

Missouri Eating Disorders Council Minutes

March 23, 2020-Conference Call

Council Members Present	Council Members Absent	Department of Mental Health Staff
Annie Seal	Debra Walker	Lori Franklin
Heidi Strickler	Kimberli McCallum	Connie Hardin
Stephanie Bagby-Stone	Ginny Ramseyer Winter	
Marjorie Cole	Janet Clevenger	Guests
Stephanie Flynn	Denise Wilfley	Ellen Fitzsimmons-Craft
Connie Cahalan	Del Camp	Marie-Laure Firebaugh
Carla O'Connor		Olivia Laing
Beth Harrell		
Paul Polychronis		
Rebecca Lester		
Jenny Copeland		
Eric Martin		

Topic	Discussion	Action/Follow-up Needed
Welcome/Introductions	Stephanie Flynn was introduced as a new member. Connie Hardin was introduced as L. Franklin's new support staff.	
Review of Budget by L. Franklin	L. Franklin gave a budget overview for FY2020. The balances were read off to the council. A statement for \$50.00 came in after the report was made for Body U. Should soon receive a statement for MindDistrict for \$8,850.	

	Monthly online ED training by Therese Waterhous, PHD	
360 Program Updates by O. Laing	Post-training survey from 2019 for monthly questions to solidify learning. (There was 26 respondents)	
	<p>These are some comments from the respondents:</p> <ol style="list-style-type: none"> 1. ED is not by choice, it is not a result of trauma, or maltreatment at the hands of parents. October training described in best: Genetics is the gun and stress is the trigger. 2. Several mentioned learning “the importance of family involvement throughout the treatment process.” 3. Both novice and experienced clinicians found information to be valuable. 4. Suggested changes: provide handouts, provide list of treatment providers, CEU credit. 5. 2020 training: 95 participants. 	
	<p>Relias Total Relias training log ins: 185 Currently have 5 trainings posted, will be adding more webinars.</p>	
	<p>Interpersonal Psychotherapy platform</p> <ol style="list-style-type: none"> a. Total log ins (as of 1/30/2020): 352 b. Applied for a medical education grant to update the platform and keep up through Sunovian but wasn’t funded for budget reasons, plan to pursue other options. c. 3C, current website host has agree to keep platform up for now. 	
	Monthly Newsletter - with training opportunities currently have 480 subscribers.	
	<p>Consultation Dietitians- 13 participants Sarah Gleason, RD, Paula Antonacci, RD Ozark Center- Consulting with Stephanie Bagby-Stone to start IOP program.</p>	

	<p>Upcoming Trainings</p> <ol style="list-style-type: none"> 1. April 2020- Cognitive-behavioral therapy guided self-help webinar. 2. May 2020- Interpersonal Psychotherapy webinar 3. Cancellation- Adolescent Health Conference, Spring Training Institute, University of Missouri School of Social Work Spring Forum will be moved to fall. 	
	<p>Center of Excellence Updates- ReDiscover – KC, MO</p> <ol style="list-style-type: none"> a. Identified team leader, 18 providers are interested in being part of a team. b. 40 clinicians registered for IPT training. <p>Burrell Behavioral Health- Springfield, Columbia, MO Identified 4-10 clinicians from different disciplines to form core team.</p> <p>Places for People-St. Louis, MO</p> <ol style="list-style-type: none"> a. Still Interested in launching team. b. Working to identify dietitians, partnership with Food and Fit Connection. <p>Ozark Center- Building IOP Program.</p>	
	<p>Missouri Coalition for Community Behavioral Healthcare</p> <ol style="list-style-type: none"> a. Invited us to speak at quarterly meeting for agency clinical managers. b. MO Coalition Conference in September- can apply for a booth or send a speaker. 	
	<p>Other Updates</p> <ol style="list-style-type: none"> a. Article published in St. Louis Metropolitan Medicine magazine. b. Working to re-allocate funds from canceled trainings due to COVID-19 health concerns, Considering: <ol style="list-style-type: none"> 1. Acceptance and Commitment Therapy for EDs- online. 2. Provider CEUs for IPT or CBT Training. 	
Telehealth		

	<p>Telehealth new Federal regulation: Council members' client's need Telehealth-there may be a Federal over ride on licensing for medical professionals, looking to see if that includes mental health.</p>	
<p>Body U update by M.L. Firebaugh</p>	<p>BODY U-Is a program that offers students with eating disorders, depression, and anxiety screening and then directs them to tailored online interventions aimed at promoting healthy behaviors and addressing these issues.</p> <p>Screening Effort Spring 2020</p> <ol style="list-style-type: none"> a. Tabling event at SEMO, UCM, NWMO, and UMKC. b. The Illusionists showing at MSU had close to 200 students. c. Screened 2,065 students- see attachment for breakdown. d. Booth at CMUC had over 400 people. 	
	<p>Social media – How to best use Instagram</p> <ul style="list-style-type: none"> ▪ Created account theme, 3 colors. ▪ Looking at changing the logo ▪ Added pictures of people. ▪ Positive voices from the community from different backgrounds, race, and gender. ▪ Will launch Body U challenge in fall, have students record themselves and answer 3 questions and post on Instagram. ▪ Have reached of 17,000 viewers. ▪ Creating posts that generate a lot of activity. ▪ UMKC and NEDA have reposted our content. ▪ Working with @i_weigh, body neutrality on how to promote our message. 	
	<p>Canceled events-</p> <ul style="list-style-type: none"> ➤ All events planned for this semester. ➤ Wash U has ordered a travel ban outside the St. Louis area. ➤ Meeting of the Minds Conference. 	

	Working on ways to stay in contact-webinar.	
Question/comments	<p>Why are there different font and colors on Social media? We are working on making sure everything is the same. The logo is not very appealing, colors on post are aggressive.</p> <p>If anybody is wanting to be a Body U coach contact M. L. Firebaugh.</p>	
Update by A. Seal	<p>Advocacy Day was held on February 26, 2020- a thank you Missouri event and also an awareness day, to put out that Missouri is leading the nation on its efforts, as eating disorders are the second most fatal of all mental illness.</p> <p>These are the highlight of the event: see attachment for specifics.</p> <ul style="list-style-type: none"> • Talked to Senator Bill Wright about joining Council: great advocate for us and his wife is a surgeon. We would have a great medical connection. • It is in the bylaws that we are to have a Senate representation. • Lori F. offered to help get letters out to Statesmen. • Trying to find ways to replace the \$100,000 cut from budget. Consider direct contact with Governor Parson, if appropriate. • Really a great day to remind everybody the work we have been doing. • We did accomplish what we had set out to do that day. 	
	<p>Eating Disorder ECHO- L. Franklin</p> <ul style="list-style-type: none"> • The Missouri Telehealth Network through the University of Missouri provides monthly ECHOs on a variety of health related topics. L. Franklin has been in contact with project coordinators and shared the informational flyers that were distributed to legislators on Advocacy Day. They seemed very interested in the idea for an EDs ECHO and would reconnect with L. Franklin on March 23. Due to the COVID-19 health issue this may be delayed. L. Franklin will reach out to them 	

	to get an update.	
Approval of Minutes	The January minutes were reviewed. C. O'Connor motioned to approve, motion seconded by H. Stickler and the minutes were approved.	

The next meeting will be at DMH in Jefferson City on May 18, 2020!