

[View this email in your browser](#)



## Family and Friends Newsletter Summer 2023

### A Message from Janice

EDRC made the news! I had the opportunity to sit down with NBC Bay Area's Scott Budman to discuss the power and value of human connection in our work. This comes after NEDA's recent decision to employ an artificial intelligence chatbot that was giving potentially harmful advice to users. While technology certainly has its place in our lives, this incident illustrates its limitations. You can read and watch the article/video [here](#).



Led by our board member **Amia Nash**, EDRC's team - **Alexis Brugler**, **Chris Mitchell**, and **Yaen Chen**- participated in the [Eating Disorder Coalition's](#) Annual Advocacy Day on May 18th to call for the passage of two acts: 1. The Kids Online Safety Act which includes protections from social media harm and 2. The Improving Mental Health and Wellness in Schools Act which seeks to prioritize mental health education in schools. A special shout out to our outstanding team of advocates!



*"This was my second EDC Advocacy Day. It was a pleasure with EDRC's team and the broader community. Seeing how our stories touched the congressional staffers made the experience all the more powerful. Thank you again to the EDRC and I look forward to participating again!" - Yaen*

I am pleased to share that our program manager **Kanika Kansara** will step into the role of Executive Director. As she transitions into this role, I will remain on staff to mentor her and assist our team. I have full faith in her abilities and am confident that she, with support from me, our board and volunteers, will carry our work forward. You may reach and welcome Kanika at [Kanika@edrcsv.org](mailto:Kanika@edrcsv.org).

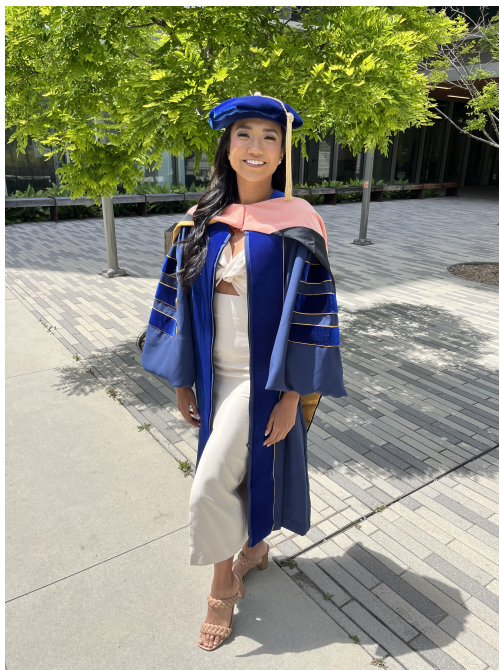
Gratefully,

*Janice Bremis*

**Janice Bremis**

---

## Board Spotlight



**Amia Nash** was a student at Santa Clara University when she first appeared at our door on her bike to volunteer. She later joined the team and today, she is on the Board of Directors and active in our public outreach efforts. She is a strong advocate for eating disorder awareness, care, and treatment, including leading the EDRC team for the past three EDC Advocacy Days. In May, Amia graduated with her doctorate degree from the UC Berkeley School of Public Health with a focus on Maternal, Child, and Adolescent Health. We're so proud of her!

*“I am so grateful that I have had the support from the EDRC and the community since I first was an administrative assistant at 21 years old!” – Amia Nash, Board Member*

---

## EDRC At Work

In keeping with the spirit of the Mental Health Awareness Month, EDRC connected with program manager **Joe Tansek** and director **Bruce Copley** to present to staff at the **Santa Clara County Mental Health and Substance Abuse Call Centers** to familiarize them with our resources, including our support groups. In 2022 alone, the county received **23,967** calls for mental health support and **18,830** for substance abuse related help; for a total of **42,797** calls. This illustrates the staggering need for mental health services in our community.

\*\*\*



*"EDRC's student volunteer, Sahana Nayak's presentation to our 7th and 8th graders went above and beyond my expectations of informing students about eating disorders."* – **Julie Brosnan**, St. Christopher School Vice Principal

\*\*\*

Partnering with NAMI, EDRC presented to KLA for their employee wellness series. A special thank you to NAMI's **Sarah Prabhu** and her husband, **Mahendra Ramachandran** for this invitation.

*"I appreciate each one of you for taking the time to come and bring mental health awareness at KLA. Thank you for your impactful presentations. Your insights and openness have left a lasting impression on us all. Your courage to share personal stories is inspiring. #MentalHealthMatters"* – **Mahendra Ramachandran**, KLA

---

## Parents Helping Parents

*"I am happy to inform you that my son has recovered and is much healthier. He has done a residential program and IOPs for his eating disorder. Without your help and support, it would have been impossible to get all these critical treatments. He will be a senior in high school and he could*

join the marching band program and track sports team. He eats well and does exercise properly. I appreciate you so much. I hope I can say thanks in person whenever I have a chance.” -Y.P.

[Register for our family and loved ones support group here.](#)

---

## Donor Spotlight



*“Sutter Health supports the EDRC as they fulfill much needed services to individuals and families dealing with eating disorders. Behavioral health needs are an area we as a community should prioritize. Thanks to the EDRC for enabling community members to find services.”* - **Lisa Hom**,  
**Community Health Manager**

---

## Sponsor Spotlight



We appreciate our long-term partnership with **Katie Bell** and [The Healthy Teen Project](#). Healthy Teen Project offers a M-F Partial Hospital and Intensive Outpatient Program serving people of all genders from ages 11-24 with locations in Los Altos and San Francisco. Their multidisciplinary team provides individualized and collaborative care to teens, young adults, and families, in a holistic, warm and caring environment that is affirming of all gender identities, sexual orientations, and cultural identities. For further information, please contact **Sandra Carrasco** at 650-941-2300.

To be featured as a sponsor in our next newsletter, please contact Kanika at [kanika@edr.csv.org](mailto:kanika@edr.csv.org).

---

## Save the Date



October 7th, 2023 for the NAMI Walk. Paraag Marathe will be the keynote speaker discussing his family's personal struggle with an eating disorder. We're excited that this year's NAMI Walk will put a spotlight on Eating Disorders.

[Click here to join EDRC's Team!](#)

---

## Must Reads

[An eating disorders chatbot offered dieting advice, raising fears about AI in health](#)

[The Gen XYZ Guide to Eating Disorders](#)

[Changes in Normal Brain Connections Linked to Eating Disorders](#)

---

## Kristie's legacy

Almost a year since her passing, we'd like to express our deepest condolences to the Driscoll family, Orup family, and all of those who gave to EDRC in her memory. Kristie will be mentioned at Mass at St. Mary of the Immaculate Conception Parish in Los Gatos on August 20 at 11:00am.

[Click here for more information about legacy gifting.](#)

As a reminder, our address has changed. You may direct all mail to EDRC:  
**2542 South Bascom Ave. Suite 110, Campbell, CA 95008.**

[\*\*Donate\*\*](#)

EDRC earned the Candid Platinum Seal of Approval



See our client testimonials [here](#).



*Copyright © 2023 EDRC, All rights reserved.*

**Visit us at:** <https://edrcsv.org/>

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to <<Email Address>>  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
EDRC · 2542 S. Bascom Ave Suite 110 · Campbell, CA 95008 · USA

