



OCTOBER 2022
NEWSLETTER

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Grant Statement

Funding for the National Center of Excellence for Eating Disorders was made possible by Grant No. H79SM081924 from SAMHSA of the U.S. Department of Health and Human Services (HHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, SAMHSA/HHS, or the U.S. Government.

From the Director's Desk

Welcome to this quarter's edition of the NCEED newsletter! We're kicking off another year of NCEED programming and are excited to share some of what's coming down the pipeline.

NCEED continues to focus on providing education to primary care clinicians and generalist mental health providers. There is a shortage of providers who are trained in eating disorder treatment, and that has never been more apparent than in the wake of the Covid-19 pandemic. We maintain our efforts to better equip today's healthcare workforce with the knowledge and skills needed to detect and manage eating disorders, especially in the primary care setting. Screening, Brief Intervention, and Referral to Treatment for Eating Disorders (www.eatingdisorderscreener.org) launched last quarter. This tool gives primary care providers the resources they need to manage eating disorders in their clinic. With that effort underway, we increase our focus on generalist mental health providers. In the coming months, our monthly webinar series will be geared toward mental health providers who want to develop the necessary skills to both detect eating disorders and provide competent care outside of the specialist setting. In doing so, NCEED aims to increase the network of providers who are able to assess for and provide intervention to those who are struggling with eating disorders.



Since the last newsletter, NCEED hosted several listening sessions in partnership with the SAMHSA-funded [Peer Recovery Center of Excellence](#), the [Division of Recovery Support Services](#) within the [National Association of State Mental Health Program Directors](#), and the Certified [Peer Recovery Support Specialists](#) within the [Oklahoma Department of Mental Health and Substance Abuse](#). In the coming weeks, we will release summaries of these listening sessions and the lessons learned from those who attended. What is clear is the enduring need to incorporate the perspective of those with lived experience into the eating disorder space. Although this call to action is certainly not new, **the knowledge gained from the listening sessions highlights the need to better equip certified peers with education and training on eating disorders given how frequently they present in their work.** NCEED will collaborate with many of the above organizations to discuss how such training might be delivered to meet this demonstrated need.

NCEED has expanded its offerings to include a focus on servicemembers, veterans, and their families (SMVF). In August, NCEED collaborated with the [SMVF Technical Assistance Center](#) on a webinar that raised awareness of eating disorders in the SMVF community and provided guidance to support someone who is struggling. The webinar was well attended and included thought provoking discussion about how to meet the complex needs of this community. In October, NCEED will partner with the [Jesse Brown Veterans Affairs \(VA\) Medical Center](#) in Chicago to educate their primary care clinicians on managing eating disorders among veterans. NCEED is enthusiastic about working with this group of stakeholders given the demonstrated risk for eating disorders in this population, and we are grateful to the Jesse Brown VA for their early collaboration!

In addition to the above, NCEED has several projects underway for the year ahead. We plan to reach underrepresented communities with eating disorders, collaborate with parent and caregiver organizations, and increase efforts to provide best practices around comorbidities associated with eating disorders. As always, we encourage you to stay tuned via these newsletters and our social media to stay up to date on our work. We welcome collaborations and feedback, so please don't hesitate to reach out to us with questions or ideas! Feel free to contact us at info@nceedus.org, and we look forward to hearing from you.

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

Education **Spotlight**

Upcoming Webinar on Eating Disorders Among Veterans: A Novel Tool for Screening and Referral in Primary Care

Current literature shows that veterans face a higher risk for eating disorders. However, many individuals may not show obvious signs or symptoms. Primary care clinicians in the VA are in a unique position to identify veterans who have eating disorders. Even though screening for these conditions can be a challenge, there is a new tool that can help and it fits the needs of a busy clinical practice.

Description:

In this webinar, we will discuss NCEED's novel primary care tool: Screening, Brief Intervention, and Referral to Treatment for Eating Disorders (SBIRT-ED). After viewing this webinar, you will be able to:

- ✓ Identify common eating disorders and their presentation in primary care
- ✓ List eating disorder-specific strategies for use in primary care
- ✓ Describe the SBIRT-ED tool and its use in clinical practice



Date: Wednesday October 19th, 2022

Time: 1:00pm-2:00pm EST



Presenter

Christine Peat, PhD, FAED, LP

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

In partnership with



VA

U.S. Department
of Veterans Affairs
Veterans Health
Administration
Jesse Brown VA
Medical Center

[See Accreditation Details & Register Now](#)

Did You **Know**

Dr. Christine Peat Discusses Rise in Eating Disorders During Pandemic

Dr. Christine Peat was interviewed recently by the New Jersey Spotlight News regarding the increase in eating disorders during the Covid-19 pandemic. Visit this link to view the story:

[Read the Full Story](#)

News for **Mental Health Professionals** and **Registered Dietitians**

Often, several specialty practices may be involved in the care of an individual who has an eating disorder. It can be a challenge for these providers to search through the vast amount of information available online to find the best, evidence-based guidance.

Feel free to access and share these links below that the NCEED team vetted for relevance. They each contain information that is relevant for mental health professionals and dietitians who see individuals who have eating disorders. If you think there are other links that should be included in our list, contact us at info@nceedus.org to let us know!

Promoting Optimal Collaboration Between Mental Health Providers and Nutritionists in the Treatment of Eating Disorders

Taylor & Francis Group

<https://www.tandfonline.com/doi/full/10.1080/10640266.2013.779173>

Depression, Anxiety and Eating Disorder-Related Impairment: Moderators in Female Adolescents and Young Adults

National Library of Medicine

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7967486/>

Gender-Dependent Associations of Anxiety and Depression Symptoms With Eating Disorder Psychopathology in a Representative Population Sample

Frontiers in Psychiatry

<https://www.frontiersin.org/articles/10.3389/fpsy.2021.645654/full>

Can Depression Lead to Eating Disorders?

PsychCentral

<https://psychcentral.com/depression/depression-and-eating-disorders>

Understanding Eating Disorders

Academy of Nutrition and Dietetics

<https://www.eatright.org/health/diseases-and-conditions/eating-disorders>

Insights From Eating Disorder Counseling

Today's Dietitian

<https://www.todaysdietitian.com/newarchives/070111p26.shtml>

Binge Eating Disorder: An Introduction to the Most Common Eating Disorder

Food & Nutrition

<https://foodandnutrition.org/from-the-magazine/binge-eating-disorder-an-introduction-to-the-most-common-eating-disorder/>

The NCEED team presented several successful CME-certified webinars this year. 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.



"No More Secrets:" Shedding Light on Eating Disorders in the African American Community

Rachel W. Goode, PhD, MPH, LCSW

[REGISTER NOW](#)



Assessment and Treatment of Latino Males with Eating Disorders: Cultural Considerations

Mae Lynn Reyes-Rodríguez, PhD, FAED

[REGISTER NOW](#)



Eating Disorders in Males

Anna Bardone-Cone, PhD, FAED

[REGISTER NOW](#)



Refeeding the Adult and Adolescent Eating Disorder Patient

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

[REGISTER NOW](#)



Treating Athletes with Eating Disorders and Unhealthy Sport Environments

Rachael Flatt, MA

[REGISTER NOW](#)



Life on the Brink: Anorexia Nervosa and Lethality

Tonya Foreman, MD

[REGISTER NOW](#)

Inside Look

Infographic for Eating Disorders Among Service Members and Families

Eating disorders are common and life-threatening conditions affecting over 28 million Americans at some point in their lives. Existing literature indicates that service members, veterans, and their families are at an increased risk for eating disorders. However, stereotypes and misinformation about these conditions can create challenges for people who are struggling. Download our infographic for more information about this population.



[Download Now](#)

Inside **Look**

SBIRT-ED Update

NCEED has received very positive feedback from the launch of SBIRT-ED in July 2022. We are thankful for SAMHSA's leadership and dedication to the eating disorder field through the launch of this valuable resource. If you have not yet used the SBIRT-ED tool, join many of your colleagues and use it in your daily practice.

Visit eatingdisorderscreener.org



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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Stay up to date!

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.

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