

## Missouri Eating Disorders Council Minutes

May18, 2020-Conference Call

| <b>Council Members Present</b> | <b>Council Members Absent</b>   | <b>Department of Mental Health Staff</b> |
|--------------------------------|---------------------------------|------------------------------------------|
| Annie Seal                     | Del Camp                        | Lori Franklin                            |
| Heidi Strickler                | Kimberli McCallum               | Connie Hardin                            |
| Stephanie Bagby-Stone          | Ginny Ramseyer Winter           | Rosie Anderson-Harper                    |
| Janet Clevenger                | Carla O'Connor(couldn't log on) |                                          |
| Marjorie Cole                  | Travis Stewart                  | <b>Guests</b>                            |
| Stephanie Flynn                |                                 | Ellen Fitzsimmons-Craft                  |
| Connie Cahalan                 |                                 | Marie-Laure Firebaugh                    |
| Debra Walker                   |                                 | Olivia Laing                             |
| Beth Harrell                   |                                 |                                          |
| Paul Polychronis               |                                 |                                          |
| Rebecca Lester                 |                                 |                                          |
| Jenny Copeland                 |                                 |                                          |
| Eric Martin                    |                                 |                                          |
| Denise Wilfley                 |                                 |                                          |

| <b>Topic</b>                    | <b>Discussion</b>                                                                                                                                                                              | <b>Action/Follow-up Needed</b>                    |
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| <b>Approval of Minutes</b>      | M.L. Firebaugh had a question under Body U. "Booth at CMUC had over 400 people". It should have been NWMO instead of CMUC. D. Wilfley approved minutes and S. Bagby-Stone seconded the motion. | Change CMUC to NWMO in minutes. Done on 5/20/2020 |
| <b>Announcements by A. Seal</b> | Thanks to everybody for their patience for getting on today.                                                                                                                                   |                                                   |

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| <p><b>Review of Budget by L. Franklin</b></p>       | <p>L. Franklin gave a budget overview for FY2020. The balances were read off to the Council. The updated balances reflect canceled or rescheduled trainings due to COVID 19. In April the governor placed some restrictions on the current 2020 budget to adjust expenses due to COVID 19. There will be three \$50 invoices for Body U. Rhonda Merwin recently submitted information on a reimbursement for a three part series online training she did for Eating Disorders for \$2250.00. We have not received a statement for MindDistrict for \$8,850. <b>Please have all invoices in by June 19, 2020.</b> If not received it will come out of next year's budget. For more detailed information on the budget see the 2020 budget attachment.</p> |                                                                                      |
| <p><b>Review the Budget for 2021 by A. Seal</b></p> | <p>The 2021 budget is very similar to this year's budget. L. Franklin asked that the budget be more detailed with the names of trainers and the corresponding training category. The vendors also need to be in the SAM II system before they can be reimbursed. The 2021 budget was approved by R. Lester and B. Harrell seconded. For more information see 2021 budget attachment.</p>                                                                                                                                                                                                                                                                                                                                                                 | <p>M.L. Firebaugh will submit a more detailed budget as requested by L. Franklin</p> |
|                                                     | <p><b>Monthly online ED training</b> by Therese Waterhous, PHD</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                      |
| <p><b>360 Program Updates by O. Laing</b></p>       | <p>Monthly question to solidify learning:</p> <ul style="list-style-type: none"> <li>• 2020 Training 95 participants</li> <li>• 20-25 participants complete monthly surveys</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                      |
|                                                     | <p><b>Relias</b><br/> Total Relias training log ins: 226<br/> Currently have 5 trainings posted</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                      |
|                                                     | <p><b>Interpersonal Psychotherapy platform</b></p> <ol style="list-style-type: none"> <li>a. Total log ins (as of 1/30/2020): 352</li> <li>b. 3C, current website host has agreed to keep the platform up for now.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                      |
|                                                     | <p><b>Monthly Newsletter-</b> with training opportunities currently have 490 subscribers.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                      |
|                                                     | <p><b>Consultation</b><br/> Dietitians- 13 participants</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                      |

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|  | <ol style="list-style-type: none"> <li>1. Sarah Gleason, RD, Participants found this to be very helpful.</li> <li>2. Paula Antonacci, RD, <ul style="list-style-type: none"> <li>➤ Both have agreed to stay on and consult in 2021.</li> </ul> </li> <li>3. Jenny Copeland, PHD-providing consultation to CMHCs to form ED teams. Really enthusiastic with the Ozark Center and how they are the model for other teams.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                            |  |
|  | <p><b>Webinar Training:</b> Acceptance and Commitment Therapy for EDs- Rhonda Merwin, PhD of Duke Medical Center.</p> <ul style="list-style-type: none"> <li>• 79 Missouri providers enrolled.</li> <li>• Post-training survey data: Would you recommend this training to a colleague? All respondents said “yes”.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
|  | <p><b>Upcoming Trainings</b></p> <ol style="list-style-type: none"> <li>1. Rob Welch, PhD-Interpersonal Psychotherapy at ReDiscover Mental Health-end of May webinar.</li> <li>2. Ellen Fitzsimmons-Craft-Cognitive-behavioral therapy guided self-help webinar July 2020.</li> <li>3. Stephanie Bagby-Stone-“What You Need to Know to Support Recovery in Teens with Eating Disorders” July 2020.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
|  | <p><b>Center of Excellence Updates-</b></p> <ol style="list-style-type: none"> <li>a. ReDiscover – KC, MO <ul style="list-style-type: none"> <li>✓ Decided not to pursue team building. With all the new changes going on right now they felt it was too much to coordinate. They would like to receive training.</li> <li>✓ 40 clinicians registered for IPT training.</li> </ul> </li> <li>b. Preferred Family Healthcare-Kirksville, other locations <ul style="list-style-type: none"> <li>✓ Team leader has identified 6 therapists who are interested in building a team.</li> <li>✓ Currently receiving monthly consultation from J. Copeland.</li> </ul> </li> <li>c. Places for People-St. Louis, MO <ul style="list-style-type: none"> <li>✓ Still Interested in launching a team.</li> </ul> </li> <li>d. Ozark Center-</li> </ol> |  |

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|                                               | <ul style="list-style-type: none"> <li>✓ Building IOP Program, seeking grant funding.</li> </ul> <p>Need to make the trainings manageable, not so overwhelming.</p>                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
|                                               | <p><b>Missouri Coalition for Community Behavioral Healthcare</b></p> <ul style="list-style-type: none"> <li>a. Invited us to speak at quarterly meeting for agency clinical managers-now moved to Zoom</li> </ul>                                                                                                                                                                                                                                                                                                                                                                         |  |
|                                               | <p><b>Other Updates</b></p> <ul style="list-style-type: none"> <li>a. E. Fitzsimmons-Craft and O. Laing compiling training data to write journal article.</li> <li>b. Currently updating website, redesigning online.</li> <li>c. Created guide to starting an ED team and suggested treatment flow. See attachment for details.</li> <li>d. O. Laing will provide a one page summary of the trainings that they provide and what they are about.</li> </ul>                                                                                                                              |  |
| <p><b>Body U update by M.L. Firebaugh</b></p> | <p><b>BODY U</b>-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><b>Screening Effort Spring 2020</b></p> <ul style="list-style-type: none"> <li>✓ Due to COVID-19 all our events were canceled.</li> <li>✓ Reached out to all universities to let them know that Body U was still available.</li> <li>✓ Screened 2,221 students.</li> <li>✓ We designed a new logo to match our new Instagram page.</li> </ul> |  |
|                                               | <p><b>Body U Community</b></p> <p>Launched a version of Body U for the community on April 13, 2020.</p> <ul style="list-style-type: none"> <li>✓ Anyone in Missouri 18 or older is eligible.</li> <li>✓ 68 individuals have completed the screening.</li> </ul>                                                                                                                                                                                                                                                                                                                           |  |
|                                               | <p><b>Social media</b> – How to best use Instagram</p> <ul style="list-style-type: none"> <li>✓ Number of followers is growing fast, we have 932, and this has increase 200%.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                  |  |

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|                          | <ul style="list-style-type: none"> <li>✓ We are starting to partner with other smaller accounts to promote content.</li> <li>✓ Sharing content from larger accounts brings us the most followers and engagement on content.</li> <li>✓ Increase in tagged content.</li> <li>✓ Men struggle with body image and there are unrealistic beauty ideals placed on them.</li> </ul> |  |
| <b>Question/comments</b> | No questions or comments.                                                                                                                                                                                                                                                                                                                                                     |  |

**The next meeting will be a conference call on July 27, 2020!**