole.</i></p> <p><i>T. Stewart gave an update on our website. It is a fully responsive web site. He stated that some links may not work, but he is still working on. He is also working on the treatment finder. A. Seal stated that we might need to rebuild this.</i></p>	<p><i>Annie suggested going talk to the legislature, D. Walker suggestive to talk to Susan Flannigan who is our Legislature Liaison. D. Walker will talk to Susan and have a call to discuss this. Also, need to inform Mr. Stringer.</i></p>
<p>Additional Information</p>	<p>Next meeting will be May 21, 2018 at Department of Mental Health 1706 East Elm St., Jefferson City in Conference Room B from 10:00 – 2:00.</p>	