

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

Date/Time/Location: February 03, 2023 @ 6:15AM on Zoom

Present: Melissa Arnold, Kathryn Wierda, Julia Freeman, Tanya Hargrave-Klein, Suzanne Hull, Eva Schoen, Kristy Reiken, Francesca Johnson, Kimmie Bolinger

Action Items:

Call to Order (Melissa Arnold)

- Meeting was called to order at 6:19 am
- Quorum established
- Motion to Approve Consent Agenda (i.e., Agenda, Minutes from January meeting, Treasurer’s report, written reports received) was made by Julia Freeman; seconded by Tanya Hargrave-Klein. Motion Approved unanimously by Board.
- Motion to approve Ashley Willhite, LMHC, NCC as a new professional member was made by Tanya Hargrave-Klein; seconded by Julia Freeman. Motion was Approved unanimously by Board.

Verbal Reports:

Officer Reports

Past President. (Kristy Reiken)

- Nothing to report

President Elect (Melissa Arnold)

- Continuing to work to get in touch with volunteers.
- Updates related to recent presentation with Kathryn to Iowa Weight Loss Clinic – overall, good learning experience and navigated different perspectives.

Secretary (Kathryn Wierda)

- Nothing additional to report

Executive Director (Suzanne Hull)

- Nothing additional to report

Verbal Reports:

Committee Reports

Events

- See written report in Dropbox

Membership

- See written report in Dropbox

Education (Melissa Arnold)

- Committee has been brainstorming what to work on at the moment – online resources, work with Denise Hamburger

Support (Kathryn Wierda)

- See report in Dropbox

Budget (Tanya Hargrave-Klein)

- Committee met last month and discussed EDAW and how to reach caregivers – Who do we know? Treatment providers that treat lowa families
- **Asking each Board member to reach out to 5 people within their circle** and ask those 5 people to let others know about the event
 - Tanya put template example in Slack
 - Ask people to share on social media
- About time to set the 2023-2024 budget – Committee is going to be revisiting strategic plan and set costs so the information can be utilized at retreat

Discussion:

EDAW

- Not a walk – Continued efforts toward sponsorship solicitation (Melissa)
- Continue solicitation for event (only 40 currently registered) – Need to deliver to sponsors in regards to event turnout (Suzanne)
 - Tanya to follow-up with Kim Tallon in regards to sharing event with consult group – hard to reach caregivers, hoping to get caregivers through providers.
- Who is planning to attend Saturday (yoga) event? Make sure to register!
 - Spread the word – Event is for everyone!
- Role and Responsibilities for EDAW and Not a Walk (Suzanne)
 - Continue to sign up to help with Friday and Saturday event
 - Tanya to be snack host (Friday a.m.)

TextED App (Francesca)

- Discussed updates and possible paths to move forward – What are costs? Fixed versus variable?
- What other information does Board need to make a decision regarding best direction moving forward? What do we want reach to be for the app.?
- Can slow process down – Francesca to write up proposal regarding different options this week for Board regarding initial and maintenance costs, Francesca's time investment
 - What is the “break point”? What is the potential adoption rate? Can we forecast adoption rate moving forward?
 - Francesca to look into potentially comparable apps. And see if she can gather any data that could be informative
 - Proposal will help Board be able to vote; don't initially need formal vote because less than \$200
 - Francesca to email out proposal over the weekend for Board feedback

- Francesca to work with Suzanne to make app. content public (hidden page on website) so app. can access our content
- Still planning to roll out app. EDAW
- Continue to think about marketing – Do we need to create flyer/handout for doctor’s offices (similar to 988 suicide hotline information)? How do we make available to mass consumers? (Kristy)

Adjourn: A Motion to adjourn the February Board meeting was made by Julia Freeman, seconded by Francesca Johnson. Motion Approved unanimously by Board. Meeting adjourned at 7:07 AM.

Submitted respectfully by Kathryn Wierda, Secretary, on February 5, 2023