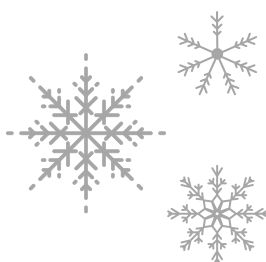




News, Events, and Updates

Director's Note

BY ELLEN BENNETT



Change is happening however, these unprecedented times have created an environment where isolation, depression, mental health for all of us is at greater risk. That said, for anyone who is struggling with mental health and or an eating disorder, these times have proven to be very challenging. Intervention is fragmented, access to treatment is more complicated, working with a team is more complex, and too many are suffering alone. Please reach out to everyone you know to check-in, just to say hello! We all need that extra little contact, we will come through to the other side. One important silver lining is virtual counseling and medical check-ins have become widely accepted and advocacy for coverage is already being discussed. In the past 5 years, the use of virtual platforms to access care has become mainstream. This is powerful, individuals who for a multitude of reasons found it difficult to access or get to appointments now have options. This is so important, we must make sure virtual sessions are covered for all, it will save lives, it will make a difference for so many! Be Well. Be Kind. Be Happy!

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Fighting Pandemic Fatigue

BY EMILY CHIARA



As a healthcare professional, I have seen a rise in mental health symptoms and crises since the Coronavirus Pandemic ensued upon us. As many of us have never lived through a pandemic until now, it is important that we take proactive steps to promote the physical and mental health well-being of ourselves and our country at large. The simple answer is self-care. Self-care is the practice of providing adequate care to one's physical, emotional, and mental health needs. Yes, this means putting yourself first sometimes! Check out these helpful tips and take a stand for your physical and mental health wellness today!

Self-care Practices for Physical Health

- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water
- Aim to get 7-8 hours of sleep each night
- Exercise and/or stretch often
- Take deep breaths
- Avoid risky or destructive behaviors
- Spend time outside
- Seek medical attention when necessary
- Practice social distancing and wear a mask in public

"Always remember that you are NOT alone. Help is just a call, text, or click away!"

Self-care Practices for Mental Health

- Set and maintain a routine at home
- Focus on things you can control
- Utilize support system. Use technology to maintain social connections with your loved ones (Schedule regular check-ins to give you something to look forward to.)
- Focus your thoughts on the present and things to be grateful for today
- Recognize and challenge distorted thinking
- Listen to music, read books, learn a new hobby
- Engage in mindfulness exercises or yoga
- Consume reliable news sources that report facts and try to avoid media that sensationalizes emotions. (Limit your exposure or take a break from news and social media that is causing discomfort.)
- Look for ways to help your community
- Seek mental health services when symptoms are unmanageable and/or when your daily functioning is impaired

Resources & References

- Mayo Clinic Health Systems
- APA
- Active Minds
- Rachel Kable - Self Care for Uncertain Times

Phone Applications

- Calm
- Headspace
- Recovery
- Record
- DBT Coach
- Digipill

KMB Art Auction

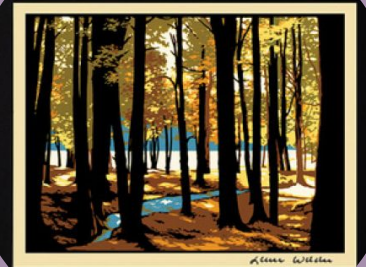
BY MEGAN BENNETT-SPEARS

On November 7th-14th, 2020, KMB teamed up with local nonprofit, Moonshadow's Spirit, to host an online auction! The auction featured 100 items in total, 37 of which were donated to KMB by local artists and/or boutiques. Many of these artists contributed to our 2016 Art Auction and we were pleased to showcase their work once again. Collectively, Moonshadow's Spirit and KMB raised over \$6,800!

KMB pledged to match all donations on KMB items, with this under consideration, our grand total was \$5,000 which went directly to the Eating Disorder Genetics Initiative (EDGI) at UNC under the direction of Cynthia Bulik. Bulik's initial study in 2013 focused on anorexia and produced groundbreaking genetic information to advance treatment and management of anorexia.

The EDGI is an international study looking at anorexia, bulimia, and binge eating disorders to further study the genetic links to these devastating diseases. It is important to note that in almost 100% of cases, there is a comorbid condition; anxiety, depression, substance abuse, self-harming behaviors.

We want to sincerely thank all of our donors and supporters for making our fundraising efforts a success. Although this year looked different, we accomplished our goal and continue our fight against eating disorders, together. We want to recognize our donors and encourage you to check out their website, facebook page or instagram.



Thank you to our donors:

- Alysha Baier, Honeoye Pottery
- Frances Carns, Angels at Work
- George Gilham
- Jaimie Ellis, Photographer
- Jeff Benjamin
- Katie Costanza
- Laura Wilder Artwork, LLC
- Luann & Tom Brink
- Macrae Haluszczak
- Macrame Life
- Margie Bennett Linoleum
- Mark Peace, Potter
- Mary Bennett
- Matt Costanza, Author
- Moonshadow's Spirit
- Natalie Korchowsky
- O-Neh-Da Winery
- Pinnacle Pottery
- Rachel Coyne
- Roy Grisewood
- Squirrel Hill Design and Craft
- Stunning Strands
- Touch of Grayce, Geneseo, NY

Scholarships

KMB offers scholarships for clinicians to facilitate training on Eating Disorders and continue to learn and be current with new research, management and practices.

Please contact us at KMB for Answers to apply for scholarship for training

1. Apply, complete scholarship request form, request via email:
kmbforanswers1@gmail.com
2. You will receive an email confirmation
3. When approved, register and pay for the training
4. Submit your receipt to KMB for Answers
5. Qualified reimbursements up to \$500 for training; travel, accommodations are not included.
6. You will receive a check in the mail or an electronic transfer via Venmo.

During the pandemic online training is available from a number of options:

- Academy for Eating Disorders
 - Scholarships are available for AED membership, contact us.
- The Emily Program
- International Association of Eating Disorder Professionals
- Eating Disorder Hope

Other resources for families, individuals, educators, and coaches:

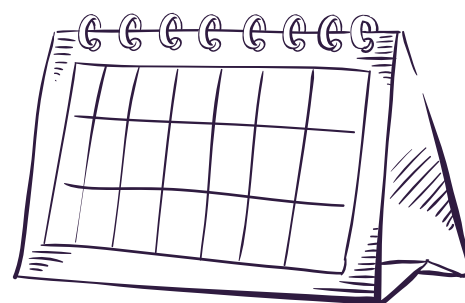
- Alliance for Eating Disorder Awareness
- NEDA

*scholarships are not limited to these organizations.

Goals for 2021

- Host an event in collaboration with the Alliance for Eating Disorder Awareness
- Host a 2021 Auction, virtual or in-person
- Virtual advocacy at the State and Local level
- Continued collaboration with state and national groups to support training, research and support for all individuals impacted by ED.
- In collaboration with Moonshadow's Spirit, launch a group discussion; Changing the Conversation, a group for women to discuss how culture and media impact how we think about ourselves and what we might change; virtual to start.
- Continue to plan for events and activities to raise awareness and start the conversation.

National Awareness Month Events



Local events during the week of February 21

Webinars:

- Building the Bridge; from Disconnection to Connection
 - Monday, February 22, 7-8:30, The Individual and Family
 - Tuesday, February 23, 7-8:30, The Treatment Team and Community
 - Thursday, February 25, 7-8:30, Panel Discussion, Marginalized Voices and ED
 - More information to follow

During the entire month

- Wear purple
- Wear pearls
- Make a commitment to do one thing to honor your body
- Start the conversation, share a story; “did you know?”
- Change the conversation. Stop talking about dieting and weight loss
- Stop body bashing

**National
Eating Disorder
Awareness Week
February 22 - 28**

- The truth is, everyone knows someone, you just may not be aware.
- Eating disorders are a disease of disconnection, do not let people you love isolate.
- Read a research article
- Explore our toxic culture which is impacting our children.
- Start the Conversation
- Anorexia is an insidious, brain-based disease, with life-threatening consequences and a 20% mortality rate, the highest of all mental illnesses. Eating Disorders are a disease of disconnection with serious medical complexities; we are only now beginning to understand the genetic connections.

Looking for the patterns research study will allow the researchers to identify genetic factors that determine why some people experience eating disorders, while others do not, and why some people living with eating disorders respond to certain treatments, while others do not. Many international research studies to date have explored an individual's genetic predisposition to eating disorders. However, only a handful of the specific predisposing genes have been identified, and there are many more to be found. Comparing the EDGI samples with samples from individuals with other disorders will also help the researchers to understand the genetic relationship among eating disorders and commonly co-occurring conditions, such as depression, anxiety disorders, substance use problems, as well as other medical illnesses including metabolic conditions. Research is critical to saving lives.

The Eating Disorders Genetics Initiative (EDGI) is the largest-ever genetic research study of eating disorders. If you have had anorexia nervosa, bulimia nervosa, or binge-eating disorder at any time in your life, we invite you to take our survey.



Have you ever had an eating disorder?

Participate in the EDGI research study & help us find **the cause** and **the cure**

EDGI
EATING DISORDERS GENETICS INITIATIVE

Cracking the genetic code will enable the development of new, and more effective, personalized prevention and treatment efforts that will target underlying biology. Study researchers will analyze DNA from saliva samples to point toward specific genes associated with eating disorders. Before analysis can begin, DNA will be extracted from the saliva sample and genotyped to provide a readout of each participant's genetic code. The analysis process, known as a "genome-wide association study" (GWAS), involves comparing the genotypes of people with experience of an eating disorder, to the genotypes of those who have not experienced an eating disorder.

STRIPED

A PUBLIC HEALTH
INCUBATOR

Strategic Training Initiative for the Prevention of Eating Disorders

STRIPED (Strategic Training Initiative for the Prevention of Eating Disorders, Harvard School of Public Health 2020). Full report; Social and Economic Costs of Eating Disorders in the United States - <https://www.hsph.harvard.edu/striped/report-economic-costs-of-eating-disorders/>

This will help drive policy. A must read, this is groundbreaking and will open the door for more research which is desperately needed. In terms of treatment for ED, we are 100 years behind, for too long eating disorders were disregarded, not funded and not taken seriously.

How is STRIPED unique?

STRIPED is the first graduate-level training initiative dedicated to the prevention of eating

disorders and related problems with food, weight, and appearance based in a school of public health in the United States or globally. We bring public health and transdisciplinary perspectives to all of our work, with a unique focus on how the environment – including economics, policy, law, media, industry, and more – contributes to eating disorders.

We recognize the potentially powerful role that policy can play in prevention and prioritize policy-targeted public health research in our portfolio of projects and training opportunities. Our initiative is a public health incubator, designed to cultivate novel insights and strategies for prevention. We introduce trainees to a rich array of disciplinary perspectives, methodologies, and theories and provide them with opportunities to join crosscutting collaborative teams.