






DECEMBER 2021 NEWSLETTER

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Grant Statement

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From the Director's Desk



Welcome to this quarter's edition of the NCEED newsletter! As always, we are excited to share with you the work we've been doing and highlight a little about what's coming down the pipeline.

First, development of Screening, Brief Intervention, and Referral to Treatment for Eating Disorders (SBIRT-ED) is complete. NCEED is now in the process of identifying a high-quality vendor to build the digital tool. Once a vendor is selected and the tool is ready, NCEED will coordinate with SAMHSA and other health agencies to do a robust, nationwide launch. We appreciate your patience with this process and can't wait to show you this first-of-its-kind tool.

It's encouraging that SBIRT-ED continues to gain momentum at the federal level. The U.S. House recently passed legislation that requires all medical professionals to receive training on SBIRT-ED if they provide direct care to military members and their families. U.S. Representative Grace Meng (D-NY) championed [this amendment to the defense authorization bill](#) in recognition of the importance for healthcare providers to be educated in how to detect and manage eating disorders, particularly for service members and their families. We are thrilled about the passage of this amendment and are eager to collaborate with the Defense Health Agency to adapt SBIRT-ED for use with military populations.

In addition to the work being done on SBIRT-ED, NCEED updated its website with a new look and feel. It is reflective of our focus on educating healthcare providers about eating disorders. This new layout helps NCEED engage with its primary audience (i.e., healthcare providers), while allowing us to retain all of the important information for our other stakeholder groups, including individuals with lived experience and family members/loved ones. We also expanded our [Resource Library](#) and [Training Center](#) to include new products and webinars that can be accessed on demand. For example, **we've created a toolkit with a variety of resources that are relevant to anyone providing care to those who have eating disorders.** In this toolkit you'll find items like a PCP Eating Disorder Checklist, infographics on eating disorders for use on social media, and past editions of the newsletter. We also added the full slate of 2021 webinars to the Training Center. If you missed a live presentation, you can now review the content at your convenience. Be sure to check out the website and access the toolkit as a one-stop shop for resources!

Lastly, **we are thrilled to announce several important collaborations that allow NCEED to expand its reach.** As part of this year's strategic plan, we established formal collaborations with several of SAMHSA's recently funded Centers of Excellence. These groups are focused on behavioral health disparities and include the [African American Behavioral Health Center of Excellence](#), the [LGBTQ+ Behavioral Health Equity Center of Excellence](#), and the [National Family Support Technical Assistance Center](#). NCEED has also formally partnered with the [Eating Disorders Coalition](#) as they continue their important work in advancing policy for those affected by these conditions. We are confident that these collaborations allow NCEED to expand its reach and ensure we are meeting our mission of providing evidence-based education and training on eating disorders.

I encourage you to stay tuned via these newsletters and our social media to learn more about the upcoming collaborations and the roll out of SBIRT-ED. As always, we are so thankful for the work you do for our field. We remain open to any feedback, questions, or concerns you might have, so please feel free to be in touch with us at info@nceedus.org.

Best regards,

Christine M. Peat, PhD, FAED, LP

Director, National Center of Excellence for Eating Disorders

Associate Professor of Psychiatry, University of North Carolina at Chapel Hill

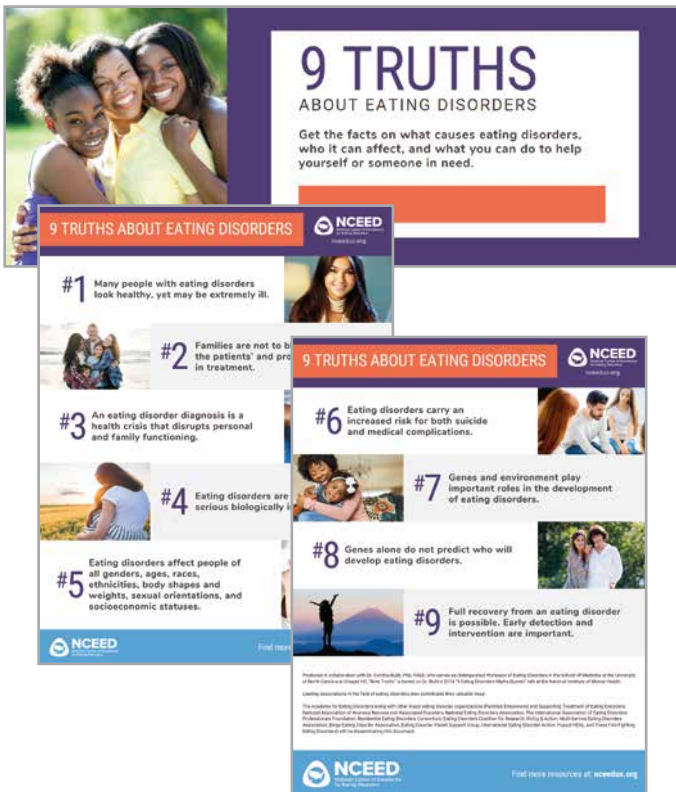
Did You Know?



Primary care providers typically receive very little training to screen for eating disorders. Despite that fact, they're often the first or only point of contact with many patients who are affected by eating disorders.

NCEED developed a checklist to help providers understand signs and symptoms so patients can get the help they need.

[Download the PCP Eating Disorder Checklist](#)



There are popular myths around eating disorders that are not accurate. NCEED created some infographics to educate and reorient people to the truths.

Find these and other valuable resources in NCEED's Partner Toolkit.

[Visit NCEED's Partner Toolkit](#)



Education **Spotlight**

Upcoming webinar on Eating Disorders in Primary Care: A Novel Tool for Screening and Referral



Date: Thursday, December 9, 2021

Time: 1:00pm – 2:00pm EST

[Register Now](#)

Primary care providers (PCPs) are in a unique position to screen patients for eating disorders. Patients who do not display obvious signs or symptoms can be a particular challenge. To date, screening for these conditions has been challenging given the lack of specific strategies for primary care that fit the needs of a busy clinical practice.

This webinar offers practical, effective strategies that help you overcome these screening challenges. After viewing this webinar, you will be able to:

- ✓ List the advantages of screening for eating disorders in primary care
- ✓ Identify eating disorder-specific strategies for use in primary care
- ✓ Describe the SBIRT-ED tool and its use in clinical practice



Presenter

Christine Peat, PhD, FAED, LP

Director of the National Center of Excellence for Eating Disorders
Associate Professor of Psychiatry, UNC Chapel Hill

[See Accreditation Details & Register Now](#)



NCEED

National Center of Excellence
for **Eating Disorders**

The NCEED team presented a successful series of CME-certified webinars in 2021. Each event offered evidence-based insights and tools to help primary care clinicians identify and treat eating disorders. If you missed any of this year's webinars, they are still available on demand.



UNITE: Engaging Couples in the Treatment of Eating Disorders

Jennifer S. Kirby, PhD
Donald H. Baucom, PhD

[REGISTER NOW](#)



Eating Disorders and Culture: Providing a Culturally Sensitive Treatment for Latinxs

Mae Lynn Reyes-Rodríguez, PhD, FAED

[REGISTER NOW](#)



Assessing Growth in Children and Adolescents for the Screening, Treatment, and Prevention of Eating Disorders

Anna Lutz, MPH, RD/LDN, CEDRD-S

[REGISTER NOW](#)



Preservation of Oral Health in Eating Disorders: An Essential Guide for Health Professionals

Brittany Davis, DDS Candidate,
Columbia University College of Dental Medicine

[REGISTER NOW](#)



Eating Disorders, Disordered Eating Behaviors, and Body Image in Athletes

Rachael Flatt, MA

[REGISTER NOW](#)



Shattering the Stereotypes: Improving our Understanding of Eating Disorders in Black Americans

Rachel W. Goode, PhD, MPH, LCSW

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Substance Use Among Individuals with Eating Disorders

Stephanie N. Ferrin, MD

[REGISTER NOW](#)



Lessons from History: The Minnesota Starvation Experiment

Tonya Foreman, MD

[REGISTER NOW](#)



Family-based Treatment for Eating Disorders: Compassion and Care through the Storm of Phase 1

Stephanie Zerwas, PhD

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Eating Disorders in Gender Diverse Youth: Guidance for Primary Care Providers

Martha Perry, MD

[REGISTER NOW](#)



Genetic Research in Eating Disorders: A Primer for Clinicians

Cynthia Bulik, PhD

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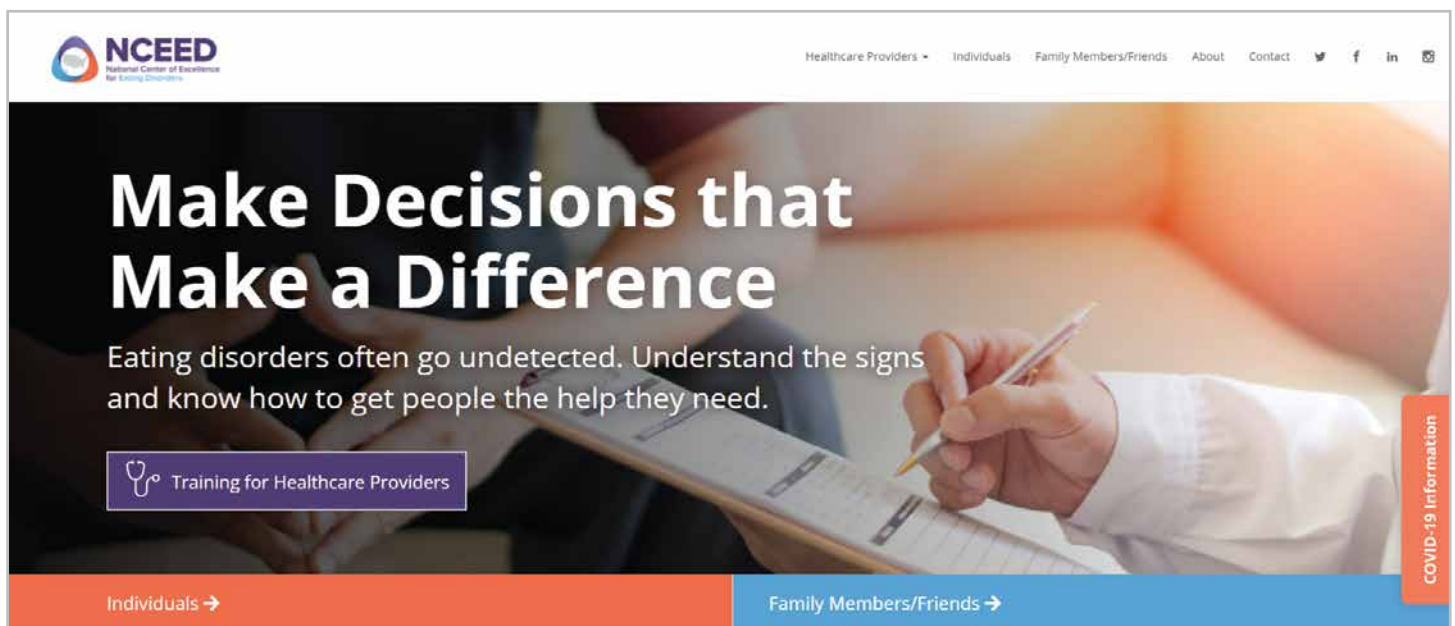


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Inside **Look**

NCEED recently created a new video that highlights key national statistics on eating disorders. Primary care providers are frequently the first line of defense in the detection of eating disorders. It is important for them to screen all patients in their care.

[View the Video](#)

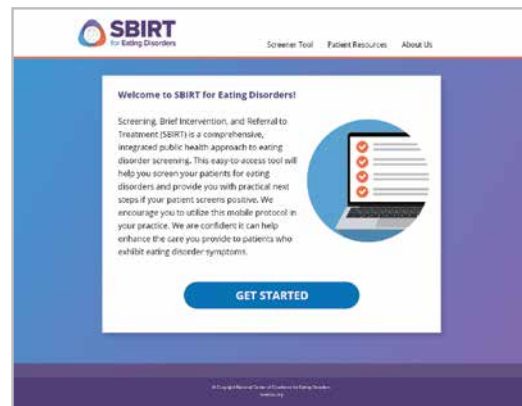


In 2021, NCEED refreshed its website to create a more engaging narrative for primary care providers. NCEED worked with Charge Ahead Marketing and our web development partner, the 3C Institute, to collaborate on the redesign, which launched in October 2021. It includes new navigation, imagery, and more. The website also debuts a new theme that drives home the importance of screening for eating disorders: **Make Decisions that Make a Difference**. It aligns with NCEED's work to encourage primary care providers to screen all patients and make decisions on care that can save patients' lives. We encourage you to check out the site!

[View Website](#)

Inside **Look**

NCEED continues to work on the new SBIRT-ED platform, with the goal of introducing it to the field in 2022. The new tool allows primary care providers to efficiently screen for eating disorders. It serves as a guided screening tool and allows brief interventions to increase awareness and enhance motivation for treatment.



In the aftermath of the COVID-19 pandemic, various clinical departments have seen an increase in eating disorder diagnoses. This emphasizes the significant need for specific screening protocols and tools for frontline clinicians. The creation of SBIRT-ED brings us one step closer to filling this gap! The SBIRT-ED tool is completely free of charge for use within all clinical settings.

NCEED will share more information about SBIRT-ED when it is ready to launch.

Visit our website to sign up for our quarterly email newsletter. Each issue features the latest updates from our Leadership Team, and critical data surrounding eating disorders. You can also register for upcoming webinars.

[Sign Up for Our Newsletter](#)

Contact Our **Team**

We always look to partner with other organizations on education, content, awareness building, and more. Have ideas on how to collaborate? Let's talk!



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