

# F.E.A.S.T. Member Newsletter, January 2011

## F.E.A.S.T. from the Inside

by **Laura Collins**, Executive Director



Where will you be on November 4, 2011? I will be here in the Washington DC area to hear Dr. Thomas Insel, Director of the US National Institute of Mental Health, speaking at a F.E.A.S.T. Symposium. Details are being finalized, but we are grateful to Dr. Insel for his generosity in coming to speak to the parent community. There will be other speakers, a learning room of family-centered information, and the opportunity to influence policy and public education. You will meet other activist parents and leaders in research and treatment. We plan to have parts of the event streamed live to F.E.A.S.T. members on the Internet and to make all materials available online afterward.

Parents of eating disorder patients have for too long stood to the side: of our loved ones' treatment, of advocacy, and of the public conversation. More than ever before, we are taking our place beside our sons and daughters and all those affected by eating disorders.

### **CHANGING OF THE GUARD ON THE F.E.A.S.T. BOARD OF DIRECTORS**

It is time to say good-bye to honored volunteers, and welcome some new names to our [Board of Directors](#).

JoAnne Terry, Lydia Spottswood, and Axa Carnes were all part of our inaugural team for F.E.A.S.T. and it is with gratitude and some sadness that we say farewell. Therese Waterhous, we're happy to report, leaves our Board of Directors but joins our [Professional Advisory Panel](#).

Joining the Board of Directors in January:

June Alexander, Australia  
Denise Clancy, US  
Becky Henry, US  
Rachel Polonsky, UK

For more information on our new members, please visit the [Director biographies](#) on the F.E.A.S.T. website.



**Thomas R. Insel, M.D.**  
NIMH Director

Thank you ALL for your service to the parent community.

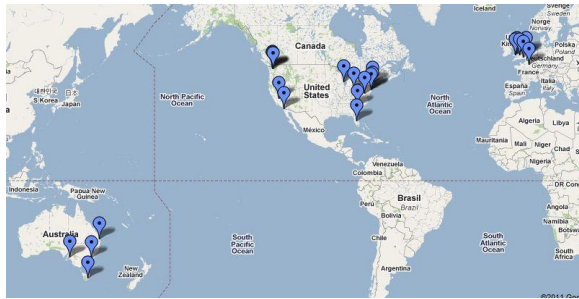
### **EXECUTIVE DIRECTOR'S RECENT ACTIVITIES**

Renfrew Presentation with F.E.A.S.T. Advisor , Judith Banker \* Interviews with: Student Health 101 and a syndicated article on Family-based treatment \* assisted reporter on pieces for NPR and Ms. Magazine \* reviewed one play, one manuscript and three published books \* wrote foreword for "Just Tell Her To Stop," by Becky Henry \* VocalVirginia with insurance query \* ABC news (US) affiliate media query \* planned a NEDAW event in Washington DC with Kathleen MacDonald from the Eating Disorders Coalition/FREED Foundation \* asked to coordinate newsletter contributions for the AED Forum on behalf of the Patient/Carer Task Force \* re-configured new website and database \* December membership drive \* Annual Board Meeting

## NEW SERVICE: LOCAL CONNECTIONS

Coffee Breaks is on line – and in your neighborhood!

Isolation is one of the most common features of caregiving, and even more so if a child has a mental illness. F.E.A.S.T. has an active online support community but hears frequently about the need for local contacts. This month we launched a new service on the [Around The Dinner Table Forum](#) that helps parents reach out to, and get support from, local parents.



[The map-based tool](#) allows parents to find out if there is anyone else in the F.E.A.S.T. community living nearby and allows them to arrange informal meetings. Guidelines for meetings are on the page as well. A parent volunteer, Jath, operates the map function for us.

Peer-to-peer support is a wonderful way to help families feel empowered and well-informed as they do the vital and difficult work of caregiving. We are so proud to offer one more way to help families face, and beat, this illness.

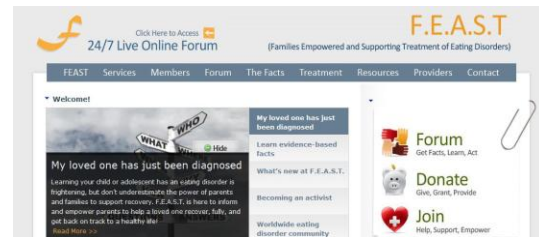
## WELCOME TO A NEW ADVISOR

Therese S. Waterhous, PhD, RD, LD is owner of Willamette Nutrition Source, LLC, a private practice located in Corvallis OR specializing in eating disorder treatment and nutrition counseling for other disorders such as metabolic syndrome, PCOS and substance abuse. Waterhous was until December one of the original members of our Board of Directors and also served as moderator on the Around the Dinner Table forum. She served as a chair for the Special Interest Group on adolescent health and eating disorders for the American Dietetic Association (ADA), she wrote the chapter on pediatric eating disorders for the Pediatric Nutrition

Practice Group of the ADA, and she has given numerous talks to both professionals and lay audiences about eating disorders. Her special interests are in education of other health professionals about eating disorders and in working with families of people with eating disorders.

Welcome (back), Therese!

## THE NEW WEBSITE



Remember when we gave you login information for the new website? Well, we apologize. We have suspended the experiment in self-registration and members managing their own account. Technical difficulties, member confusion with the ATDT forum registration, and other issues have forced us to set that feature aside. You are still a member, but no need to login to the site. If you want to change your information with us, just [email or call!](#)

## CONDOLENCES

The Around the Dinner Table community and F.E.A.S.T. extend sincere condolences to the family of Emma, 16, who lost her life in January to anorexia nervosa.

## NEW ON F.E.A.S.T. WEBSITE

- [NIMH Director, Dr. Thomas Insel, responds to question about the term "brain disorder" and eating disorders and stigma](#)
- [Relapse Prevention Contract tool](#) for families and clinical teams to personalize, by F.E.A.S.T. Advisory Panel member, Dr. Stephanie Milstein

- ["The Worst Attendants" - The history of parents and eating disorders and the principles of the Family-Based Maudsley Treatment.](#) A PowerPoint slideshow with audio narration presented at the Renfrew Foundation Conference, November 2010 by F.E.A.S.T. Executive Director, Laura Collins.

#### AUSTRALIAN TASK FORCE REACHING OUT

- A letter was sent to all Federal and State politicians in response to the 60 minutes Report on Amy Eubergang. The letter



introduced F.E.A.S.T. and highlighted the need for better treatment options for eating disorders in

Australia. Responses have been received from the Tasmanian, New South Wales, Queensland and South Australian Health ministers, and the Federal Health Minister. (Bridget)

- Links to RACGP (Royal Australian College of General Practitioners) and Dieticians Association of Australia. Work in progress with the Education Department to provide a link to F.E.A.S.T.. (Lynda)
- June Alexander will co-chair Carers/Consumers forum for round 2 NEDC. This is a 3yr commitment.
- Carolin Gray was invited to attend the launch and contribute to The Children's Hospital at Westmead, "Expert Parents Consultation Service".
- Letter sent to SA organizations and authorities calling for improved access to services, and family-based services in particular, have elicited return letters and some warm responses. (Robyn)
- Participating in round 2 NEDC. (Carolin and Bridget)

#### UK TASK FORCE SPREADS THE WORD

- Members of the group, and some of their children, have been involved in working with B-EAT on [the B-EAT Cymru project](#), the [Carers' Ambassador's Scheme](#), [B-EAT Assured](#) (a

voluntary accreditation scheme for providers)

and the [B-EAT Young Ambassadors Scheme](#)



- Others are working with local providers and with schools with the aim of disseminating information about early intervention.

One scheme will involve a parent joining with a clinician to educate general practitioners in their area about FBT.

- Our Scottish lead contact has applied to join the Scottish Eating Disorders Specialist Interest group.
- Our Welsh lead contact is involved in the planning and organisation of two day conference for Professionals and Carers with Gill Todd of the Maudsley to be held in North Wales on 8th and 9th April - further details to follow
- Upcoming events in the UK include [Carers' Conferences in Mid-Wales, Lees, London and Glasgow](#) and a [Professional conference in March 2011](#).
- NEW PAGE ON SITE: [F.E.A.S.T. UK Task Force](#)

#### MEDICAL EDUCATION TASK FORCE

- The initial AED brochure: Critical Points for Early Recognition and Medical Risk Management in the Care of Individuals with Eating Disorders was distributed, with great reception, at the AED & F.E.A.S.T. exhibitor booth at NEDA in NYC. Mary Beth worked with AED Medical Care Standards Task Force on an expanded version of this document.
- Task force will discuss and plan a template for emergency planning and letters to have available for use when dealing with non-ED specialists in the ER/AE and elsewhere. In addition, we hope to create some basic information for the F.E.A.S.T. web site re: how to utilize the current medical care system.
- Therese has "volunteered" to form a working group to create a F.E.A.S.T. document: "Building Multi-disciplinary Teams: Strategic Patient Care" utilizing F.E.A.S.T. advisors.
- TF will meet in December to discuss new AAP ED Policy statement.

## NEW MODERATORS JOIN THE “MOD SQUAD” ON ONLINE FORUM

The forum said a very grateful and sad farewell at the retirement of two valued Moderators, Waterhous and BridgetAUS. They both remain with the organization, and working hard for the parent community, but they are turning over their moderator responsibilities. We are so deeply grateful for their service, their sage advice, and their generosity.

We’re pleased to announce two new members of the Mod Squad: please join me in welcoming Louie and Hopingforthebest to their new post.

### MEDIA OUTREACH TASK FORCE

- F.E.A.S.T. has asked a leading professional organization in the U.S. to review and consider revising its treatment guideline in order to provide a more prominent role for family-based treatment.
- We gave comments to the authors of the AED task force working on establishing standards for residential treatment centers.
- In response to our inquiries, the supplier of information to hospital websites throughout the U.S. has agreed to revise its content discussing eating disorders.
- Productive meetings were held with two bloggers who write about eating disorders on the Internet.
- F.E.A.S.T. objected to the content posted on the Internet by a large Midwest clinic and a university-based medical center. Both agreed to consider updating their materials.

### THANK YOU!

- Wendy, for assistance with conference planning.
- JC for transcribing the Greenblatt interview.
- Pete in the UK for html assistance
- Jath, for taking on the new Coffee Breaks map
- Gail Gilbert at Airlie Center for patience
- Liana Mensh for graphic design assistance

## 2010 F.E.A.S.T. AWARDS:

Two people share our first annual Volunteers of the Year Awards

Denise Clancy for her planning, organization, staffing, and break-down of the F.E.A.S.T. exhibitor table at NEDA, and the Erin’s Sock of Hope Display. For three years now you have been our artistic and logistical leader and a warm smiling face of F.E.A.S.T. to the world. We are so grateful.

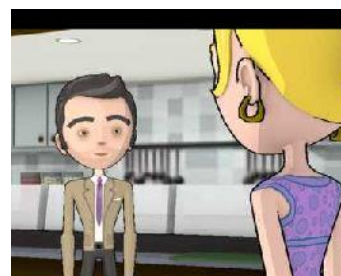
Mamame, for her all-hours energetic leadership on the Around the Dinner Table forum “Mod Squad.” You have improved the way we operate and provide this service, as well as keeping us all laughing, and Googling. The people who benefit from your behind the scenes work can’t know how much safer you make our forum, so we’ll thank you for them!

Honorable mention for Colleen, whose handmade quilted Food Is Medicine keyrings were coveted prizes at the NEDA conference, and to Charlotte for her tireless personal advocacy for UK families facing the very worst of times.

We depend on volunteers, and we value every one of you!

## NEW VIDEO PROJECT

Recently, two parents on the [Around the Dinner Table forum](#) started a project to, literally, animate the kinds of things parents talk about on the forum.



They invited ATDT parents to give them ideas and conversations to put onto the XTRANORMAL video animation tool, and the

response has been amazing. These animated conversations allow the viewer to hear the narrative of a family’s story, or a dialogue between people, in a way that reading their words alone cannot capture. The XTRANORMAL format has grown in popular use on YouTube and even in TV commercials around the

world and although some people are initially jarred by the robo-voices and cartoon characters a growing number of people are seeing this as a helpful tool.

So far, the parent duo, who call themselves “C & M Productions,” have produced three videos and have more than that many in process. We’ve linked to the available films on the [Parent Stories page at F.E.A.S.T.](#)

#### MEMBERSHIP DRIVE SUCCESS

You came through for us! 66 of our members donated over \$9,000 in the December drive, making it possible for us to set our budget and plans for 2011. Donations are still coming in, and welcomed and needed all year! Remember that ALL of our financing is through member donations; families like yours. We have no salaries to pay, and low overhead, but still need to pay for website, insurance, phone, supplies, special projects, and travel.

#### FOR YOUR CALENDAR

March 2, Washington DC, NEDAW Event at Georgetown Library. A presentation and discussion featuring Kathleen MacDonald of the FREED Foundation and Laura Collins of F.E.A.S.T. [More Information.](#)

#### JOIN THE PLANNING FOR F.E.A.S.T. CONFERENCE FOR PARENTS/CARERS 2011



We are putting together a conference committee for a F.E.A.S.T. conference. This event will feature the latest science, practical and theoretical tools for parents, and activist training: to be broadcast and available to families around the world. Want to help plan, fund, donate miles/travel funds/registration? [Email or call F.E.A.S.T.](#)

#### HUNGRY FOR F.E.A.S.T. NEWS BETWEEN NEWSLETTERS?

Read and subscribe to [our news blog](#).

#### PARCHED FOR INSPIRATION AND ENCOURAGEMENT?

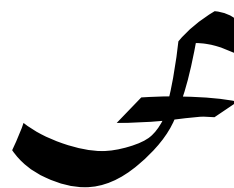
Read and subscribe to our daily blog of [parent insights and hope](#).

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#### DONATIONS NEEDED

Help other families by [donating to F.E.A.S.T.](#) -- and we promise we use your donations frugally.

Good news: donations are tax deductible in the U.S. in accordance with Internal Revenue Code section 501(c)(3).



**F.E.A.S.T.**

**Families Empowered And Supporting  
Treatment of Eating Disorders**

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