



# The Emily Program

## FOUNDATION

### Winter 2013 Newsletter

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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,

## Art and Eating Disorders: Building Community Awareness in 2013

The Emily Program Foundation will once again host Art and Eating Disorders: Building Community Awareness in February as part of Eating Disorder Awareness Month.

This year, the artwork will be on display at **The Art Institutes International Minnesota Art Gallery from February 9th to March 14th, 2013**. Expression through artwork allows those living with an eating disorder to express themselves in ways that are often difficult to put into words. Creating art and reflecting on the art helps people increase awareness of self, cope with symptoms, and enjoy the life-affirming pleasures of making art. The artwork also enhances the public's understanding of eating disorders as a serious illness that impacts individuals, families, and communities around our country.

The opening reception will take place **Thursday February 21, 2013 from 5:00pm-7:00pm**. If you are unable to make the opening reception the artwork will be available for viewing during normal building hours which are Monday -Friday from 7am-11pm and Saturday - Sunday from 8am-7pm.

The Art Institutes International Minnesota Art Gallery is located at 15 South 9th Street Minneapolis, MN 55402.

MN 55108

[Click here for more information.](#)

### **FREE Friends and Family Support Group**

The Emily Program offers two Family and Friends Support Groups. Open to the public, these evening support groups meet in St. Paul and St. Louis Park.

[Click here for more information.](#)

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**The Emily Program Foundation** is on a mission to save lives, change minds, and work to eliminate eating disorders.

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.

#### **Current Board Members:**

Larry Espel, Jillian Lampert, Mary Mathiowetz, Dan Mehls, Dirk Miller, Mary Ann Stump, Carol Peterson, Matt Walzer, Kitty Westin, Mary Westin.

#### **Get Involved!**

Consider getting more involved by volunteering. Volunteers are vital to the operation of TEPF 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

Contact Keri Clifton at [keri.clifton@emilyprogramfoundation.org](mailto:keri.clifton@emilyprogramfoundation.org) to get involved today.

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For more information, contact Keri Clifton at [keri.clifton@emilyprogramfoundation.org](mailto:keri.clifton@emilyprogramfoundation.org) or 651-379-6134.



## **Advocacy Update**

The Emily Program Foundation (TEPF) is a recognized leader in Minnesota and across the United States for our advocacy efforts. TEPF's advocacy initiatives are all designed to help TEPF create "a world without stigma and misconceptions about eating disorders and disordered eating."

Recently, TEPF Advocacy Director Kitty Westin was appointed to Minnesota Governor Mark Dayton's Mental Health Advisory Council. This appointment will bring much needed attention to the issues that people affected by eating disorders face. It will give TEPF an opportunity to be part of the conversations around funding, access, programs, and services affecting people with mental health disorders in general and eating disorders specifically. In addition, Kitty works with the Minnesota Mental Health Legislative Network (MHLN). The MHLN is a consortium of 25 organizations from across Minnesota which works to improve the lives of people struggling with mental illness. We bring issues to the Minnesota State Legislature and State Department of Health and Human Services. During the legislative session, MHLN advocates for increased funding for mental health programs as well as legislation that addresses the needs of people with mental health issues.

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[emilyprogramfoundation.org](http://emilyprogramfoundation.org)

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In addition, Kitty has been working hard to better understand the Patient Protection and Affordable Care Act. Under the Affordable Care Act, millions of Americans who were previously uninsured will now have access to health care insurance. Our work is to ensure that the insurance offered through ACA is high quality and comprehensive. TEPF has been active in securing treatment for eating disorders as an essential benefit under the ACA. For a good overview of ACA and what Minnesota is working on go to:

[www.healthcare.gov/law/resources/mn](http://www.healthcare.gov/law/resources/mn).

Our dedicated advocates and volunteers are helping us move forward every day. Thank you to everyone who has participated, and we welcome anyone who wants to take action in 2013.

## TEPF in the Community!

### TEPF on KTIS in February

The Emily Program Foundation was chosen as the KTIS 98.5 Difference Maker for February. We will be profiled during the month sharing stories of how we are changing lives. Watch our [website](#) and [Facebook](#) page for more details on when to tune in and how to share this news with family and friends. This is an amazing opportunity for TEPF!

### Give to the Max Update

Give to the Max Day was a great success across Minnesota and for The Emily Program Foundation. On November 15<sup>th</sup>, donors gave \$16.3 million dollars to MN nonprofits. The Emily Program Foundation received donations from 41 very generous donors totaling \$2,000. This was double the gifts we received last year. Thank you for your continued support.

A special thanks to volunteer Alissa Heinonen for making this video to showcase the work we are doing:

<http://emilyprogramfoundation.org/>. We used this during the Give to the Max Day events to share our story, it is now on our website for all to see and share. Thanks again to all the wonderful volunteers that work to keep our mission moving forward.

