

Missouri Eating Disorders Council Minutes

May 23, 2016

Council Members Present:

Del Camp
 Annie Seal
 Beth Harrell
 Carla O'Connor
 Paul Graham
 Connie Cahalan
 Lauren Sciacca
 Rebecca Lester
 Kim McCallum
 Jen Singleton
 Paul Polychronis
 Denise Wilfley
 Lexy Thompson

Council Members Absent:

Aneesh Tosh
 Eric Martin
 Janet Clevenger
 Liz Coleman
 David Pearce

Department of Mental Health Staff:

Mark Stringer
 Rosie Anderson-Harper
 Lori Baysinger

Guests:

Ellen Fitzsimmons-Craft
 Carline Graham

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
Welcome/Introductions	The meeting was called to order at 10:00am. Annie welcomed Caroline Graham, Wash U Student. Rosie introduced Lexy Thompson (liaison) and Lori Baysinger (support) with DMH/DBH. Beth asked the council to take a moment to acknowledge the 5 yrs. anniversary of the Joplin tornado.	
Old Business	<p>Approval of minutes</p> <p>Some minor changes were made to the March meeting minutes. Annie requested to approve the March minutes with changes; Paul G. made the first motion to approve. Carla seconds his motion. The March minutes were approved with changes by the council.</p> <p>Project Update PR – Stealth Awareness Campaign</p> <p>Stealth is partnered with MO Eating Disorders Council under the MO Dept. of Mental Health to bring awareness and connect MO to evidence-based treatment options supported by clinical practice guidelines.</p>	

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
	<p>Stealth is proposing a series of new and continuing tactics for the 2016/2017 fiscal year to keep the message momentum running. They are recommending organizing MO EDC Ambassadors and school counselors in an effort to build reach and continue the education opportunities.</p> <p>Scope of Work:</p> <ul style="list-style-type: none"> • Ongoing public relations • Ambassadors Program • Media presence in Joplin, Kansas City and along Highway 70 • Replenish existing supply of MYTHS Campaign materials for PR presence in St. Louis (and where necessary) • Even Planning & Execution • Website updates to moedc.org <p>Annie asked Mark about how to pursue an increase in the Eating Disorders Council budget. . Rosie stated that finance manager would agree to the \$200,000 budget. Mark stated that we should have a “wish list” for the other things. Annie asked what needs to be done to change our current budget amount. Mark indicated that the current budget was all the council was assigned, but that the council could submit a list of critical expenditures to the department for consideration. Mark also suggested submitting a new budget in spring of 2017, and that the need for an increased Eating Disorders Council budget could be included with the Department’s budget request for fiscal year 2018. Start with the new governor and Mark will also put it in along with the Department request. Council had discussion about what changes could be made to the current budget with to work with what is allotted along with other possible funding sources.</p> <p>Body U Program – Wash U</p> <p>Ellen passed out a handout that shows the number of students that have been screened throughout the years by Lantern. Lantern screened about 1350 students across 28 colleges across the nation this year. Lantern will allow the Eating Disorders Council to use their software for another year for the amount of \$20,000. They will provide coaching and individualized support for students. Lantern will oversee coaching of all programs.</p>	<p>Handout pamphlets at the MO School Counselors’ Association Conference in November.</p>

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	<p>New Screening Algorithm:</p> <ul style="list-style-type: none"> • Low Risk Eating Disorders – Screen into most applicable Lanterns programs: Mood, Anxiety, Stress-relief • High Risk For Eating Disorders/Clinical Eating Disorder – Lantern’s Body Program • Clinical Eating Disorder – Referral for clinical evaluation and treatment at the discretion of the health or counseling center <p>Denise discussed how Body U worked, and said that the body image portion is being phased out. Lantern is going to other programs including depression, stress and wellness. Lantern will coach up to 2,000 users, who have to complete first three sessions. Next year the cost will be \$75 per student to pay for software and web base/mobile coaching. Body U would want a commitment from the council to pay for a certain number of students to be screened in order to make the body image modules available for those students.</p>	
<p>New Business</p>	<p>Ozark Center Training Initiative Program Overview</p> <p>Annie explained that the council’s goal is to establish different levels of care through the eating disorders training program so that individuals could receive services based on the severity of their illness. . The council/training program committee is tasked with identifying a certain level of training for each CMHC.</p> <p>Ellen gave out handouts, MO Ed Training Initiative Proposal – Ozark Center will be the center of excellence. Training will be in FBT, CBT, IPT, dietitian training and psychiatrist/team/med management training. Kim brought up a point regarding CMEs for attending training. People were concerned about a fee. Paul G. talked about charting. Kim talked about IAEDP, only 3 certified – Kim, Carla and Beth for the entire state of MO.</p>	

TOPIC	DISCUSSION	ACTION/FOLLOW-UP NEEDED
	<p>2017 Budget Review Annie asked the members to review the 2017 Budget. Lexy requested the extra \$1,000 to be used towards the Council's meeting expenses. Motion to approve Carla made the first motion to approve, Dr. McCallum seconded her motion. Budget was approved.</p> <p>New Chairman, Vice Chairman Annie went through the members of the Eating Disorders Council to update. Members to remove: David Pearce (Senator), Don Gosen (Rep) and Liz Coleman. These members will receive a letter thanking them for their service and will be released from the Council. The members decided to retain Eric Martin.</p>	<p>Annie will check with Janet Clevenger to see if she can start coming to these meetings.</p> <p>Kim will contact another Dr. in place of Dr. Tosh.</p>
Working Session:	<p>Creation of the Council's "Product" Council was divided up into 2 groups to work in group session. Del's group will have a conference call every 3 week to follow up on their trainings. Ellen discussed Body U and opening it up to the public. It was decided that Ellen will discuss opening BodyU to the public with Lantern.</p>	
Additional Information	<p>Denise made the comment that she would like Annie to continue to be the Chair the Council. Kim stated that she like that idea. Lexy stated that per the By Laws we could re-elect a new Chair/Vice Chair in the month of September. Term limit is for 2 years. The bylaws of the council can be amended by the council to change the Chair/Vice Chair's term limit.</p>	<p>Will discussed at next meeting.</p>
Adjournment	<p>The meeting was adjourned at 2:15. Next meeting will be held on Monday July 25, 2016. Denise will be the Chair at this meeting since Annie will be out of the country.</p>	