

EATING DISORDER COALITION OF IOWA (EDCI)  
BOARD OF DIRECTORS MEETING MINUTES

**April 2, 2021 at 6:15AM CST/ Zoom**

Present: Melissa Arnold, Amy Crane, Tanya Hargrave-Klein, Suzanne Hull, Holly Paulsen, Kim Pontius, Kristy Rieken, Sara Schwatken, Kathryn Wierda

**Item 1: Agenda approval (Kristy Rieken):**

- Meeting was called to order at 6:15am.
- Quorum established.
- Motion to approve the agenda for today's meeting was made by Kim Pontius; seconded by Tanya Hargrave-Klein.

**Item 2: Executive Director Report (Suzanne Hull)**

- List of March activities completed by executive director was shared with Board.

**Item 3: Treasurer Report (Amy Crane)**

- Fall Quad Cities Conference: EDCI received \$5,000 payment from Amy's Gift for assistance with the conference.
- Amy motioned to add Directors & Officers insurance to the current EDCI liability policy. Kim Pontius seconded the motion. Motion approved.
- Amy motioned to remove support group coverage from the current EDCI liability policy. Kim Pontius seconded the motion.

Discussion:

- Suzanne recommended to continue with what is needed and add additional coverage if and when in-person support group commences. This should result in cost savings.

Motion approved.

**Item 4: Secretary Report (Tanya Hargrave-Klein)**

- Tanya motioned to approve the March Board meeting minutes. Amy Crane seconded the motion. Motion approved.

**Item 5: Development Committee Report (Sara Schwatken)**

- Sara made a motion to approve Melissa Nord as a professional member. Amy Crane seconded the motion.

Discussion:

- Kim Pontius confirmed that Melissa is a licensed LMHC in the state of Iowa.
- Sara shared information provided by Melissa in her submitted member provider form.

Motion approved.

- Sara made a motion to approve Ann Christiansen as a professional member. Melissa Arnold seconded the motion.

Discussion:

- Sara shared that Ann is a founding EDCI Board member and a school counselor who provides eating disorder awareness/prevention training for school personnel. She is a licensed K-8 counselor in Iowa.

- Sara suggested that it be noted on the website that she is not a treatment provider.

Motion approved.

Item 6: **Events/Resources/Education Committee Report (Sara Schwatken/Amy Crane)**

- Fall Conference Update (Sara Schwatken)
  - The theme will be “Growing Your ED Treatment Practice”.
  - Committee members have contacted approximately 20 treatment centers regarding sponsorship opportunities. Three have made a \$500 sponsorship commitment and one organization has committed at the \$1,000 level which includes providing a speaker.
  - Sara made a request for Board members to join the conference committee.
  - Suzanne suggested setting up an online form for individuals wishing to volunteer with EDCI. The form would gather interest areas and she will create a template and share with the Board. The question about how to screen for individuals in active illness was discussed.
- Lunch N Learn (Amy Crane)
  - Rosewood will provide a dietitian to speak on the topic of ARFID on June 7<sup>th</sup>.
  - Sara noted that sponsors are hesitant to pay a sponsorship fee for the conference if they can provide a speaker for no fee for our lunch and learns. More discussion on this topic is needed.

Item 7: **Recovery Support Group Committee Report (Kim Pontius/Holly Paulsen)**

- Kim’s report
  - Attended ANED general support group that was peer-led.
  - A maximum of 15 can attend; well organized.
  - 2 trained individuals in recovery lead the group. Training is free.
  - Started by discussing a high and low of the day. This was followed by conversation and support. No numbers or discussion about behaviors is allowed. Ended by acknowledging what each attendee will take away from the group.
- Holly’s report
  - She learned that you will not be admitted to a meeting if you arrive late.
  - If a group is cancelled the attendee will receive an email notice in advance of the scheduled time.
- Sara asked if we would have an “Iowa” group.

Item 8: **Work Session Discussion (Kristy Rieken)**

- Should we continue holding work session monthly or have expectation that committees are responsible for meeting as needed and reporting back to the Board.
- Current format for committee limits Directors to serving on one committee instead of multiple ones.
- What committees do we wish to continue?
- It was decided that the work session will be held on April 18<sup>th</sup> as planned and this discussion will continue at that time.

Item 9: **Adjourn**

- Kim Pontius made a motion to adjourn the meeting. Kathryn Wierda seconded the motion. Motion approved.

- Meeting adjourned at 7:30am.