



Family and Friends Newsletter

Fall 2023

It's a family affair...

Here at EDRC we are all about families, including bringing resources, support, and education to families affected by this serious mental illness. Over the years we have been blessed by so many families who have lent their talents, dedication, and sincerity to our work. In this newsletter we feature the **Hansen family**. Members of this special family contribute their time, talent and treasure in so many ways. The Hansens, having used our services, are strong advocates for our work and have truly made volunteering at EDRC a family affair. **Claire** helps to spread awareness in the community by telling her recovery story. Her parents, **John** and **Michelle** are donors and have helped us connect with [The Lantern League](#), a philanthropic organization devoted to opportunity and education. In addition, John is a faithful advisor and EDRC support group facilitator. Claire's brother, **Joe**, has been crucial to ensuring our operations and website run smoothly. We are so grateful for their contributions, as well as those of all our volunteers, past and present.

Be sure to bring your whole family to **History Park** in San Jose on October 7th, 2023 for the annual NAMI Walks Silicon Valley, where **Paraag Marathe** will be talking about eating disorders. Read more below.

As we get ready for the end of the year giving, I'm excited to share [guidance for charitable giving](#) from my dear colleague, **Sonia Wright** from **SJSU**. Please remember us in your [year-end giving](#). Consider naming one or more of your favorite non-profits, including EDRC, in your will or trust or as a beneficiary of your IRA, 401(k), life insurance, or annuities. [Even 1% will be appreciated](#) by the non-profit while still providing for your loved ones. Please keep reading to see how your donations are making a difference.

Gratefully,

A handwritten signature in black ink that reads 'Janice Bremis'.

Janice Bremis

A handwritten signature in black ink that reads 'Kanika Kansara'.

Kanika Kansara



The Hansen Family



*"I volunteer to manage EDRC's website because I believe everyone should have access to all the resources technology provides us. It can seem impossible to find the information you need nowadays with so many companies trying to sell you an app or service, but EDRC is there as a straightforward and honest guide. It feels rewarding using my technical skills knowing I'm making a human difference." - **Joe Hansen***



*"EDRC has helped our family tremendously. Speaking as the one in recovery for ED, it was helpful to know my parents were getting the support they needed throughout my recovery. It lifted a huge burden off my shoulders as I didn't have to explain to them everything that was going on with me throughout this process. It helped me to focus on my own recovery and become stronger, which in turn, helped us all grow closer and stronger together." - **Claire Hansen***

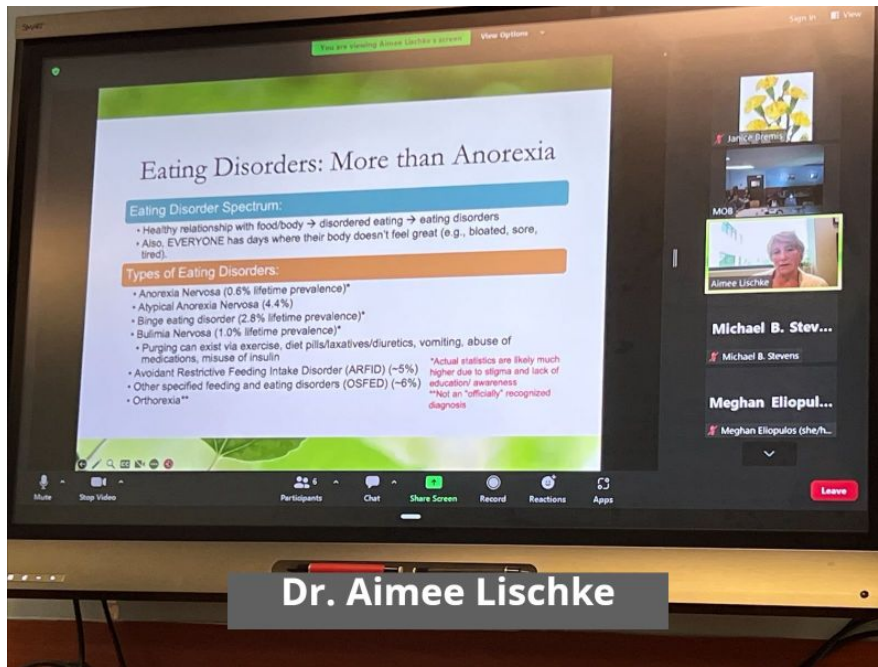
Educating healthcare professionals...



This August, **Dr. Aimee Lischke** of the [Gaudiani Clinic](#) and EDRC volunteers **Alessia**, **Chris**, and **Claire** presented to **O'Connor Hospital's Resident Physicians** to educate them on eating disorder care from professional and patient perspectives. In our education outreach to help healthcare professionals understand eating disorders, we highly recommend Dr. Gaudiani's book, [Sick Enough](#).

"This training taught me to check in more frequently with patients in a body positive, health conscious manner, not shying away from asking directly about disordered eating and its

diagnosis, rather than beating around the bush." - Dr. Bright Zhou, Family Medicine Resident



And continuing our educational efforts, [Dr. Nina Kirz](#), our **Stanford** partner and expert, presented to 20 **public health nurses** about recognizing disordered signs and symptom and how to get support and treatment. EDRC Volunteer **Christine Hariz** shared her personal recovery. Here's some feedback from this training:

"I appreciated hearing from the person that had recovered from an eating disorder. I hadn't realized how important it was to stress that there was no judgment."- Santa Clara County Public Health Department Nurse

Drum roll please...



...announcing the winners of our annual [Be-You-tiful Contest](#). This year, we received more than 120 entries in art, essay, poetry, and video format. We are so grateful to **Abhita Devananda** for her work in leading and coordinating this year's contest. Click the image above to see all of our winning entries. Be on the lookout for information about our 2024 contest!

Meet Our Newest Family Member...



Nihira Joshi with dad, **Chetan**. For over a decade, Chetan has managed our Google AdWords remotely from his home in Hyderabad, Telangana, India. Shout out to Chetan!

Save the date...



We are especially excited for this year's upcoming [NAMI Walks Silicon Valley](#) because **Paraag Marathe**, President of the 49ers Enterprises, will be speaking on the importance of recognizing eating disorders as serious mental illnesses. His sister, Shilpa, suffered from and tragically passed from anorexia nervosa in 2005. Since then, Paraag has devoted his time to sharing his family's story to raise more awareness and funds for eating disorders. [Please join us](#) on Saturday, October 7th at [The History Park of San Jose](#) to meet Paraag and hear him speak. It's a beautiful location to bring the whole family, including your dogs.

Donor Spotlight...



"[Los Altos Mountain View Community Foundation](#) is funding the Eating Disorders Resource Center this year in support of our mental health initiative for youth and young adults. We are proud to support their work." - Nadja Jackson, Program Officer, LAMVCF

Sponsor Spotlight...



We are honored that the [Center for Discovery](#) has continued to partner with us year after year. With locations in 15 states, Center for Discovery has provided evidence-based eating disorder and co-occurring disorder treatment for thousands of adolescents and adults of all genders for over 25 years.

Please contact [Kanika](#) to be featured as a sponsor.

Treatment Studies...



1. [Health Study for teens ages 12-16](#). If you are interested, visit the study [website](#).

Contact teenhealthstudy@stanford.edu for more information.

2. [Eating Disorder Study for women ages 18-34](#) to compare treatment programs. Compensation available.

For more information, contact eatingbehaviortreatment@stanford.edu or [visit the study website](#).

Must Reads...

- The Atlantic: [We Have No Drugs to Treat the Deadliest Eating Disorder](#)
 - TIME: [New Rules Would Force Insurers to Treat Mental Health Care the Same As Physical Health Care](#)
 - LA Times: [A Surge in Eating Disorders in Medi-Cal Patients Shows Stark Gaps in Care](#)
 - And just for fun: [The 90s Was Obsessed With Transparent Tech, Here's Why - Cheddar Explains](#)
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DONATE

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

EDRC earned the Candid Platinum Seal of Approval



See our client testimonials [here](#).



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