

EDA GSB Roles and April 2017 Election Voting Results

General Service Board members serve EDA groups and the mission of EDA to carry the message of recovery to all who seek recovery from an eating disorder.

On April 12, 2017, the General Service Board discussed situations where more than one person volunteers to fill a role. We agreed that sharing duties worked in the best interest of EDA, ensuring diversity and resilience in each role where duties are shared.

The GSB voted unanimously to approve the GSB roster presented below, accepting the listed GSB volunteers for the May 2017- May 2019 term.

ROLE	Description	Name
Chair chair@eatingdisordersanonymous (dot) org	Supervises all operations of the General Service Board, coordinates effort among members and committees, and presides at GSB meetings; In cooperation with other Board members, set goals for the General Service Board that reflect long-term interests of EDA as a whole; Communicates above goals; Sets up GSB meeting times and locations; Makes sure GSB members know about them via phone or email; Makes sure each GSB member understands what is expected and has the requisite resources and support to do it; Follows up with each GSB member at least once a month; Creates agendas GSB meetings;	Annette H
Vice Chair vicechair@eatingdisordersanonymous (dot) org	Responsibilities: Serves as Chair when Chair cannot serve; Supports the chair in all capacities as needed and directed by the chair; Oversees publication of EDA materials online and in print; Makes sure Chair has resources and support to perform expected duties;	Julie M
Secretary secretary@eatingdisordersanonymous (dot) org	Maintains GSB meeting minutes: posts and shares the meeting minutes; Keeps records in a central, secure, and confidential location; Works with other GSB members to create any brand pieces to be distributed to public.	Annette H Julie M

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ROLE	Description	Name
<p>Treasurer</p> <p>treasurer@eatingdisordersanonymous (dot) org</p>	<p>Qualifications: CPA</p> <p>Manages PayPal account and donations;</p> <p>Reports monthly balance to the GSB;</p> <p>Completes 501 c3 yearly tax documents;</p> <p>Prepares quarterly financial statement.</p>	<p>Annette H</p>
<p>Members At Large</p> <p>(Email distribution list maintained in Google Sheet)</p>	<p>General Service Board representatives from EDA groups nationally and internationally.</p> <p>Works with the GSB to support EDA groups in carrying the message of eating disorders recovery worldwide.</p>	<p>(Google Sheet accessible by GSB Officers)</p>
<p>Membership and Meeting Supportive Services Coordinator</p> <p>membership@eatingdisordersanonymous.org</p>	<p>Follows up with people who contact info@eatingdisordersanonymous (dot) org to make sure they are able to find support;</p> <p>Follows up with people who are the contacts for existing meetings to see how they are doing;</p> <p>Mails each new group a copy of the EDA Big Book;</p> <p>Helps groups build attendance and strong recovery within the groups; Works with the literature committee and secretary to address needs.</p>	<p>Julie M</p>
<p>Professional Contact Coordinator</p> <p>PCC@eatingdisordersanonymous (dot) org</p>	<p>Qualifications: A professional in the field of eating disorders prevention and treatment.</p> <p>Maintains a list of professional contacts and works with the professional community to provide information about EDA.</p>	<p>Jenni S</p> <p>Nicole K</p>

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ROLE	Description	Name
<p>Event and Fundraising Chair / Community Liaison events@eatingdisordersanonymous (dot) org</p>	<p>Plans fundraising and community awareness events with meeting leaders to support the expansion of EDA Step Workshops and the growth of sponsorship within EDA;</p> <p>Works with treasurer to adjust and elevate the budget;</p> <p>Works with GSB members to establish annual fundraising campaign goals and plans;</p> <p>Ensures that community outreach events and fundraising efforts adhere to the Twelve Traditions of EDA.</p>	<p>Jill R</p>
<p>Email Response Coordinator info@eatingdisordersanonymous (dot) org</p>	<p>Coordinates volunteers who reply to emails coming into info@eatingdisordersanonymous (dot) org;</p> <p>Ensures all volunteers replying to email have the necessary materials and support;</p> <p>Supports email correspondents in following a consistent process (i.e. copying info@ on their replies, indicating their response is their own and not that of EDA as a whole, and signing their email with first name, last initial, and EDA volunteer.)</p>	<p>Jennifer B Julie M</p>
<p>Website Coordinator wm@eatingdisordersanonymous (dot) org</p>	<p>Maintains existing GSB of EDA website (i.e. posts new literature and keeps meeting information current);</p> <p>Administers web accounts (i.e. email lists, web site development, etc.); Coordinates web site development efforts;</p> <p>Ensures the website is ADA compliant.</p>	<p>Sherian S Annette H</p>
<p>New Literature Development coordinator literature@eatingdisordersanonymous.org</p>	<p>Works with literature team to draft and propose new literature for GSB review and approval;</p> <p>Near term goal: Oversees the work on a Step Workbook revision to bring it into alignment with the EDA Big Book</p>	<p>Christine D Jamie K Jhena F Annette H</p>

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ROLE	Description	Name
<p>Correctional Facility Coordinator</p> <p>CFC@eatingdisordersanonymous (dot) org</p>	<p>Works with Members at Large to carry the message of eating disorders recovery to correctional facilities.</p>	<p>Jennifer B</p> <p>Julie M</p> <p>Liz F</p>
<p>Yoga for Recovery/ Mindfulness Coordinator</p> <p>meditations@eatingdisordersanonymous (dot) org</p>	<p>Works with GSB to provide daily meditations / yoga for recovery videos.</p>	<p>Julie M</p> <p>Liz F</p>
<p>Sponsorship Coordinator/ Sponsor Support leader</p> <p>sponsors@eatingdisordersanonymous (dot) org</p>	<p>Works with the literature team to develop stronger EDA sponsorship documentation;</p> <p>Screens potential sponsors to check that they have completed Steps 1-11;</p> <p>Keeps record of sponsees and sponsors on a Google Sheet to be shared with Chair and Vice Chair;</p> <p>Helps connect sponsees to sponsors.</p>	<p>Julie M</p>

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Brief introductions for some of our volunteers:

Role: Chair (and others as noted above)

Name: Annette H

I am humbled and grateful to have to be involved in the growth of the Fellowship of EDA since March 2000. After securing limited permission to use material from the first 164 pages of the text *Alcoholics Anonymous* from AA's General Service Office in New York, worked with EDA Founder Gisele B and other early EDA members to adapt the Twelve Steps and develop the first documents used by EDA groups. After organizing and incorporating the General Service Board of EDA in 2001, served as its first Chair until 2002, when I left to start a graduate program of study. Over the ensuing nine years, I served the GSB in various minor capacities until September 2011, when I was asked by the then-Chair and GSB to return. Since October 2011, I have served as Chair and Secretary-Treasurer, coordinating development of the current website, brochures, and most recently, the EDA Big Book. I am absolutely delighted to be working with EDA members on our joint effort to share our experience, strength, and hope with others. It is an honor and a privilege to serve EDA and the General Service Board.

Role: Vice Chair (and others as noted above)

Name: Julie M

I wanted to take a few moments to introduce myself to you all, and say that I am SO excited to join your leadership board.

I live in PA with my three kiddos and my husband. My oldest is seven and my twins are five.

I started the local EDA group here in central PA and run that group twice a week; I recently started to sponsor EDA members; I blog frequently in local and online streams about my recovery and am fully committed to the EDA twelve steps and recovery.

I am thrilled to work on this election and update the Board (filling positions as needed).

Role: EDA New Literature Development Coordinator

Name: Jamie K

I am a Licensed Marriage and Family Therapist (#83775) specializing in the treatment of women. I have also been in recovery since 1998 and have used 12 step programs as the foundation of my recovery. I am also a graduate of Pacifica

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Graduate Institute's Counseling Psychology program with an emphasis in Depth Psychotherapy.

Aside from working with patients in private practice, I am Clinical Supervisor at Montecatini, a world class all female eating disorder treatment center which has provided women 20+ years of care for bulimia, anorexia, and co-occurring disorders. Prior to this, I worked as a therapist at Harmony Grove Programs and Mandometer programs for eating disorders. This has allowed for familiarity with a great range of symptoms and severity.

Alongside, my professional experience, I have had 15 years of personal recovery from an eating disorder. I believe this allows for caring, empathetic support of those who feel shameful about their relationship with food or embarrassed by their body.

I specialize in the treatment of Anorexia, Bulimia (Including Purging by Laxative, Enema, Diet Pills, and Exercise) Binge Eating Disorder, and EDNOS.

I have been certified in Expressive Arts Therapy and often reference the visual and performing arts within traditional talk therapy to uncover perspectives on problems. Sometimes, it can be easier to touch upon our most sensitive struggles in a symbol or metaphor rather than on plain terms.

In fact, many significant events in people's lives often happened before they had words or go beyond the words they have. Many trauma and abuse survivors find expression through eating disorders, addiction/compulsion and self-harm until they learn a new way to talk about, tolerate, or transform their experience.

My individual, couples, and family sessions are informed by psychodynamic theories including object relations, self-psychology, and depth approaches. I am also influenced by feminist schemas and am a member of the Feminist Psychology Institute and Society For The Psychology of Women. What all these approaches have in common is an understanding that though healing may be an individualized process, lasting personal transformation does not happen all by ourselves. Therefore, I collaborate closely with psychiatrists, dietitians, specialists, 12 sponsors and other professionals.

Name: Christine D.

I am interested in this role because I have seen a lack of diversity and accessibility of EDA literature. I want to make an audio book version available for members with visual impairments. I'd like to see stories that focus on recovery though EDA and wider range of eating disorders and experiences. I'd like to work

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on creating a welcome packet for newcomers and booklets for specific topics.

I think I am qualified for this role because: I deeply care about carrying the message of EDA and I have time. I got an A in my college writing courses. I have a solid understanding of the 12 traditions and want our literature to adhere to those traditions. I regularly attend EDA meetings and can bring feedback from my home group.

Role: Yoga for Recovery/Mindfulness Coordinator

Name: Liz F.

I am interested in what the Yoga for Recovery/Mindfulness Coordinator. I have been practicing meditation intensively for 5 years and it has been a major cornerstone of my recovery. I would like to share my experience, strength, and hope in this realm.

Role: Event and Fundraising Chair / Community Liaison

Name: Jill R.

I have been in recovery for 33 years from drugs and alcohol, when I first started attending AA, ACOA. I was also blessed in being able to go to treatment in 1992 for one month for Co-Dependency. Upon discharge I started CoDa meetings in Chicago and over 10 years sponsored about 50 women in recovery. I attended the "Joe and Charlie" Big Book Step Studies in the 90s.

I went to treatment for my eating disorder of restricting meals and binge eating, following a history of anorexia. I went to Radar Program in Oxnard, CA. I did well until I was involved in a debilitating car accident in 2011. After having two complete knee replacements, I went back to treatment for 60 days at Rosewood in AZ. However, upon discharge I needed a hip replacement and the medical trauma found me back in treatment in 2014 for another 90 days at Castlewood in MO. Upon discharge I went back to work as a Director of Sales and a General Manager at various hotel properties. I have my certification in Meeting and Event Planning. Realizing my body could no longer let me do my job, I had to go on permanent disability. With this trauma I went to treatment a last time in 2015 at ERC Chicago in their binge eating program for 30 days. I have been working diligently on my recovery. Upon being discharged from treatment at Rosewood in 2013, I needed support so I started an EDA meeting at Alexian Behavioral in

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Hoffman Estates, IL. The meeting now is only 1 x per month because Timberline Knolls treatment center in Lemont, IL reached out to me and asked me to hold meetings there for their residents. I now chair meetings there three times per month. I currently do not have a sponsor mainly because there aren't any in the meetings I chair and I have not been able to find anyone here in my area. I currently am not officially sponsoring anyone, but those who attend the meetings I chair call me for support. I would like to be a part of service on the board.

I could help to raise awareness through speakers going to schools and community events; finding speakers with 1 year or more of recovery who have actively worked the 12-steps, and continuing to plan Big Book Step Studies throughout the country and do fundraising events. I am also very knowledgeable about Eating Disorders Treatment Centers and could keep a spreadsheet active of treatment centers around the country as a resource. I also am very active in social media and could keep a Social media page active for EDA as a whole. My current meeting page has over 1,000 followers.