

EDRC Family and Friends...



EATING DISORDERS RESOURCE CENTER

SPRING 2009

EDRC Goes to Washington, DC!

Board Member Seham El-Diwany, MD represented EDRC in the Eating Disorders Coalition (EDC) biggest ever Lobby Day on April 1st and 2nd in Washington, DC. Teams of advocates were arranged to promote the FREED Act (Federal Response to Eliminate Eating Disorders, HR 1193). The FREED Act is a new piece of legislation that promotes eating disorders research, treatment, education and

prevention.

On average, the length of time for new legislation such as the FREED Act to move through the system is about eight years. Lobby Day participants hope that by teaming up and sharing their personal stories, they may gain congressional attention more quickly and shorten this time significantly. Dr. El-Diwany and other advocates from across the country spent their time personally meet-

ing with legislators and their staffers to raise awareness and gain support. The response was very favorable and the participants left energized, anticipating a great outcome as a result of their efforts. The group plans to return in September to continue to build momentum.

For more information on the FREED Act, please see: www.eatingdisorderscoalition.org/documents/summaryofFREEDAct.pdf



Seham El-Diwany, MD, EDRC Board Member on Capitol Hill for EDC's Lobby Day 2009

Letter from Our Executive Director



Janice Bremis, Executive Director with Darryl Roberts, *America the Beautiful* Director/Producer

Welcome to our second Family and Friends newsletter! We have lots of good news to share since our first publication in December. On February 15, 2009, EDRC hosted the Silicon Valley premiere of the documentary *America the Beautiful* to kick off National Eating Dis-

orders Awareness Week (NEDAW). 270 guests attended the screening, which examines our culture's fixation on beauty and explores the answer to the question "Why don't we love our bodies?" It dives into the minds of girls and women who struggle with how they look. We were so pleased that after the screening guests remained for a Q & A with the director/producer Darryl Roberts and a panel of local people concerned about eating disorders. Darryl has become our

country's number one ambassador about body image issues and self worth. I encourage you to visit Darryl's website www.americathebeautifuldoc.com to follow his important work.

We appreciate your ongoing support as we educate community leaders, health care professionals, teachers, parents, and other role models to recognize eating disorders as serious health problems and how to take action. Gratefully,

Janice Bremis

"THANK YOU FOR BRINGING THE SCREENING OF THIS IMPORTANT FILM TO SAN JOSE. I AM GRATEFUL TO YOU FOR THE WORK YOU DO AND FEEL LUCKY TO HAVE THE EDRC IN OUR COMMUNITY."
—JENNIFER WALDROP,
SAN JOSE STATE
UNIVERSITY WELLNESS &
HEALTH PROMOTION
COORDINATOR

EDRC Family and Friends...

“AS A RESULT OF THE TRAINING I CAN BETTER SCREEN MY CLIENTS FOR EATING DISORDERS. I NOW KNOW HOW TO ACCESS LOCAL COMMUNITY SERVICES AND WHERE TO GET SUPPORT FOR MY CLIENTS.”
—FROM RECENT EDRC EDUCATIONAL PRESENTATION EVALUATION

Educating Locally about Eating Disorders

One of the primary goals and objectives of EDRC is to promote awareness, recovery and advocacy through educational presentations. To date, 23 experts from our Speakers Bureau have educated over 1,500 health care professionals and community members on recognizing signs and symptoms, the importance of early detection and intervention, and local treatment options and resources. We are thrilled to welcome two of our newest speakers to help us with further community outreach: Debra Gionet, LCSW and Helen Pak, RD. **If you have a group that would be interested in learning more about EDRC and eating disorders awareness, please contact Katie at 408-559-5593 or katie@edrcsv.org.**



Debra Gionet, LCSW

In March, Debra Gionet presented to 70 teachers and staff at Gilroy High School. She is a Licensed Clinical Social Worker, and counsels adults, teenagers, and children who have been impacted by eating disorders, depression, low self-esteem, divorce, trauma including sexual abuse, and life transitions.



Helen Pak, RD

In March, Helen Pak presented to 30 staff members of the Santa Clara County Department of Mental Health. A Registered Dietitian with an MA in Education, Helen has been working with people struggling with all types of eating disorders for almost 10 years.

NEDAW 2009 “Love Your Body” Fashion Show

Joy Wang from Irvington High School in Fremont organized the exciting “Love Your Body” fashion show on Sat-



The fashion show models with Joy Wang, fashion show organizer (front, center) and Janice Bremis, EDRC Executive Director (front row, fifth from right)

urday, February 28th. Joy and classmates worked with EDRC to produce the event as part of NEDAW 2009. The message was for students to know that each person has their own unique inner and outer beauty. NewPark Mall hosted the show for us and local stores contributed clothes. It was a fun and amazing event; we hope to make it an annual NEDAW tradition.

If you are interested in helping with the 2010 fashion show, please contact Katie at 408-559-5593 or Katie@edrcsv.org.



The crowd gathered on both levels of NewPark Mall for the “Love Your Body” fashion show during NEDAW 2009

Funding Updates

EDRC has been the fortunate recipient of several grants this year, including ones from Lucile Packard Children's Hospital and Yahoo! As a small non-profit organization, we rely on grants and individual donations to continue our successful programs to raise awareness about eating disorders in our commu-

nity.

Many corporations match contributions made by their employees. Most recently, we received matching amounts from both Pfizer and National Semiconductor. Be sure to check your company to see if they participate in a matching gifts program; it is an excellent

way to maximize your charitable donations!

Contributions to EDRC are a wonderful way to honor a special occasion, birthday, get well, anniversary of a loved one or colleague. A gift made in tribute to another can enrich the lives of countless others. Tributes can be made by bequest,

through life insurance and through retirement plans. Please remember EDRC in your planned giving. Donations can be mailed to EDRC, 2105 S. Bascom Ave, Ste 220, Campbell, CA 95008 or made online at www.edrcsv.org/donate.

New Eating Disorders Resources

TREATMENT STUDIES:

NEW FREE Treatment Studies for Adolescents and Adults with Anorexia/Bulimia:

Stanford University Eating Disorders Program and James D. Lock, MD, PhD introduces three new treatment studies for individuals with eating disorders:

For Adolescents with Bulimia Nervosa
Brittany Alvy at
(650)723-9182;
balvy@stanford.edu

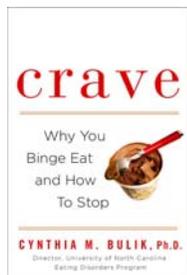
For Adolescents with Anorexia Nervosa
Alaina Critchlow at
(650)721-6740;
alainac@stanford.edu

For Adults with Anorexia Nervosa
Judy Beenhakker at
(650)723-7885;
judybeen@stanford.edu

BOOKS:

***The Triple Bind: Saving Our Teenage Girls from Today's Pressures* by Stephen Hinshaw, PhD. and Rachel Krantz.** The head of the Psychology Department at UC Berkeley explores the extreme pressure for perfection placed on today's teenage girls.

***Crave: Why You Binge Eat and How to Stop* by Cynthia M. Bulik, PhD.** A renowned expert on binge eating, the director of the Eating Disorders Program at the University of North Carolina, shares proven techniques for conquering food cravings.



SUPPORT GROUPS:

Family and Friends Support Group:

EDRC announces a NEW free support group for family members and loved ones of individuals suffering from eating disorders.

Where:
El Camino Hospital, Room DE
(on ground floor)
2500 Grant Road
Mountain View 94040

When:
Every 4th Saturday of the month from 9:30 – 11:00 a.m.
For further information, please contact us at 408-559-5593 or katie@edrcsv.org.

Disordered Eating Support Group:

Helen Pak, MA, RD will be leading a new Disordered Eating Group. For more info, see: www.bayareanutrition.com/flyer_eating_disorder.pdf
Helen can be reached at helpakrd@yahoo.com or (408) 370-7731 ext 5.

“ATTENDING THE SUPPORT GROUP HAS GIVEN ME A FEELING THAT THERE IS HOPE FOR MY DAUGHTER. THE GROUP HAD MANY HELPFUL SUGGESTIONS INCLUDING HELPING ME REALIZE THAT EATING DISORDERS ARE COMPLEX ILLNESSES, AND NOT CHOICES.”
—SUPPORT GROUP ATTENDEE

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Our Mission

Raise **awareness** through presentations to physician, educator and community groups

Promote **recovery** by providing resources for education and treatment and monthly support groups

Participate in local, state and national **advocacy** efforts to support mental health parity, eating disorders legislation, and effective insurance coverage

To Donate

The EDRC is a 501©(3) public charity, ID # 68-0616393, and your gift is tax deductible as allowed by law. Please mail your gift to address above or **online** at www.edrsv.org

We Appreciate Our Volunteers!

EDRC would like to take this opportunity to thank our growing family of 43 exceptional volunteers. Last month's National Volunteer Appreciation week reminded us how fortunate we are to have this talented group of individuals who contribute their time and expertise to EDRC on a regular basis. To each of our volunteers who lead our support groups; partici-

pate in our awareness and educational programs; host and manage our website; coordinate events like the recent fashion show; capture our work on video and in photos; provide office support and to each of our members of our Board of Directors, we thank you for your efforts and could not accomplish all that we have without you!



This spring, volunteer Erin Blaze donated her time and writing skills to help EDRC tape a PSA during CreaTV's PSA Day for non-profits. The PSA is now available on our website and for future media use. Thank you, Erin!

We're on the web!
www.edrsv.org
