

# ***Bylaws of the Missouri Eating Disorders Council for the Department of Mental Health***

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## **Article I- Charge**

The Missouri Eating Disorders Council is charged with leading eating disorders education, awareness, and treatment initiatives throughout the state, and promoting effective treatments, including evidence based practices. The Council's goal will be to employ fact based, best-in-class materials and strategic partnerships to bring focus and understanding to the serious nature of this disease.

The Council will work to identify the magnitude of the problem and treatment needs for Missouri's citizens, determine the best practice diagnostic and treatment, prevention, early intervention and recovery services for people suffering from eating disorders, evaluate support systems for families and sufferers, and promote the acquisition of training for healthcare providers.

An early responsibility of the Council will be to develop a five-year strategic plan inclusive of recommendations and metrics upon which we will determine opportunities and/or success.

## **Article II- Scope of Work**

The **Missouri Eating Disorders Council**, in collaboration with appropriate organizations and stakeholders, in addition to the Departments of Mental Health, Health and Senior Services, Elementary and Secondary Education and Higher Education, will lead the development of eating disorders education, awareness and research initiatives throughout the state, and promote increased access to treatments supported by clinical practice guidelines (i.e., considering the relevant scientific literature, as well as the potential harms and benefits of treatment for each case)<sup>1</sup>.

The Council will focus on children, adolescents, and adults with anorexia nervosa (AN), bulimia nervosa (BN), binge eating disorder (BED), atypical AN, sub threshold BN, and sub threshold BED. These are the major diagnostic categories recommended for inclusion in DSM-5. It will include the latter diagnoses (atypical AN, sub threshold BN, sub threshold BED) because patients with these disorders demonstrate levels of distress and/or impairment similar to full-syndrome AN, BN, and BED.

Eating disorder awareness, detection, prevention, treatment and recovery is of paramount importance and must start early. Early intervention is linked to better treatment outcomes, but requires enhanced awareness and screening. The Council will focus on helping professionals to recognize individuals with eating disorders, and individuals at high risk for developing an eating disorder (e.g., those with high weight/shape concerns or low-level of compensatory behaviors). The Council will advocate for increased

access to care for this population, and promote early intervention and prevention programs, and recovery supports.

The absence of adequate coverage of treatment is a critical barrier to access to care for the patient. The high costs of medical complications, disability, and loss of life are significant health concerns. The Council will advocate for third party reimbursement for eating disorders, including coverage through private and public insurance plans.

The Council will work with identified partners, including state departments, to develop an eating disorders awareness program. This program will be designed to communicate that eating disorders are serious illnesses that require complete treatment. The objectives of the awareness program are to educate Missouri citizens on the true and serious nature of the disease, dispel myths on who is affected, drive early intervention and encourage appropriate treatment for those suffering or those at risk.

Approved 1/28/2013

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1. *Institute of Medicine, Report Brief: Clinical Practice Guidelines We Can Trust, March 2011.*

## **Article III- Responsibilities**

### **Section 1**

According to RsMO 630.575:

The council shall:

1. Oversee the eating disorder education and awareness programs established in section 630.580;
2. Identify whether adequate treatment and diagnostic services are available in the state; and
3. Assist the department of mental health in identifying eating disorder research projects.

### **Section 2**

According to RsMO 630.580:

1. The department of mental health, in collaboration with the departments of health and senior services, elementary and secondary education, and higher education and in consultation with the Missouri eating disorder council established in section 630.575, shall develop and implement the following education and awareness programs:

(1) Health care professional education and training programs designed to prevent and treat eating disorders. Such programs shall include:

- (a) Discussion of various strategies with patients from at-risk and diverse populations to promote positive behavior change and healthy lifestyles to prevent eating disorders;
- (b) Identification of individuals with eating disorders and those who are at risk for developing an eating disorder;
- (c) Conducting a comprehensive assessment of individual and familial health risk factors;

(2) Education and training programs for elementary and secondary and higher education professionals. Such programs shall include:

- (a) Distribution of educational materials to middle and high school students in both public and private schools, including but not limited to utilization of the National Women's Health Information Center's Body Wise materials;
- (b) Development of a curriculum which focuses on a healthy body image, identifying the warning signs and behaviors associated with an eating disorder, and ways to assist the individual, friends, or family members who may have an eating disorder; and

(3) General eating disorder awareness and education programs.

2. The department of mental health may seek the cooperation and assistance of any state department or agency, as the department deems necessary, in the development and implementation of the awareness and education programs implemented under this section.

## **Article IV- Membership**

### **Section I**

The Eating Disorders Council shall consist of the following persons to be selected by and the number of members to be determined by the director of the department of mental health:

- (1) Director's designees from the department of mental health;
- (2) Eating disorder researchers, clinicians, and patient advocacy groups; and
- (3) The general public.

## **Section II**

Members of the council shall serve four-year terms, with the initial terms of the members staggered as two-year, three-year, and four-year terms. The members of the council may be reappointed. The members of the council shall not receive compensation for their service on the council, but may, subject to appropriation, be reimbursed for their actual and necessary expenses incurred as members of the council

## **Article V- Meetings**

### **Section I**

The full council will meet at the call of the Chairperson no less than six times per calendar year.

### **Section II**

The Chairperson of the Council shall preside at meetings, appoint committees, and sign documents as authorized by the full Council. The Vice-Chairperson will perform these functions in the absence of the Chairperson. In the absence of both the Council's Chairperson and Vice-Chairperson, the presiding officer at the meeting shall be the Chairperson of one of the Council's Standing Committees.

### **Section III**

All meetings will be open to the public in accordance with the standards set forth in Missouri Statutes. Meetings will be at such hours and places as members may have indicated are most convenient.

### **Section IV**

A quorum requires the attendance of a majority of Council members.

### **Section V**

If any member misses three (3) consecutive meetings or attends less than fifty (50) percent of the meetings in a calendar year, the Chairperson may recommend to the appointing authority that said member be replaced.

## **Article VI- Officers**

### **Section 1**

The Council shall elect a Chairperson and Vice-Chairperson in the month of September. Term limit for the Chair and Vice-Chair position shall be two years.

## **Article VII- Committees**

### **Section 1**

The Council may establish standing and ad hoc committees.

### **Section 2**

In addition to the standing committee(s), the Chairperson may initiate ad hoc committees to address issues relevant to the Council's purpose, authority, and/or other areas of concern.

### **Section 3**

The Council, at its discretion, may establish and terminate any committee as deemed necessary, by a simple majority vote of the Council members present.

### **Section 4**

The committees shall meet at the call of the Council Chairperson, Committee Chairperson, or Department Director.

## **Article VIII- Amendments**

These bylaws may be amended by a majority vote of those present at any meeting, after such amendment has been proposed in writing at the previous meeting of the Council.