



The Emily Program FOUNDATION

**On a mission to save
lives, change minds,
and work to eliminate
eating disorders.**

Together we can make a difference

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Upcoming Events:

Recovery Night

The second Tuesday of each month at 6:30 p.m. Hear speakers 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.](#)

Friends and Family Support Group

The Emily Program offers two FREE Friends and Family Support Groups. Open to the public, these evening support groups meet in St. Paul and St. Louis Park. [Click here for more information.](#)

EDC's Lobby Day

The EDC brings advocates

Big gains for mental health

Celebrate the 2013 Legislative Session

The 2013 Minnesota Legislative session has mental health advocates from across Minnesota celebrating the most successful session in years. Our policy makers and leaders on the health and human services committees made a commitment to significantly improve the children's mental health system and invest in health care, housing, employment, and K-12 education. During this legislative session, they fulfilled their promises!

The Emily Program Foundation applauds all of the people who participated in advocacy efforts -- especially our volunteers, NAMI Minnesota, the Mental Health Legislative Network, and the thousands of others who made phone calls, wrote letters and showed up at the Capitol. All of these efforts let our leaders know that people care deeply about mental health issues and are willing to speak out in support of legislation designed to improve services to all of those struggling with mental health disorders.

One highlight from the 2013 Legislative session is substantial gains for school based services. We are working to insure that eating disorders education is included in the K-12 Education Bill that allows teachers to get more in-depth training on mental health issues when they renew their licenses. We are also looking into opportunities for the Foundation to participate in family psycho-educational training initiatives that will be covered under Medical Assistance.

Did you know?



**OF 1ST-3RD
GRADE GIRLS**
want to be thinner



OF 10 YEAR OLDS
are afraid of

together twice a year for our National Lobby Days as the most effective way to educate Members of Congress and push for important policy goals like the FREED Act. This fall Lobby Day is September 17 - 18, 2013. Visit eatingdisorderscoalition.org for information.

Be Comfortable in Your Genes

Help us celebrate all body types at our first fashion show. The event will help dispel the unrealistic standards of beauty in our culture and promote healthy self-esteem and body image by recognizing that beauty comes in all shapes, sizes, ages, and ethnicities.

MARK YOUR CALENDARS!

When: October 11, 2013

Where: Brave New Workshop

Keri Noble of Cities 97 will emcee the event. The wives of MN Vikings players will model clothing from Hot Mama, our fashion partner.

Tickets available for purchase in mid-August. Watch for more details!

Art and Eating Disorders – Building Community Awareness

In partnership with Forecast Public Art and Hennepin County's Multicultural Arts Committee to bring you an innovative Arts and Healing Exhibition. We are currently collecting artwork for this exhibit that will go on display in November. Read our [blog](#) for more information.



STUDENTS
are afraid of
BEING FAT

'What is Beauty'

Our Work with Cretin Derham Hall

The Emily Program Foundation worked with St. Paul high school Cretin Derham Hall during their musical production of Disney's Beauty and the Beast this spring. We



worked to help students change the way they defined beauty in themselves and others around them. The 'What is Beauty' campaign was launched in February and ran through May. It was truly a student led effort from definition to production of the various activities. We brought many ideas and concepts to the table and watched as they implemented them in a way that resonated with their culture. We were fortunate to do pre and post survey work with the students to determine if attitudes were actually changed. We were pleased to learn that this campaign impacted over 80% of the student body's views to a more inclusive perspective of beauty. The Foundation is now working to package all the work that was done, and we are recruiting future community partners to have another 'What is Beauty' experience.

New Faces at The Emily Program Foundation

Welcome Adera from Penumbra's Summer Institute

Penumbra Theatre's Summer Institute is a three year leadership development program that trains teenagers to use their passion for the arts to promote social justice and equity. Across the Twin Cities - students are positively impacting their communities by standing up, speaking out, and moving those who listen with the power of performance. As part of the third year, students get an opportunity to intern at a host site and experience advocacy in action.



An artist, athlete and rising humanitarian, Adera Preston joins The Emily Program Foundation for the summer of 2013. Adera will be a junior at Hopkins High School in the fall. A national pageant winner, she dances, sings, acts and does creative writing in addition to playing volleyball and

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We envision a world without stigma and misconceptions about eating disorders and disordered eating. We will be the catalyst in shaping new, informed conversations through advocacy, social outreach, and collaboration with community partners.

Board Members:

Larry Espel, Jillian Lampert, Mary Mathiowetz, Dan Mehls, Dirk Miller, Mary Ann Stump, Matt Walzer, Kitty Westin, Mary Westin, and Jennifer Cramer Miller

Get Involved!

Consider getting more involved by volunteering. Volunteers are vital to our operation and do many things, including:

1. Educate the community
2. Run awareness events
3. Advocate for access to treatment
4. Fundraise to ensure our ongoing success

Email us to get involved today.

softball. Adera is a third-year activist artist in Penumbra Theatre's Summer Institute and is currently creating a show which will be performed on August 16th (visit www.penumbra theatre.org for show details). She hopes to obtain life-long skills by working with The Emily Program Foundation.

Welcome Katie to Support Volunteer Efforts

The Emily Program Foundation welcomes Katie Bird, our new volunteer coordinator for The Emily Program Foundation. This new role is a volunteer position, so we are extremely thankful to Katie for her dedication and energy, because it is a big role. Katie has been volunteering with the Foundation for some time now, and is excited to help new and existing volunteers figure out how to be more involved in our mission!



Katie has been volunteering in various organizations since she was 12, but this role of coordinator is new for her. If you have questions or wish to volunteer feel free to email her at volunteer@emilyprogramfoundation.org.

Organization News

Guidestar Approval

The Emily Program Foundation received the GuideStar Exchange Silver participation level, a leading symbol of transparency and accountability provided by GuideStar USA, Inc., the premier source of nonprofit information. This level demonstrates *The Emily Program Foundation's* deep commitment to nonprofit transparency and accountability.

"We have worked hard to showcase our progress toward our mission, and our long-held belief in being transparent about our work, to our constituents," said Sue Riesgraf, Development Director. "As a GuideStar Exchange participant, we use their platform to share a wealth of up-to-date information about our work to our supporters and GuideStar's immense online audience of nonprofits, grantmakers, individual donors, and the media."

Google Grant

The Foundation was awarded a very generous Google Grant to develop AdWords advertising to promote our mission and initiatives on Google. We have partnered with Nighthawk Marketing (www.nighthawkmarketing.com) for the implementation of the grant. Thanks to Nighthawk Marketing for their pro bono support and guidance as we enter this arena.

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