



## Winter 2022

### A Message from Janice

Dear Friend of EDRC,

In addition to helping many clients and their families with support and education, this past quarter EDRC and volunteers have been very busy doing outreach to the community. EDRC organized educational presentations to healthcare professionals at Momentum for Mental Health, as well as for resident physicians at O'Connor Hospital. We were selected as a finalist at Summit League, where we shared our mission and the work we have done so far. I was also interviewed by Santa Clara Mayor Lisa Gillmor for her *Mayor@Noon* show to raise awareness about eating disorders throughout the community.



EDRC's team supported parents and their daughter as they faced difficulty accessing treatment within Alameda County. One of our volunteers, Briana, used her knowledge regarding working with the county to assist this family. Another one of our board members provided interpretation services in their native language, as well as peer mentoring. Working with UCSF's team and the Alameda County staff, their daughter received access to long-term treatment. A special shout out to UCSF and Alameda County staff!

It has also been a year with many successes. This past year, EDRC appealed to the California Department of Managed Care on behalf of several clients. According to Steve Poizner with the [Healthcare Consumer Rights Foundation](#), 62% of patient appeals to the Department of Managed Care are ruled in favor of the client. All our appeals were granted!

We also have started holding a new support group on Sundays for individuals struggling with bulimia and binge eating disorders. For more information, [click here](#).

Your support makes all of our work possible. We appreciate that our donors stay with us year after year. During this holiday season, please consider EDRC in your [year-end giving](#). Special thanks to our donors **Bruce and Cam Brugler** for matching all gifts up to \$5,000 until the end of the year.

Wishing you many blessings, peace, and good health in the coming year,

*Janice Bremis*

### Work in Action

EDRC educated physicians and staff at [Momentum for Mental Health](#). The presentation was led by **Dr. Jennifer Derenne** of EQUIP. A special thanks to Dr. Derenne and [EQUIP](#) for leading the presentation!

*"Thank you to EDRC and Dr. Derenne for your training on FDA-approved and commonly utilized off-label medications for different ED diagnoses, other recommended interventions, as well as how to assess the need for a higher level of care (e.g. relevant labs, physical manifestations)."*



- **Shefali Miller, MD and Chief Medical Officer at Momentum for Mental Health**

EDRC was selected to be one of three finalists in Summit League's 2023 fundraising event. Janice and new board member [Amir Alem](#) presented to over forty members of the Summit League, explaining the mission of EDRC and the importance of raising awareness about eating disorders.

*"Thank you for introducing our Summit League members to the Eating Disorders Resource Center and your efforts to help those struggling with eating disorders and their families. We admire your dedication, knowledge and passion for what you do and are pleased to help raise awareness about this complex physical and mental illness that is affecting so many in our community."*

*Summit League* - **Dale Boyle, Summit League Member**

Two of our clients, Carly and Karyn, brought new insight to the resident physicians at the San Jose **O'Connor Family Residency Program**. They shared what it was like to struggle with these illnesses and the importance of recovery.

*"We learned about some of the triggers that we, as providers, unknowingly activate when working with clients. Thank you for your presentation and useful handouts."*



- **Katherine Mullins, MD**

Janice was invited to speak on Santa Clara Mayor Lisa Gillmor's show, [Mayor@Noon](#). She was given the opportunity to share some of EDRC's work and educate community members about eating disorders.

*"Thank you for sharing your story. We appreciate this opportunity to educate community members about eating disorders and your willingness to come on our show."*

- **Mayor Lisa Gillmor**

### Words of Gratitude

*"I write this email through tears of gratitude for all the help you have given us. Because of the email you sent connecting us with LGTC, my daughter is beginning a PHP program there this morning! I cannot thank you enough."*

- **A Grateful Mom**

*"Thank you for everything. I credit you and the EDRC as a huge reason I am still in recovery."*

- **A Grateful Client**

*"I have been taking advantage of the support group on the weekends recently and wanted to sincerely thank EDRC for providing this service. I no longer feel isolated when trying to help my son and I finally have a place where others understand. I cannot thank EDRC enough for this."*

- **A Grateful Mom**

### Be-You-tiful, Be Free Multimedia Contest



Once again, EDRC invites all middle and high school students to participate in our EDRC 13th annual [Be-You-tiful, Be Free Contest!](#) This year, in addition to written entries, the contest has expanded to include multimedia entries. Students are invited to submit an essay, poem, video, or piece of artwork that addresses the following theme: **Mental Health, Self-Acceptance, and Social Media: How does the world around you influence how you see yourself or others?** Special thanks to our sponsors: the [Santa Clara County Library District](#), [Bring Change 2 Mind](#), and the [Palo Alto Medical Foundation](#).

Entries will be accepted until April 2, 2022, with cash prizes awarded up to \$300.

### Stanford's Newest Research

Have you struggled with an eating disorder and/or have a 13-15 daughter?

The Stanford group is currently seeking participants to help them conduct this important work. If you are a parent with a healthy 13–15 year-old daughter and have a history of or currently have an eating disorder, please complete an [eligibility survey](#). Your daughter will be eligible to earn up to \$225 for completing 6 visits over the course of 4 years and parents will be eligible to receive \$15 for completing a short questionnaire.

You may email [teenhealthstudy@stanford.edu](mailto:teenhealthstudy@stanford.edu) with any questions. For more information, [click here](#).

### Sponsor Spotlight

[LGTC Group](#) is offering Eating Disorder treatment at PHP and IOP levels of care for adult and adolescent clients in two separate tracks. Utilizing evidence-based approaches such as FBT, EFFT, DBT and CBT, our programs educate and empower clients to create a lasting and strong recovery mindset. Our dietitians are using a plate by plate approach to facilitate flexibility and eventually freedom with food. The treatment team includes psychiatric and medical providers, psychotherapists and dietitians.



To sponsor a future newsletter, email [Frances](#).

### Must Reads

- The Atlantic: [The Dangerous Experiment on Teen Girls](#)
- Acute: [Long Term Effects & Complications of Bulimia](#)
- AIM for Mental Health: [How Parents Can Help Teens Who Struggle with Eating](#)

### Double Your Gift

Donate [here](#) to support our work in fighting eating disorders. Contribute before the end of the year and Bruce & Cam Brugler will match all donations of up to \$5,000.

[Donate](#)

