

Hello Everyone!

We held a General Service Board meeting on 04/10/2013.

Attendees:

- Alita, British Columbia, CAN
- Annette H, Phoenix, AZ
- Fran, IL
- Rachel F, Tempe, AZ
- Roger, MA
- Vanessa S, Longwood, FL

Notes:

- Roger asked where to send recommendations for our book links. Recommendations can be sent to info@eatingdisordersanonymous.org or to literature@eatingdisordersanonymous.org.
- We approved minutes from our 3/13/13 meeting. All action items were completed.
- We discussed website challenges, solutions and next steps
 - **Challenge:** Meeting times for GSB and online meetings can be confusing when switching to and from daylight savings time. **Solution:** Vanessa volunteered to list GSB and online meetings on a web site that enables everyone to see the time adjusted for their location and also agreed to update the GSB and meetings pages to reference the website. Thanks, Vanessa!
 - **Challenge:** Our website meeting page is not mobile-device friendly at present; information is cut off and leads to frustration when people think they'll be able to look up specifics when they get close to a meeting location. **Solution:** Vanessa volunteered to update the meetings page so it displays properly on mobile devices. Yay! This has been an issue for a long time and will be a huge win.
 - **Challenge:** Maintaining meeting information currently requires a person with web/html experience, which makes finding volunteers difficult. Also, having to update the website html for every meeting addition, deletion and change is riskier and more difficult than it needs to be. **Solution:** Vanessa has built a database to hold meeting information and will reconstruct the way the meetings page works so it dynamically displays what is in the database. We can also use the database to store meeting contact info for GSB announcements. We discussed having someone responsible for each meeting log in to maintain their own information, but this seems like a later step and will be tabled for now, however, Vanessa mentioned adding a web page to capture the needed information from those wanting to announce a new meeting. We currently get requests to post meeting information where one or more pieces (start date, day of week, time, location, meeting type, contact info) are missing
 - **Challenge:** people need to know what makes a meeting an EDA meeting as opposed to some other type of group. **Solution:** Alita volunteered to write up a brief summary of what makes a meeting an EDA meeting, referencing the Traditions. Annette volunteered to post Alita's summary on the Start a Meeting page, and to include a brief discussion of steps to take when an EDA meeting closes.
 - **Challenge:** people seem to think we know of more meetings than are posted on the website. **Solution:** Annette volunteered to add a statement to the top of the meetings page that clarifies that the below are all the meetings we know about.

- **Challenge:** “Stories of EDA” on the literature page does not show up on the Stories page. Annette will add a link to “Stories of EDA” on the Stories page.
 - Alita noted that one of the EDA brochures that lists the steps mentions the “Big Book” without reference to the text Alcoholics Anonymous. This should be corrected. Alita will send the brochure to info@eatingdisordersanonymous.
 - Syd, a GSB meeting attendee from a prior meeting, called Annette with some needed attributions discovered in the Step Three Workbook. Annette read off the changes, and will forward the voice mail to Alita. Alita volunteered to make the changes.
 - We completed our review of the draft “Guidance for Professionals” flyer. Annette will post it to the website, include it in the EDA Meeting Starter Kit and will print physical hardcopies.
 - We discussed our next writing project, a “Balance” brochure, and all agreed to think about what the concept of Balance means to them and to write up a few statements if they are able.
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Finalized “Guidance for Professionals” Flyer

- **Why should I refer my clients to EDA?**
 - EDA provides group support for people seeking recovery from an eating disorder, providing examples of recovery and conveying the hope of recovery to those in need.
 - 12-step recovery programs have a solid record of helping people recover from addictions from which they can completely abstain; EDA is a 12-step recovery program with a difference.
 - Having realistic, healthy goals enables people to build the essential relationships of trust with themselves and others that support recovery.
 - In EDA, we focus on balance rather than abstinence. We reject absolute, black-and-white thinking about recovery. Balance is particularly important in recovery from eating disorders because it offers a position between rigidity and being out-of-control that is both achievable and healthy.
 - The only requirement for EDA membership is a desire to recover from an eating disorder. There are no dues or fees for EDA membership.
- **What is the relationship between EDA and Alcoholics Anonymous (AA)?**
 - EDA is founded on the principles (12 Steps and 12 Traditions) of Alcoholics Anonymous (AA) and offers support for those seeking recovery from an eating disorder that is similar to the type of support offered people seeking recovery from alcoholism in AA
 - A key distinction between EDA and AA is that EDA focuses on moderation and balance rather than absolute abstinence
 - Another distinction is that EDA does not embrace the disease model of addiction as does AA; people can and often do recover from eating disorders
 - Like AA, EDA encourages its members to focus on the solution, not the problem
 - EDA members work the steps, as do other 12-step program members, to achieve the balance and calm perspective that makes a happy and purposeful life possible
- **Are there "sponsors" in EDA to guide those new to the program?**
 - Some groups have volunteers with time and energy to help others work the steps. We strongly encourage EDA members who have made significant progress working the steps to sponsor others.

- We call partners in recovery “buddies.” EDA advocates working with others, whether as a buddy, as a sponsee or as a sponsor, within and outside of meetings, to build a solid recovery.
- **What is EDA's position on the disease model of addiction?**
 - EDA rejects the disease model of addiction; people can and often do recover fully from their eating disorders
 - In EDA, we recognize that our responses to life are conditioned by how we have always reacted. Life-long patterns can be changed. EDA recognizes that recovery is hard work and requires a great deal of support; recovery is a process, not an event.
- **What is the relationship between EDA and Overeaters Anonymous (OA)?**
 - Although both are 12-step groups led by members seeking solutions to the same problems, EDA and Overeaters Anonymous (OA) provide very different answers
 - In OA, members are expected to abstain from specific foods of concern and to adopt specific disciplines around eating as a precondition of recovery
 - In EDA, members are devoted to helping each other develop more resilient relationships with themselves, others and food. Diets and weight management techniques do not solve our problems coping with ourselves and our lives.
 - EDA members discuss disordered thinking so that we can talk about solutions. This generally involves recognizing life choices, trying to make them responsibly, and learning from mistakes as we go.
- **Does EDA endorse any specific food plan or program?**
 - In short, the answer is “No.” We encourage members to eat when hungry and stop when moderately full.
 - EDA endorses sound nutrition and discourages any form of rigidity around food. Food is nourishment for mind, body and soul. Balance, not abstinence, is our goal.
 - Food issues often surface as coping mechanisms for living the lives we have been dealt or have chosen. Members work to identify, establish and reinforce adequate and appropriate ways of responding to life. In time and with practice, new methods of dealing with life issues gradually replace the self-limiting rigidity and self-destructive behaviors that are hallmarks of an eating disorder.
- **I would like to audit a meeting before referring clients. How do I arrange this?**
 - Some EDA meetings are “open” and may be visited by the occasional friend, family member, student or interested professional who contacts the meeting ahead of time and requests to sit in on a meeting
 - Other EDA groups are “closed” except to people seeking recovery from an eating disorder
 - Please visit the meetings page of the EDA website, www.4EDA.org to find contact information for meetings by geographic location, and be sure to call or write before attending
- **May I facilitate meetings held at my office or clinic?**
 - By definition, an EDA meeting is run by and for people seeking recovery from an eating disorder

- Unless you are in recovery from an eating disorder, facilitating a meeting means it is not an EDA meeting
 - Therapists and other professionals have kick-started some very successful EDA meetings by facilitating ED recovery support groups using EDA literature then turning the meeting over to attendees. When EDA members start running a meeting it can be considered an EDA meeting.
 - **How does EDA work with professionals who work with eating disordered clients?**
 - EDA provides group support for people committed to recovery, providing examples of recovery and conveying the hope of recovery to those in need
 - EDA does not refer its members to specific professionals, but we do refer people to www.edreferral.com and similar organizations that our members have found helpful
 - Early recovery typically requires a great deal of support, and often necessitates the involvement of a team of professionals -- physician, psychiatrist, psychologist, dietician – to help establish new patterns and ways of thinking
 - EDA does not provide a substitute for or alternative to professional care, and EDA members work easily with members of the professional community: we recognize your importance to recovery and greatly appreciate your help.
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Action Items

- Vanessa volunteered to list GSB and online meetings on a web site that enables everyone to see the time adjusted for their location and also agreed to update the GSB and meetings pages to reference the website
 - Vanessa volunteered to update the meetings page so it displays properly on mobile devices
 - Vanessa has built a database to hold meeting information and will reconstruct the way the meetings page works so it dynamically displays what is in the database.
 - Vanessa will add a web form to capture the needed information from those wanting to announce a new meeting
 - Alita volunteered to write up a brief summary of what makes a meeting an EDA meeting, referencing the Traditions
 - Annette volunteered to post Alita's summary on the Start a Meeting page, and to include a brief discussion of steps to take when an EDA meeting closes.
 - Annette volunteered to add a statement to the top of the meetings page that clarifies that the below are all the meetings we know about.
 - Alita will send a brochure that references the Big Book without also defining it as the book, Alcoholics Anonymous, to info@eatingdisordersanonymous.org.
 - Annette read off changes requested to provide needed attributions discovered in the Step Three Workbook and will forward the voice mail to Alita (Done).
 - Alita volunteered to make the changes to the Step Three Workbook chapter to attribute quotes.
 - Annette will post the new Step Three Workbook chapter to the website
 - Annette will post our new "Guidance for Professionals" flyer to the website, include it in the EDA Meeting Starter Kit and will print physical hardcopies.
 - Everyone: in preparation for our next writing project, please reflect on the concept of "Balance" this week, and send a couple of examples to literature@eatingdisordersanonymous.org.
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We adjourned at 6:56 PM MST.

Please send these minutes to members of your group if your group maintains an email contact list!

Thank you to all who attended and to all who serve EDA!

Best regards,

Annette (aka Michelle)