

# Missouri Eating Disorders Council Minutes

September 23<sup>rd</sup>, 2019

**Council Members Present:**

Annie Seal  
 Beth Harrell  
 Paul Polychronis  
 Carla O'Connor  
 Del Camp  
 Heidi Strickler  
 Jenny Copeland  
 Rebecca Lester  
 Stephanie Bagby-Stone  
 Debra Walker  
 Lori Franklin

**Council Members Absent:**

Kim McCallum  
 Ginny Ramseyer-Winter  
 Lauren Sciacca  
 Caroline Graham  
 Marjorie Cole  
 Janet Clevenger  
 Shawn Sando  
 Tommy Allgood  
 Travis Stewart  
 Rosie Anderson-Harper  
 Connie Cahalan  
 Denise Wilfley  
 Eric Martin

**Department of Mental Health Staff:**

Lori Franklin  
 Elaina Henry

**Guests:**

Ellen Fitzsimmons-Craft  
 Marie-Laure Firebaugh  
 Olivia Laing  
 Jill Ott

<b>TOPIC</b>	<b>DISCUSSION</b>	<b>ACTION/FOLLOW-UP NEEDED</b>
<b>Welcome/Introductions</b>		
<b>Announcements</b>	<p><i>L. Franklin gave an update to the council on behalf of Jon Sabala with Veterans Services at DMH. The DMH Veteran Services webpage has been updated as of April of 2019 to add information about eating disorders for both clinicians and military connected people. Over the last five months this resource page for military connected people has been downloaded 220 times. The resource page for clinicians has been downloaded 187 times.</i></p> <p><i>The July minutes were reviewed. B. Harrell approved, the motion was seconded by C. O'Connor and S. Bagby-Stone, and the minutes were approved.</i></p>	

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<p><b>Legislative Awareness Day - J. Ott</b></p>	<p><i>Jill Ott, a legislative assistant, came to discuss with the council her plans and suggestions for Legislative Day, a tabling event, at the Capital in February. J. Ott advised all the members of the council to make sure your legislator knows why you are there. She also mentioned having someone introduce the council to the floor as a great way to get the EDC name out there and raise awareness. A. Seal asked that anyone wanting to participate in this tabling event to notify her. The council is supposed to have a Senator and a member of the House of Representatives sitting on board. The council will start actively looking for individuals that are interested in joining the council.</i></p>	
<p><b>Budget Review</b></p>	<p><i>L. Franklin gave a budget overview. The balances were read off to the council. The budget is still new for FY 2020, so not many expenses have occurred.</i></p>	
<p><b>Body U Program Overview and Update</b></p>	<p><i>M. Firebaugh gave an update on Body U Program. Emailing the screens for Body U was determined to be the best way of advertising to the students to take the screen. M. Firebaugh shared some statistics from the screens taken for the 2019 academic year. The charts show weight and shape concerns remain to be a rising problem among the students on college campuses.</i></p> <p><i>Mizzou has officially merged their Counseling Center, Wellness Center, and Student Health Center. Dr. Rooney will no longer be the Student Health Center Director. Susan Even will now be the contact for Body U purposes. Lincoln now has a new Counseling Center Director. Campus-wide emails will continue to be disbursed throughout Mizzou, UCM, UMSL, and MSSU. M. Firebaugh is currently working with the Department of Psychology and MSU and UMKC to get the campus-wide emails sent there.</i></p>	

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<p><b>Missouri Eating Disorders Coalition 360 Update</b></p>	<p><i>M. Firebaugh will be attending at least ten events this fall in connection with Body U and its promotion. Most of these events are mental health fairs and orientations.</i></p> <p><i>Joan Masters with Partners in Prevention has agreed to add our ED questions to the survey for the year 2021. A presentation will be submitted to the Meeting of the Minds and Spring Training Institute.</i></p> <p><i>Body U is now in its seventh year of screening at risk college students for ED. A total of <b>9,447</b> screens have been taken. M. Firebaugh is going to be making a change to the screening questions. M. Firebaugh is currently strategizing to gain more social media followers on all platforms. The hope is that a larger general presence of the social media behind Body U will lead to increased engagement from the populations that are being targeted. M. Firebaugh shared a hashtag that has gotten some positive feedback for Instagram.</i></p> <p><i>O. Laing presented the 360 Update. O. Laing explained some new partnerships with centers of excellence underway with ReDiscover in Kansas City and the Community Health Center of Central Missouri. O. Laing discussed some funding opportunities for the future. The Missouri Foundation for Health Grant's feedback from the council's submission will be used to strengthen the opportunity to receive these funds.</i></p> <p><i>Upcoming Trainings:</i></p> <ul style="list-style-type: none"> <li>○ <i>Dr. S. Bagby-Stone has a training with Missouri Coordinated School Health Coalition on "What you need to know to help a student with an eating disorder" in December.</i></li> </ul> <p><i>Online Trainings:</i></p> <ul style="list-style-type: none"> <li>○ <i>A DBT online webinar series</i></li> </ul>	

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	<ul style="list-style-type: none"> <li>○ <i>Monthly online ED training program will be put together by Dr. Therese Waterhous. Over 160 people are receiving these monthly.</i></li> <li>○ <i>Free iaedp training for providers in MO. A flyer will go out soon.</i></li> </ul> <p><i>Ongoing Consultations:</i></p> <ul style="list-style-type: none"> <li>○ <i>New consultation group with Sarah Gleason and Paula Antonacci have 11 new dieticians onboard.</i></li> <li>○ <i>The follow up responses from the Kirksville training with Dr. Stephanie-Bagby Stone and Dr. Kim McCallum back in April have been received.</i></li> </ul> <p style="text-align: center;"><b><i>The next meeting will be a conference call on November 25, 2019!</i></b></p>	

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