

Missouri Eating Disorders Council Minutes

March 28, 2016

Council Members Present:

Annie Seal
Beth Harrell
Carla O'Connor
Del Camp
Paul Graham
Connie Cahalan

Council Members Absent:

Department of Mental Health Staff:

Mark Stringer
Rosie Anderson-Harper
Lexy Thompson

Guests:

Ellen Fitzsimmons-Craft

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
Welcome/Introductions	The meeting was called to order. Self-introductions were made.	
Old Business	<p>Public Relations Program Update - Stealth</p> <p>Stealth's objective is to drive statewide awareness of the prevalence and seriousness, remove stigma among those suffering by opening a dialogue, and send individuals to resources and treatment in an effort to save lives. The awareness campaign highlights: the facts and disease; drives people to engage and take action; and provide hope and early intervention. A few of the additional campaign actions were:</p> <ul style="list-style-type: none">• Conducted a focus launch in top three markets: St. Louis, Columbia, and Kansas City.• Campaign boards have been in place since November. Throughout the State, there are 41 billboards.• Annie and David B. appeared on <i>Great Day St. Louis</i> to kick-off National Eating Disorders Awareness Week. They discussed the signs and approaches to seeking specialized treatment. KMOV, one of the media partners, ran the PSAs and digital elements, and the St. Louis Post Dispatch's article mentions Dr. Wilfley and referenced the billboards.• Distributed information during Speaker's Circle, at six sorority houses, and other entities on Mizzou's campus. Connected with MUTV to air all the content for the	

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	<p>campaign.</p> <ul style="list-style-type: none"> • Utilized YouTube to have some presence in Kansas City - a total of 3,300 people watched the PSA • Sarah Wilcher appeared on <i>Better Kansas City</i> and discussed the recovery process. <p>For statewide efforts, we are focused on education with the Missouri School Counselor Association and will conduct a workshop at their 2016 Conference. Also, we are continuing to build the foundation to grow relationships to partner in the future on eating disorders initiatives.</p> <p>What are the council members' views on increasing our social media presence as a way to increase awareness?</p> <ul style="list-style-type: none"> • We can get information to a wider audience. • An increase in social media would require more maintenance. • Since the Council is considered a part of the DMH, we will have to be aware of information posted and may be considered one of DMH pages. • Perhaps the Council can submit a proposal based on this conservation and review it. <p>Body U Program Update – Wash U Team</p> <p>Body U is part of the larger, national research project, The Healthy Body Image, which promotes healthy eating behaviors and body images on college campuses across Missouri. Student-wide emails are sent twice a semester, and students are offered an online, 5-10 minute, eating disorder screen. Based on the results, students are placed in one of four categories:</p> <ul style="list-style-type: none"> • Low risk for eating disorder – Students are not endorsing high levels of body dissatisfaction and are not dieting much. Students are offered an online program called <i>Staying Fit</i>, which provides healthy eating and exercise to keep students health in the college environment. • High risk for eating disorder - Students are endorsing high levels of body dissatisfaction and are at great risk of turning into a clinical or sub-clinical eating disorder. The program offered is called <i>Student Bodies Classic</i>, which helps prevents the translation to an eating disorder. • Clinical or sub-clinical eating disorder – Students are offered the <i>Student Bodies Eating Disorders</i> online program. It is a coached, cognitive-based online program. 	

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	<ul style="list-style-type: none"> Likely having anorexia nervosa - Students are provided referrals to counseling centers. <p>Currently, eight public universities have implemented the program. Truman State University, Missouri Science and Technology, and University of Central Missouri have doubled their number of screens this year. Students fell into the categories as follows: low risk - 500 students, high risk - 450 students, clinical/sub-clinical – 140, likely having anorexia nervosa – 16 students. Body U will offer other programs that address issues that can contribute to eating disorders, such as stress, anxiety and mood disorders. The Healthy Body Image page is available on Facebook and Twitter.</p>	
Overview of Ozark Center Training Initiative – D. Camp	<p>This initiative started because our system had 42 persons who had an active diagnosis of an eating disorder. We do not screen for eating behaviors in the assessment process. This alerted us to get a treatment team together and pursue training. We identified IPT, CBT, and FBT. Wash U had the experience to deliver all three trainings. Now, four sessions specifically about eating disorders are available on RELIAS for providers. An email was sent to providers alerting them of the sessions. We are tasked with identifying a certain level of training for each CMHC. We will train each member of the team, and train the team how to function as a team. Once we have established layers of minimum training requirements, we will be able to replicate the training. We will also provide TA in the future.</p>	
Additional Information	<p>Dr. Levine's listserv: To be added onto his listserv email him at levine@kenyon.edu. Members can introduce themselves and briefly talk about their work.</p> <p>Denise wants to share her article Treating the Most Common Eating Disorder and the comments she received (both attached). She thought it portrays a good example of comments we can expect to receive on social media, so it can help us prepare some possible answers.</p>	
Adjournment	<p>The meeting was adjourned. Next meeting will be held on Monday May 23, 2016.</p>	