

HERE'S WHAT'S HAPPENING

NEDA
Feeding hope.
National Eating Disorders Association

NATIONAL EATING DISORDERS AWARENESS WEEK
FEBRUARY 22-28
2015

I HAD NO IDEA

EATING DISORDERS ARE OFTEN OVERLOOKED OR MISDIAGNOSED – EVEN BY DOCTORS

Medical professionals can play a critical role in early intervention

GET IN THE KNOW
NEDAWARENESS.ORG

If you are concerned about yourself, a friend, a classmate, or a coworker here at Jefferson, or would like to learn more about eating disorders, see announcements and the Resource of the Month in this newsletter.

Upcoming Events

The Art of Recovery

Gain greater insight into patients' personal experiences with eating disorders and the potential role art therapy can serve in the recovery! Our art exhibit will feature work created by individuals currently recovering from eating disorders. The art show will be followed by a panel discussion with an experienced art therapist and one of her patients.

Join us on

Wednesday, March 11th
5:00 - 6:30 PM
Solis-Cohen Auditorium, JAH



Hors d'oeuvres will be served at the art exhibit starting at 5pm
Our catered dinner will begin at 5:15pm with our panel discussion to immediately follow

This event will count for ICM-1 Culture and Diversity Credit.

Sponsored by Active Minds, The Renfrew Center, and cosponsored by JeffHELP and the Student Personal Counseling Center. This event will be an alcohol free campus activity.

For more information contact rose.milani@jefferson.edu



Mental Health First Aid

Mental Health First Aid is a ground-breaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Those who take the 8 hour Mental Health First Aid course become certified as Mental Health First Aiders and learn a 5-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

PARTICIPANTS WILL LEARN:

- *How to help persons developing a mental illness or in a crisis
- *Recognize signs of addictions and mental illnesses
- *Learn a 5-step action plan to assess a situation and help
- *Realize the impact of mental and substance use disorders
- *Develop awareness of local resources and where to turn for help

Mental Health First Aid Training - Two half day course

Friday, March 27 8:00 am-12:30pm and Monday, March 30 8:00 am-12:30pm

Participants must attend both training days for certification

Location: 833 Chestnut Street, Suite 210

Cost of training is \$50 for Jefferson students (\$100 for Jefferson faculty and staff). Fee covers breakfast for both days, training manual, and course materials.

Visit the [Mental Health First Aid page](#) on the [JeffHELP Calendar](#) to register for this course. **Please be advised that you are not officially registered until we have received payment for this class.** Please deliver your payment to either [Deanna Nobleza](#), SPCC Director, at the SPCC or [Rose Milani](#) in the Department of Psychiatry (833 Chestnut Street, 2nd Floor) by Wednesday March 25.

This class is limited to only 15 participants, and open to Jefferson students, faculty, and staff.



Stress Less Fair

Friday, April 17th from 12 to 2 pm

Hamilton Lubert Plaza (Rain location, 4th Floor Lobby of Hamilton)

Come de-stress at the Stress Less Fair! Cuddle with therapy dogs, paint away your woes and show off your cookie decorating skills and more! Learn tips and techniques to help you relax and reduce the stress in your life. Everyone is welcome, so bring a friend and enjoy the fair together. This event is sponsored by Active Minds in conjunction with JeffHELP, JeffHELP SERV, and the SPCC.



App of the Month

Recovery Record (Free for both iPhone and Android devices)

Many people may be suffering with eating disorder management each day and the recovery process doesn't have to be done alone! Recovery Record is a great self monitoring app to help manage the journey and encourages co-managing goals with a treatment team.



With Recovery Record, users can record meals and associated thoughts or feelings at the time. Plans can be customized and it allows sending/receiving encouragement messages and virtual gifts with others. A code is used to link the information with a clinician so they can see the self monitoring data in between visits. The recordings can be summarized in graphs or charts and the clinicians can even provide real time feedback! Check it out!



Monthly Poll Question

With Spring right around the corner, what do you look forward to most in the new season?

[Click here to vote!](#)

Last Month's Poll Results

Based on last month's poll, a majority preferred to save those few extra dollars they may have. This was followed by using it to go out to eat, then tied with spending it on an item or paying off debt. Next was using the few extra dollars for donations and lastly for going to the movies.

Resource of the Month

Eating Disorders Week at Jefferson

by Anupriya Ganguly, First Year Medical Student, SKMC at TJU
and Active Minds member

February 23-28, 2015 was National Eating Disorders Awareness Week. Seeing as 20 million women and 10 million men suffer from eating disorders in America, such an awareness campaign is very much in need. To give you an idea about the mismatch between the high prevalence of eating disorders, and low awareness and support for the issue, let us compare eating disorders to a disease like Alzheimer's. Both are important and affect people daily. Yet, despite the striking prevalence of eating disorders, which amounts to 600% of the prevalence of Alzheimer's, the research funding for eating disorders is hugely inadequate; at 6% of the funding for Alzheimer's. Without sufficient research, it becomes hard to prevent or treat conditions like eating disorders, from either a medical or a public health standpoint.

However, something can always be done, and creating awareness about an issue is a good place to start. Here is a recount of what Jefferson has done to build awareness for eating disorders, as well as an overview of eating disorders week.

National Eating Disorders Awareness Week aims to promote three distinct messages.

1. Watch your language.
2. Know the signs.
3. Reach out.

As students of a health professions school, we should all be on the lookout for the signs of eating disorders in our friends or in ourselves. Similarly, if we suspect that someone might be suffering from an eating disorder, we should know how to reach out. If you're worried about a friend or for yourself, you can reach Jefferson's Student Personal Counseling Center (SPCC) or FirstCall Employee Assistance Program by calling 215-955-HELP (4357). You can also learn more about how to help by going to the [Renfrew Center website](#). The Renfrew Center is a residential eating disorder facility with locations in our area.

It's also imperative to be mindful of our language when talking to patients, colleagues, and friends. Saying something as seemingly harmless as "You look great, have you lost weight?" can further substantiate a negative body image. This goes back to the age-old proverb we learned in elementary school, "Think before you speak".

Let's now take a look at the events hosted by Jefferson in honor of eating disorders week. On Wednesday, February 25, the Student Personal Counseling Center (SPCC) invited Laura Carr, RN, BSN, to speak about her personal battle against an eating disorder. Laura currently represents the National Eating Disorders Awareness (NEDA) organization. During her talk she answered questions relating to eating, media, and body image.

Furthermore, on Wednesday, March 11 at 5 pm, Jefferson is hosting a National Eating Disorders Awareness event at the Solis-Cohen Auditorium of Alumni Hall. This event will feature an art show by artists in recovery from eating disorders at the Renfrew Center. The art show will be followed by a panel discussion with an experienced art therapist, and two of the artists. There we can learn about some of the themes that are portrayed in the art, and hear from the artists on their individual experiences. This event has been organized by the combined support of Active Minds, the Renfrew Center, the SPCC, and JeffHELP. (see ad in this newsletter)

The art show is an excellent way to increase our sensitivity towards eating disorders, as a university, and to show our support to colleagues, patients, or family members suffering from eating disorders. We hope to see you there!

The information about eating disorders in this article was sourced from websites maintained by NEDA and Active Minds.



For more information @
JeffHELP contact
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