



Fall 2021

A Message From Janice

Dear Friend of EDRC,

This year has been unlike any we have experienced over the past 15 years. What has been constant is the need for our services and the numbers of those struggling with eating disorders - complex and serious medical and physical illnesses that are often overlooked.

A second important constant has been the many board members, partners, friends and donors like you leading and supporting our efforts to provide these services. EDRC has been blessed with the leadership, governance, and contributions of time, talent and treasure of an amazing group of board members. See how your donations are making a difference in our [Annual Report](#).

Writing this message got me thinking of how and why we started. Below is a photo taken at our very first board meeting on February 6, 2006. A group of my dear colleagues and friends came together...



Pictured from left to right is the founding board at our very first meeting: Sherry Simmons, Janice Bremis, Beth Luna Mourning and Candace Ford

...to start Eating Disorders Resource Center. EDRC was created as a result of interviews with local hospitals, health care professionals, non-profits and community leaders. The consensus was "please start an organization where we can refer our clients and their families for education, support and help accessing treatment."

Thank you for making this possible through your generous donations, volunteerism and partnerships. All of us at EDRC wish you a healthy and peaceful holidays and New Year.

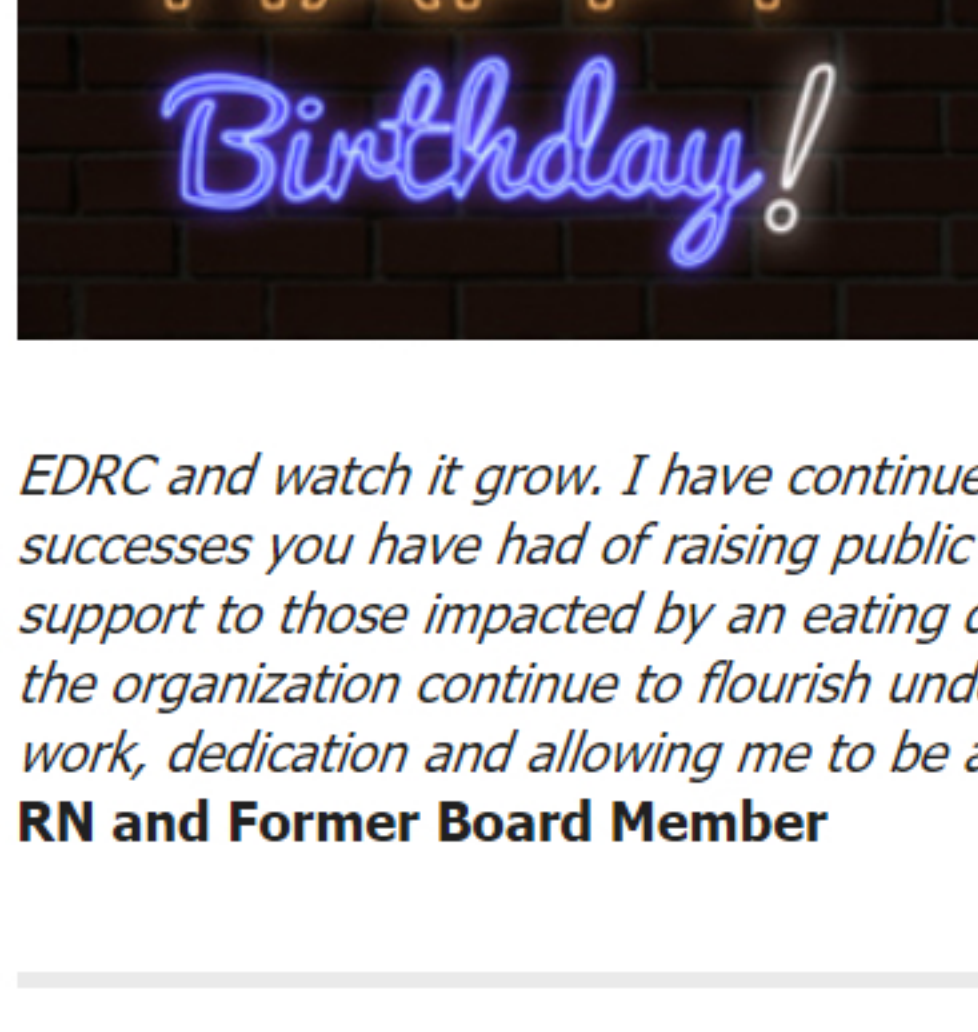
Gratefully,

Janice Bremis

P.S. As the holidays approach we invite you to renew your support and consider a [gift to EDRC](#) or other favorite charity in your year-end giving.

Celebrating our 15th Birthday

As we celebrate our 15th birthday this year, we are also celebrating *you*, our volunteers, our partners, and donors. **Thank you!**

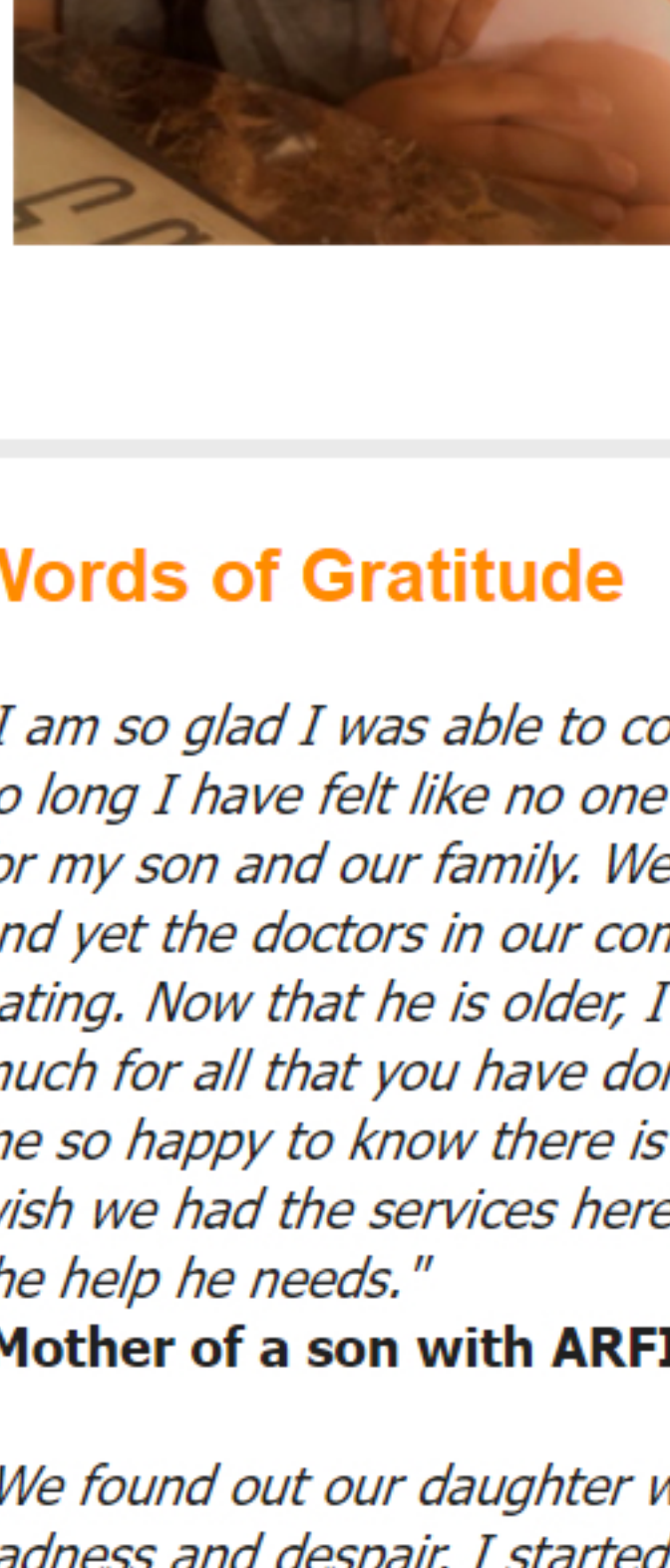


"Janice, sending heartfelt thanks to you and EDRC for 15 years of hard work serving the community and increasing awareness about the devastating impact of eating disorders. Your tireless efforts on both local and national levels have impacted many already. THANK YOU to EDRC for being an inspirational agent of change!" - Mary Gee, Former Board Member

"Happy 15th Birthday EDRC! It was such a pleasure to be a board member during the early years of

EDRC and watch it grow. I have continued to be impressed by the many successes you have had of raising public awareness as well as providing support to those impacted by an eating disorder. Janice, it is wonderful to see the organization continue to flourish under your leadership. Thank you for your work, dedication and allowing me to be a small part of it." -Nancy Shardell, RN and Former Board Member

Our Work in Action: Maria and Her Recovery



In 2017, Maria traveled to our office all the way from Modesto. At the time she was 17 and struggling with bulimia. There were no resources in her county. Maria was desperate for treatment. EDRC connected her with a treatment program in a local hospital. We also provided an interpreter for Maria's mother to help her understand this complex physical and mental illness. Recently, Maria sent this photo of her and her child to us, expressing her gratitude for EDRC's help when she did not know where else to turn: "I just want to thank the EDRC for taking the time to hear me and help me out at a very dark time in my life. Now I'm happily married living with my husband and my lovely daughter Sophia. Thank you EDRC."

Words of Gratitude

"I am so glad I was able to connect with you and actually speak with you. For so long I have felt like no one really understands or cares how bad things are for my son and our family. We have struggled with his lack of eating for so long and yet the doctors in our community didn't seem concerned with his not eating. Now that he is older, I am desperate to get him eating. Thank you so much for all that you have done this far. It may seem small to you but it makes me so happy to know there is a community that cares about kids like mine. I wish we had the services here in our area but I am willing to travel to get him the help he needs."

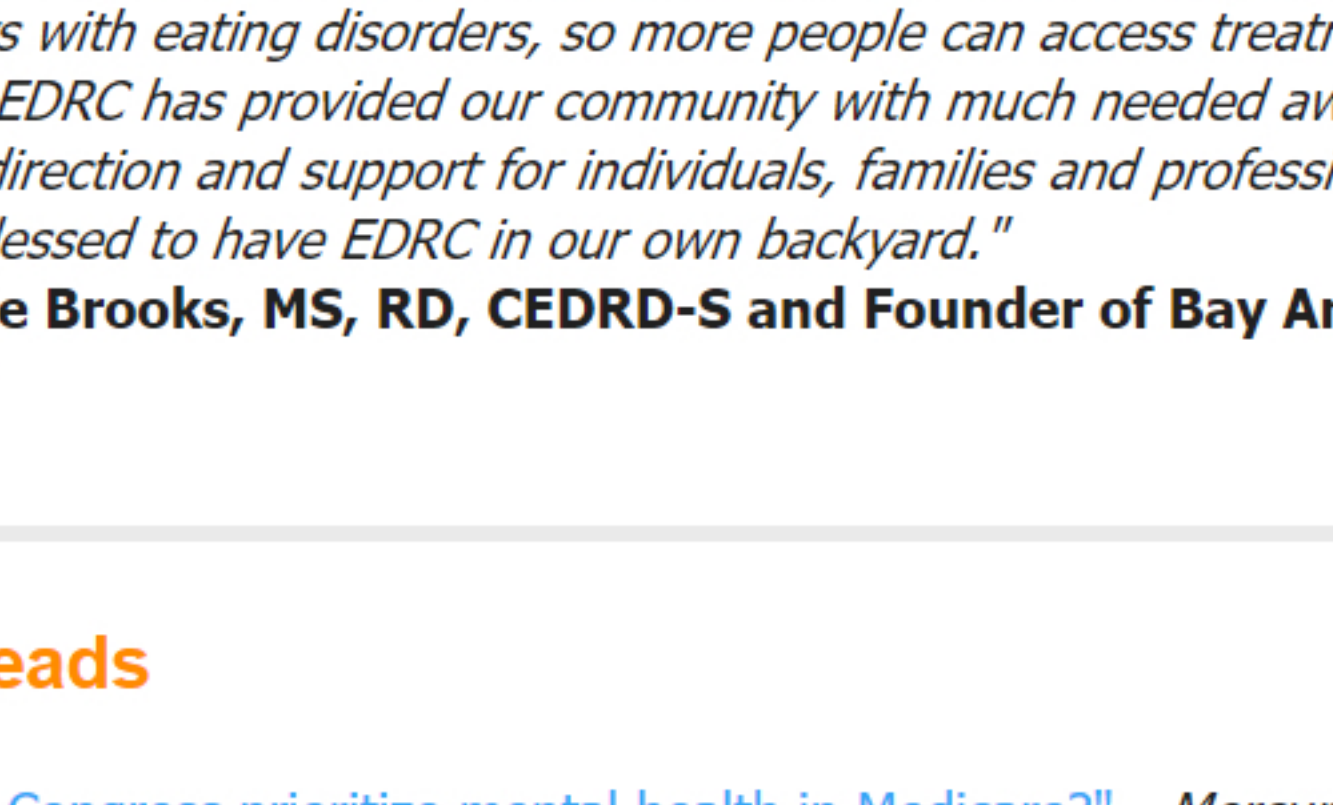
-Mother of a son with ARFID

"We found out our daughter was bulimic about a month ago. After the shock, sadness and despair, I started calling around and googling eating disorder help. I called one facility that was booked for six months out. The receptionist recommended calling EDRC which was the 'center of all things' for eating disorders. She said they had many resources and could point us in the right direction. I immediately called them and Janice answered the phone. She was kind and helpful, and went above and beyond to offer suggestions of where to start."

-Grateful Mom

EDRC Encourages Your Participation

The **Eating Disorders Genetics Initiative (EDGI)** research study is the largest-ever genome-wide association study for eating disorders. EDGI will create the blueprint to identify the causes of anorexia nervosa, bulimia nervosa, and binge-eating disorder. We know that one treatment doesn't fit all eating disorders. EDGI will guide us toward a personalized medicine approach including tailored treatment and recovery plans. EDGI will allow us to understand how both genes and environment influence risk for these disorders. Help EDGI discover genes that influence risk and join participants like Janice. Participation is easy. Visit <https://edgi.org> to take the survey.



Donor Spotlight: Stephanie Brooks

"I'm so grateful to live and work in a community where EDRC exists. Years ago when Janice Bremis, of EDRC, was made aware that college students were having difficulty accessing ED resources, Janice, with support from EDRC staff and volunteers, worked with Santa Clara County to train their therapists to treat clients with eating disorders, so more people can access treatment. Over the years, EDRC has provided our community with much needed awareness, trainings, direction and support for individuals, families and professionals. We are truly blessed to have EDRC in our own backyard."

-Stephanie Brooks, MS, RD, CEDRD-S and Founder of Bay Area Nutrition

Must Reads

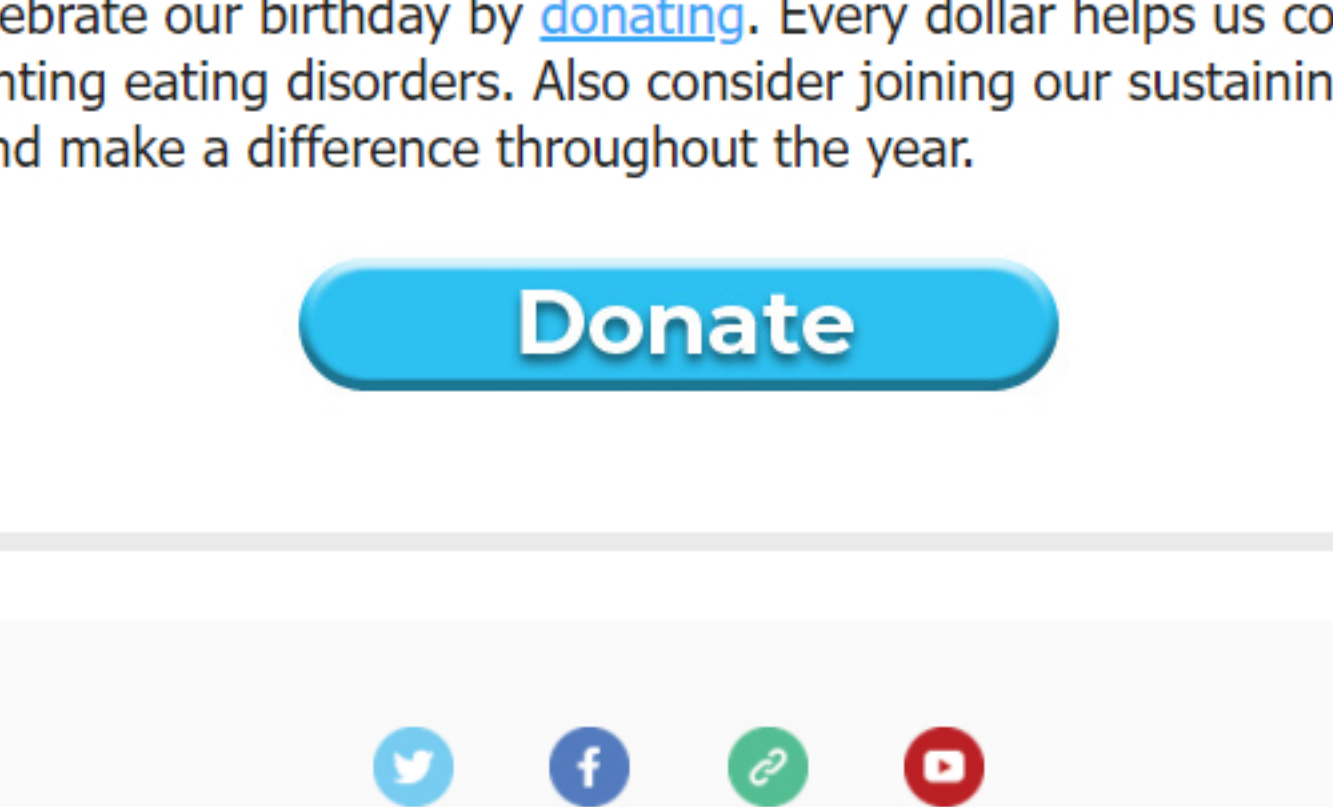
["When will Congress prioritize mental health in Medicare?"](#) - Mercury News opinion piece by Janice Bremis and Rebecca Eyre

[Complete Guide to PANS and PANDAS](#) - Child Mind Institute detailed overview of severe forms of obsessive-compulsive disorders

[How you can fight back if denied a prescribed medical treatment](#) - Mercury News article by Steve Poizner

Sponsor Spotlight: ACUTE

The ACUTE Center for Eating Disorders & Severe Malnutrition specializes in the assessment, referral and medical treatment for patients at risk for refeeding syndrome, as well as those experiencing other dangerous medical complications of malnutrition, purging and excessive exercise.



ACUTE is the only dedicated inpatient medical stabilization program in the country with the resources, environment and experience to treat the most medically severe cases of eating disorders and malnutrition. Their specialized inpatient medical stabilization with telemetry, behavioral health support, and myriad of other recovery services benefit not only eating disorder patients, but patients who must safely weight restore to begin or continue treatment or have a life-saving surgery.

[Read ACUTE's Standards of Care blog post](#)

To sponsor a future newsletter, email Shilpi.

Support Our Mission!

Help us celebrate our birthday by [donating](#). Every dollar helps us continue our work in fighting eating disorders. Also consider joining our sustaining giving program and make a difference throughout the year.

