



# The Emily Program FOUNDATION

Spring 2012 Newsletter

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## Upcoming Events:

### Recovery Night

The second Tuesday of each month at 6:30 p.m., hear speakers

## Spring has Sprung at The Emily Program Foundation!

A lot of exciting things are happening at the Emily Program Foundation (TEPF)! In the past few months, TEPF members have been active in raising awareness about eating disorders and getting others involved in our cause. On February 14th, TEPF advocates met at the State Capitol to participate in Mental Health Day on the Hill. The day included a huge rally in the Capitol Rotunda followed by meetings with state legislators to discuss the effects of policies and funding cuts on mental health treatment.

TEPF members also made a big impact during National Eating Disorder Awareness week, which was observed between February 27th and March 3rd. TEPF Chair Kitty Westin kicked off the week at the University of Minnesota Duluth by giving a talk on "Understanding Eating Disorders and How to Support Someone Who Is Suffering." She shared the story of her daughter, Anna Westin, who lost her battle with an eating disorder in February of 2000 and how her family has turned the tragedy into hope. The presentation also focused on ways families can support those with eating disorders, such as recognizing the signs and encouraging the person to reach out for help.

Volunteers organized several events on the U of M Twin Cities campus to commemorate Eating Disorder Awareness Week. A gallery exhibit titled "Art and Eating Disorders" displayed artwork reflecting individuals' personal

share their stories of hope and success on their road to recovery from eating disorders.

Located at 2265 Como Ave. St. Paul, MN 55108

[Click here for more information.](#)

#### **Mark Your Calendars:**

##### **Patriots for Parity Rally**

Tuesday, July 17th, 2012

Former Reps. Patrick Kennedy, D-RI, and Jim Ramstad, R-MN will be coming to Minneapolis to advocate mental health parity legislation, which provides equal benefits for those receiving mental health treatment. We need your help to ensure a huge turnout. The voices of people fighting eating disorders need to be heard! Watch for more information about this event.

Located at Minnesota Recovery Connection: 253 State St  
Saint Paul, MN 55107

##### **Twin Cities NEDA Walk**

Sunday, September 9, 2012  
7 a.m. - 9 a.m.

The National Eating Disorder Association is hosting its first annual walk at the Mall of America. Sign up with friends and family to support the treatment and prevention of eating disorders. Located at the Rotunda in Mall of America: 60 E Broadway  
Bloomington, MN 55425

[Click here for more information](#)

##### **NAMI Walk 2012**

Saturday, September 22, 2012  
1 p.m.

The National Alliance for Mental Illness will be putting on this annual walk as a fundraiser for mental health education, support and advocacy. The Emily Program Foundation will once again put together a team to participate in this event. Watch for details on how to get involved!

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experiences with eating disorders.

Self-expression through art can be an important part of the recovery process, which often brings up many uncomfortable emotions. The open-mic portion of the event provided a thought-provoking and moving outlet for expression. Another notable event included a screening of *America the Beautiful 2: The Thin Commandments* which addresses America's obsession with thinness, fad diets and weight-loss surgeries. Overall, Eating Disorder Awareness Week was a success in drawing attention to the personal and societal effects of eating disorders.

## **TEPF is Hiring!**

The Emily Program Foundation is currently seeking candidates for the following position:

Title: Development Director  
Reports to: Board of Directors

Purpose: The Development Director is responsible for developing and executing a strategic fundraising/development plan that will ensure the Foundation's fiscal sustainability; and is responsible for fundraising, grant writing, donor development and plans and directs fundraising events.

For additional information, please [click here](#).

## **National Lobby Day**

The Eating Disorders Coalition bi-annual National Lobby Day will be on April 24, 2012 in Washington DC. The Emily Program Foundation has awarded 4 scholarships allowing 4 volunteers to participate in Lobby Day. The theme is: "The Faces of Eating Disorders: Will the Person with an Eating Disorder Please Stand Up?"

Our message to Members of Congress is this: Think only young rich white women suffer from eating disorders? Think again. Eating disorders (including anorexia, bulimia, binge eating disorder, and eating disorders not otherwise



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specified) do not discriminate. They cut across age, race, ethnicity, gender, class, sexual orientation and even political party. Anyone can suffer from an eating disorder. In fact, some of your dearest friends probably do.

Twice a year nearly 100 people travel to Washington DC to talk with Members of Congress. Why is this simple act so important? Because together we can change the way people with eating disorders get treatment, we can increase the dollars for research into eating disorders and we can develop fantastic education and prevention programs!

During our Lobby Day visits we will be asking our members of Congress to sign-on to the Federal Response to Eliminate Eating Disorders Act (FREED Act); the first comprehensive eating disorders legislation that will promote research, treatment and prevention programs. Everyone is welcome to join us and your voice as providers and/or recovered person is extremely important!

## Eye on Minnesota Politics

Kitty Westin, Chair of The Emily Program Foundation, has been vigilant at the State Capitol this legislative session and continues to raise her voice about legislation that will affect the eating disorder community. The cuts to mental health programs are not as severe as the cuts we faced last legislative session, but there are critical issues that are being discussed in the 2012 Minnesota State Legislature that will affect people who struggle with eating disorders. The Emily Program Foundation, along with the Mental Health Legislative Network, has identified some key issues.

**1. Constitutional Amendment Requiring Photo ID to Vote:** The voter ID amendment will be on the November ballot, and we oppose it because it will disenfranchise voters who live at residential programs, including those in treatment for an eating disorder. Under current law, a staff person at a residential treatment facility can verify the identity of the person at the facility so she/he can register and vote on Election Day. Eliminating the

vouching system means that staff will not be able to verify that the individuals lives in the district where they are receiving treatment. This will eliminate the voter's ability to register and vote on the same day. Requiring people to have a valid, government issued photo ID to be eligible to vote disenfranchises residents at residential facility on voting day.

## **2. Non-emergency transportation services.**

A task force was created to make recommendations on how to improve non-emergency medical transportation while saving money on the program. Non-emergency transportation is a benefit under Medical Assistance. This service provides transportation for people who need to get to medical, therapy, dietetic and other appointments. It is important to urge members to support non-medical transportation services and that cutting any of these services could prevent people from keeping appointments that are necessary for recovery.

## **3. Support Affordable Housing:**

Supportive Housing is scarce in Minnesota. It should be available to people who are struggling with eating disorders and need assistance while in treatment and unable to work or have limited housing options. We are encouraging the Minnesota Legislature to bring in more federal funding through changes to Medical Assistance to make supportive housing more widely available.

If you would like to contact your Member of the State Senate or House of Representatives about any of these issues please go to: [www.gis.leg.mn/OpenLayers/districts](http://www.gis.leg.mn/OpenLayers/districts). Your member will talk with you and your voice can make a difference in the lives of people who struggle with eating disorders.

## **About The Emily Program Foundation**

The Emily Program Foundation works to eliminate eating disorders through advocacy and education. Eating disorders are devastating, isolating conditions that strongly impact individuals, families, and communities. Together we can make a difference.

We hope that this newsletter and updates will reinforce your enthusiasm for the foundation, give you useful information and encourage you to donate and/or volunteer.

Current Board Members of The Emily Program Foundation: Lindsay Brown, Larry Espel, Jillian Lampert, Mary Mathiowetz, Dan Mehls, Dirk Miller, Mary Ann Stump, Carol Peterson, Matt Walzer, Kitty Westin, Mary Westin.

Please consider becoming a Foundation volunteer by contacting Keri Clifton at [keri.clifton@emilyprogram.com](mailto:keri.clifton@emilyprogram.com) .



Try it FREE today.