



# The Emily Program

## FOUNDATION

Winter 2012 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

## Welcome to The Emily Program Foundation Newsletter!

The Emily Program Foundation (TEPF) is pleased to present our first foundation newsletter. We will publish this resource quarterly and it will include news of the TEPF activities, efforts and accomplishments.

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).

## TEPF Goes to D.C.

"The Eating Disorders Coalition Lobby Day was extremely empowering. At first I was terrified but by the time I got to the "Hill" my fears had vanished and were replaced with an incredible confidence and conviction. I had the opportunity

success on their road to recovery from eating disorders.

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

[Click here for more information.](#)

### **Mental Health Day on the Hill -**

Tuesday, February 14, 2012

A legislative briefing will be held at Christ Lutheran Church, across the street to the north of the Capitol, from 10:00-11:30. The rally will be held at Noon. For more information, [click here.](#)

### **Art & Eating Disorders: Building Community Awareness**

Thursday, February 23, 2012

6:30 p.m. - 9 p.m.

This is sure to be an evening filled with hope, compassion, understanding, and togetherness. Take in the show and artwork to support the advocacy & education efforts of The Emily Program Foundation!

Located at The Emily Program, 5354 Parkdale Drive, Suite 200, St. Louis Park, MN

[Click here for more information.](#)



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to represent all the people who couldn't be there, but desperately needed their voices heard. So, I overcame my fear, and learned what it meant to be a true advocate" TyAnn.



Did you know there are approximately 245,000 Minnesotans and 11 million Americans who struggle with eating disorders? Did you know that eating disorders can be successfully treated to complete remission, but only 1 in 10 people with an eating disorder receive treatment? And, finally, did you know that the toll of inadequately treated eating disorders is crippling for the patient, the family, and society? These are only a few of the many messages that we, ten volunteers and supporters from The Emily Program Foundation (TEPF) and The Emily Program (TEP), took to Washington DC on October 3rd.

The supporters and volunteers from Minnesota were participating in the Eating Disorders Coalition (EDC) National Lobby Day. The Eating Disorders Coalition is a Washington D.C. based national advocacy organization that was founded by a small group of eating disorder professionals, including me, in 2000. The mission of the EDC is to "advance the federal recognition of eating disorders as a public health priority" and is the only advocacy organization in the nation that is specifically dedicated to eating disorder issues and concerns. The Emily Program Foundation is a long-standing member.

The EDC was in Washington DC to lobby on Capitol Hill for the Federal Response to Eliminate Eating Disorders Act (the first comprehensive federal legislation to promote eating disorder research, treatment and prevention in U.S. history). Working in teams, over 60 citizen lobbyists from across the United States shared their stories of challenge and hope with legislators and their staff.

Our Minnesota Lobby Team was able to visit with Senator's Al Franken and Amy Klobuchar and several members of Congress including Congressman Erik Paulsen and staff from 6 Congressional offices. We were able to secure more support for the FREED Act and the experience was empowering and educational for the entire Minnesota Team. Team member Larry summed it up well; "I thought I was going to Lobby Day to inform Senators

and Representatives about eating disorder issues. I did not expect to learn so much myself."

Other lobbyists wrote about the incredible experience of being among other passionate people who traveled to Washington at their own expense in terms of time, money and energy, to have a voice and influence policy. Kezia stated; "My favorite part was meeting so many amazing individuals who all came together to stand up for what they believe in, and seeing first hand that one person really can make a difference." TEPF volunteer Britt wrote: "Speaking my truth, sharing with politicians that "this is important", and telling them they cannot ignore us 11 million Americans gave all those years with my eating disorder meaning."

The eating disorders community (including people who suffer, family and friends, and professionals working in the field) must be actively working in DC to promote our cause. When we meet with Members of Congress or their staff they stop and listen, they are visibly moved by our stories, and (sometimes) they even agree to support our bill! If there is one thing that we have learned over the past 10 years of federal policy advocacy it is that our voices are important and we have the ability to influence Congress.

Please visit EDC website at

[www.eatingdisorderscoalition.org](http://www.eatingdisorderscoalition.org), or the blog at [eatingdisorderscoalition.blogspot.com](http://eatingdisorderscoalition.blogspot.com), and the [Facebook](#) page for regular updates and information about federal eating disorder legislation, events, and activities.

Kitty Westin, M.A., L.P.  
President, The Emily Program Foundation

## Grateful For Volunteers

As we enter into the new year, we also look back and recognize the things that we are grateful for, our volunteers. Our volunteers continue to give their time so graciously for a common belief in our mission. While we want to recognize how important and vital our volunteers are, we also wanted to get an idea of why it is our volunteers choose to unselfishly dedicate time to The Emily Program Foundation. To do so we asked several of our volunteers that question during our latest monthly volunteer meeting. The answers we got varied in detail, but consistently we heard the following:

- \* Believing in the mission/cause & working side by side with others who do as well
- \* Volunteering where your voice & opinion matter
- \* Having an opportunity to make a difference and get real life experience for what they're interested in doing as a

profession

The volunteers are a passionate group of individuals that work together to accomplish common goals. We're excited for the upcoming year, and would welcome any new volunteers. If you or someone else are interested in volunteering, please contact Keri Clifton at 651-645-5323 ext 1168 or [keri.clifton@emilyprogram.com](mailto:keri.clifton@emilyprogram.com).

