

Heartland Chapter Newsletter

Volume 3, Issue 1 – June 2021

A Letter from Our Chapter President

Dear Heartland iaedp Chapter
Members, Sponsors, and Community,

I hope this newsletter finds you enjoying warm summer weather, taking time for self-care, and successfully navigating all the transitions we are facing as the world starts to open up again. For many of us, these next few months will be filled with a lot of changes and decisions regarding returning to in person work, managing new schedules, and figuring out – yet again- our “new normal.” Heartland Chapter leadership will be working on the chapter’s transition back to in-person activities too. It is still hard for me to imagine that the last time we all came together for an in-person event was on March 6, 2020!



Our next chapter educational event is planned for September 17, 2021. In the next couple of months, we will be finalizing whether the event will be in-person, virtual, or a hybrid of virtual and in-person. We want to make sure we are attentive to our membership’s preference for in-person, virtual, or hybrid format, as well as recommendations from the experts regarding safety. Thank you to those of you who completed the Google survey about your preferred format for the September event. If you did not have a chance to fill out the survey during the March event and would like to share any thoughts or feedback about the planned format for the September event, please see the link on page 2. Whether we are in-person, virtual, or both, I am confident that we will continue to be able to offer high quality educational events that also offer a chance for connection and networking!

Upcoming Events

September 17

Fall Full-Day Event

Veganism & Eating Disorders

Putting Evidence into Practice: A
Case Study Review

Transgender & Gender-
Nonconforming Teens with Eating
Disorders

December 3

Winter Gala

Connect With Us!

Check out our new look on
the Heartland website:

www.heartlandiaedp.com

Facebook: iaedp Heartland
Chapter

LinkedIn: iaedp Heartland
Chapter

Twitter: @heartlandiaedp

Instagram: @iaedpheartland

For those of you who like to plan ahead, please mark your calendars for the 2022 iaedp Symposium, scheduled for March 24-March 27, 2022 in Orlando, Florida. Proposals are being accepted for symposium presentations through June 30, 2021, so please consider submitting a presentation proposal.

As always, please feel free to reach out to me by phone or email with any questions, concerns, ideas to build/strengthen the chapter, or general feedback. The success of this chapter has been driven by an active, vocal, and engaged chapter membership, and I want to make sure each of you always feels like your involvement in the chapter is valued and appreciated.

With gratitude for your continuing support of the chapter,

Anne Kubal, Ph.D., CEDS-S

Heartland iaedp Chapter President

We Want to Hear From You!

The iaedp Heartland Chapter is looking for your opinions about how you are feeling about in-person and/or hybrid events, and how you are feeling regarding joining us for our next full-day event on **September 17, 2021**. Please take a moment to complete the [brief and anonymous 7-question survey](#), so that we can know how we can best serve you!

PLEASE NOTE: The iaedp Heartland Chapter will follow any and all orders from the Illinois governor regarding assemblage of large groups that may be in effect at the time of the event. This is merely an information-gathering survey to inform our future planning and efficiency.

Research Chair Update

Ana Pruteanu, MS, RDN, LDN, CEDRD-S

Consider joining the Heartland iaedp ListServ to see posts about research studies, latest developments in the field of eating disorders and job openings in the field. To submit information for consideration on the ListServ or to join the ListServ, please email heartland@heartlandiaedp.com. All submissions regarding research will be reviewed and approved by chapter leadership.

COMC Mentoring Update

Erin Terada PsyD, CEDS-S

Our chapter's Connection, Outreach and Mentoring

Committee (COMC) is an initiative that is growing and is another great opportunity for members to get involved. We are looking to add on more mentors and mentees at this time!

Mentoring relationships can enhance professional connection as well as professional development for those looking to specialize in eating disorder treatment. Each relationship is tailored to meet the needs of the mentee and the mentoring connection initiative.

COMC mentoring is meant to help with connecting new eating disorder clinical professionals to other professionals in our chapter and the community at large. It also provides guidance for those



who are new to providing eating disorder treatment to promote best practices. We are currently looking for both mentors and mentees to join.

Additionally, we are encouraging current members who may be supervising students to consider this as a great option for them as a way to start getting connected to the professional eating disorder community in our area and at large.

If you have any questions, like to learn more about becoming a mentor or mentee, please contact - Erin Terada PsyD, CEDS-S at erin.terada@gmail.com for further details.

Certification Chair Update

Delia Aldridge, MD, CEDS-S

Before you submit your certification application (CEDS, CEDRD, CEDRN, CEDCAT, etc.) you should know that if your application is incomplete, inaccurate, or does not meet requirements, it will be returned to you and a processing fee of \$50 will be incurred at the time of re-submission.

Effective April 1, 2021, incomplete applications will be returned.

To avoid this, please carefully review your application before submitting.

For more information: <http://www.iaedp.com/certification-overview>

More Important News

New Residential Eating Disorder Program Coming to Michigan!



Comprehensive Treatment for Eating Disorders

A Message from Gail Hall, LMSW, DCSW, CEDS-S

On March 1, 2021, the assets of Comprehensive Treatment for Eating Disorders were acquired by Sanford Addiction Treatment Centers, and a new entity was born: Sanford CTED. CTED was established in 1998 by Gail Hall, LMSW, DCSW, CEDS-S, as a small group practice of therapists and registered dietitians specializing in the treatment of eating disorders. Our practice offers Intensive



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Healthier Tomorrows

Nutrition Hive

Outpatient Programs (IOP) in addition to traditional Outpatient Programs (OP), serving about 150 individuals and their families per year.

Sanford Addiction Treatment Centers, in Grand Rapids, Michigan, opened Sanford House at Cherry Street, a residential facility for women struggling with substance use, in 2014. The John Street House for men soon followed. David and Rae Green have purchased and lovingly restored these historic houses in order to create a beautiful, peaceful environment where their clients can heal. They, too, have established an OP and IOP program.



A few years back, Gail approached Rae to discuss the possibility of an IOP patient from out of state being housed at Cherry Street while she completed her treatment. Recognizing the comorbidity between eating disorders (ED) and substance use disorders (SUD), we began sharing ideas for cross programming and using staff in both programs to lead groups for the other. Out of this partnership the idea for establishing a complete continuum of care for individuals with eating disorders was birthed. Becoming one entity was the next logical step.

Sanford CTED has already received CARF accreditation under the umbrella of the Sanford organization. This will allow us to expand our existing IOP, adding additional tracks; and will make it possible for us to accept Blue Cross Blue Shield and other insurance plans which did not approve our program in the past. We have plans for a free standing, ED specific day program (PHP) to launch this summer, and our Residential Program has a target date for opening on September, 1, 2021. The residential facility, lovingly dubbed "Sanford West" is located in Marne, a small community 12 miles West of Grand Rapids. The existing facility is very large, on 11 acres of land. Once the ED unit is up and running, the other wings of the building will be opened for residential SUD programs for women and men. There will also be a free-standing detox unit on the campus.



We have secured a nationally recognized Psychiatrist to serve as Chief Medical Officer beginning in June. We are committed to attracting and maintaining a talented staff of experts for our Eating Disorder Program: job descriptions have been posted for the Clinical Director and the Director of Nutrition Services. This is an exciting opportunity for professionals passionate about our field to help

build our programs. For more information or to apply, please contact ghall@sanfordhouse.com or jselent@sanfordhouse.com.

Coming Soon: iaedp Milwaukee Chapter! For more information, contact Sarah Gracz at sarah@orendacounselingservices.com

Culturally Competent Conversations

Let's Dialogue Together

iaedp
Monthly Peer Consultation Group
Every 3rd Tuesday
12:00pm/PST 2:00pm/CST
3:00pm/EST

Hosted/Facilitated by the African American Eating Disorders Professionals (AAEDP) Committee and Black Indigenous People of Color (BIPOC) Sub-Committee

To increase awareness and inform Heartland iaedp members to cultural sensitivities, Heartland iaedp has made it a priority to increase conversations about working with marginalized populations and peers.

Heartland is working to integrate a diversity and inclusion introduction speaker as available prior to events and build relationships with diverse groups within the eating disorder treatment community.

As a chapter, we are striving to ensure our events, speakers, venues, and chapter promotional materials reflect the value the chapter places on cultural and individual diversity and the importance of inclusion in the work we do across professional roles in the larger eating disorder treatment community.

In addition, iaedp is now offering a monthly zoom consult to begin conversations about clinical interactions around diversity, systemic racism, racial trauma, and privilege. If you are interested in joining this event it occurs every 3rd Tuesday at 2pm central. To register, please contact: iaedpAAEDP.POCcaseconsult@gmail.com. If you are interested in joining the diversity & inclusion committee, please do not hesitate to reach out to maggie@midwestcounseling.com for more information.

2021 Team Members

President

Anne Kubal, PhD, CEDS-S

Past President

Kim Berger, MS, RDN, LDN, CEDRD-S

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Erin Terada, PsyD

Research Chair

Ana Pruteanu, MS, RDN, LDN, CEDRD

Certification Chair

Delia Aldridge, MD, CEDS-S

Medical Liaison

Anna Kylachkina, MD

Networking

Katie Huber

Diversity & Inclusion

Maggie Garrity, RDN, LDN