

# Missouri Eating Disorders Council Minutes

October 3, 2016 (Conference Call)

**Council Members Present:**

Connie Cahalan  
 Del Camp  
 Beth Harrell  
 Carla O'Connor  
 Annie Seal  
 Rebecca Lester  
 Paul Polychronis  
 Denise Wilfley  
 Janet Clevenger

**Council Members Absent:**

Mark Stringer  
 Paul Graham  
 Lauren Sciacca  
 Kim McCallum  
 Jen Singleton  
 Eric Martin  
 Aneesh Tosh

**Department of Mental Health Staff:**

Rosie Anderson-Harper  
 Lexy Thompson  
 Lori Baysinger

**Guests:**

Ellen Fitzsimmons-Craft  
 Marie-Laure Firebaugh

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
<p><b>Body U Program Overview and Update</b></p>	<p><b>Body U Program – Wash U</b>                      Lori will be taking care of the data keeping and will send the information to Wash U. Also, Lexy will work with MIMH to get the Qualtrics license to use to provide this data.                      Marie-Laure went through the screening Algorithm:</p> <ul style="list-style-type: none"> <li>- Low risk, staying Fit</li> <li>- Low Risk for ED with other mental health risk, screen into most applicable programs (Moods, Anxiety, or stress/relief)</li> <li>- High Risk, NEDA website</li> <li>- Very High Risk ED or Clinical Eating disorder, Lantern' Body Program</li> <li>- Clinical Eating Disorder, Referral for clinical evaluation and treatment</li> </ul> <p>Mare-Laure stated that they would like to get University of Kansas City, University of St. Louis, MO State University and Southeast MO State University on board with the Body U Program.</p> <p>She would like the counseling centers to help promote this program. Also she would like to get MU on this program. Annie suggested to "cold call" them and suggests them to join the program.</p>	<p><i>Marie-Laure will reach out to MU and MO State to try and get them to join the Body U program.</i></p>

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
<p><b>Ozark Center Training Initiative Overview and Update</b></p>	<p>Elan Siedband with Lantern gave a live demonstration of Body U. Elan also stated that all their coaches hold an advanced degree, certification in health and wellness coaching, or training and experience in health and wellness coaching and CBT experience.</p> <p><b>MO Training Initiative Overview</b>            Ellen discussed that on Aug. 3<sup>rd</sup> a Dietitian boot camp was held and training was provided by Jessica Setnick at the Ozark Center. There were a total of 28 providers that attended. This training was video recorded. Ellen stated that she is planning on uploading the training to the web.</p> <p>Ellen talked about the FBT training that was just held on Sept. 26 -27 in St. Louis conducted by Jim Lock. There were 28 clinicians at this training. CEUs were given to the students that attended. This training was also recorded and will be uploaded online.</p> <p>Upcoming training will be on IPT training. Ellen asked the Council where they would like to hold this training. The Council decided that Jefferson City would be a good location. The Council said that they like to hold this training in December or early January. Ellen stated that she will start working on the dates and will work with DMH to get everything prepared.</p>	<p><i>Ellen will do a follow up questionnaire in November to the student that attended the August training.</i></p> <p><i>Rebecca will help Ellen put together a follow up survey to give to the students.</i></p>
<p><b>Additional Information</b></p>	<p>Next meeting will be Nov. 28, 2016 at Department of Mental Health 1706 East Elm St., Jefferson City in Conference Room B from 10:00 – 2:00.</p>	