



# DECEMBER 2022 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! We're excited to update you on our current projects and continued work.

Since last quarter, NCEED has remained focused on providing evidence-based technical assistance to healthcare providers and community stakeholders. Screening, Brief Intervention, and Referral to Treatment for Eating Disorders (SBIRT-ED) has garnered significant interest since its initial launch with over 5,000 visits in the last six months. NCEED has also hosted nine webinars on SBIRT-ED on its use in community-based clinics, in the Veterans Affairs setting, and in primary care. We continue to refine SBIRT-ED to meet the needs of frontline clinicians and ultimately improve early detection and management of eating disorders. Please don't hesitate to reach out via [NCEED's website](#) (or the feedback feature on the [SBIRT-ED website](#)) to provide us with your thoughts and suggestions.



Over the next several months, NCEED's monthly webinar series will focus on non-specialist behavioral healthcare providers. This shift in focus reflects NCEED's commitment to equipping non-specialist clinicians with the knowledge and skills they need to effectively manage eating disorders. We believe that providing these kinds of educational opportunities to more generalist behavioral health clinicians will widen the network of providers who have the necessary skills to engage in early detection efforts, referrals to specialty care, and increased access to providers who have received training on evidence-based best practices. Future topics include (but are not limited to): reducing stigma when assessing and discussing eating behaviors and weight, best practices for coaches, athletic trainers, and/or sports medicine professionals, and enhancing motivation for patients referred to specialty care. Each webinar will provide attendees with concrete, actionable information that can be practically integrated into clinical practice along with resources to facilitate this integration. We encourage you to attend these upcoming webinars and stay informed via our newsletter and social media!

In the coming months, NCEED will also be launching several events and products including collaborative webinars with nationally recognized organizations and experts to address eating disorders and generational trauma, guidance for parents of children with eating disorders, and best practices for clinicians who are addressing comorbid eating disorders and substance use disorders. The planning for these various events and products is in the early stages, but we cannot wait to share these exciting developments as they progress. We are continually humbled by your commitment to NCEED and look forward to interacting with you. Please don't hesitate to reach out to us with questions or ideas at [info@nceedus.org](mailto:info@nceedus.org)!

Best Regards,

**Christine M. Peat, PhD, FAED, LP**

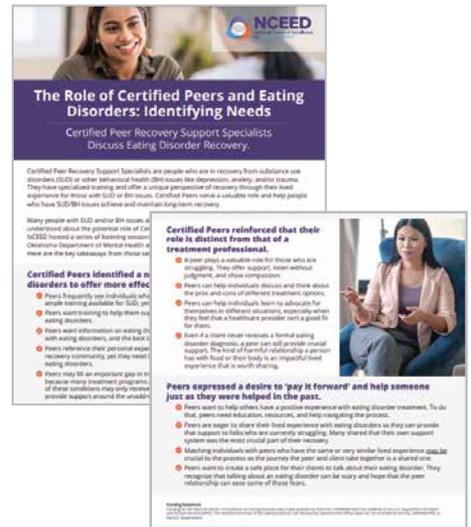
Director, National Center of Excellence for Eating Disorders  
Associate Professor of Psychiatry, University of North Carolina at Chapel Hill

# Did You Know?

## PRSS Listening Session infographic

In June and July 2022, NCEED hosted a series of listening sessions with the Peer Recovery Center of Excellence and the Oklahoma Department of Mental Health and Substance Abuse Services. These sessions provided information about the potential role of Certified Peers for eating disorders. NCEED created the following infographic with the most important knowledge that came from those sessions. Visit our site to view and download this infographic and share in what we learned.

[Download the Infographic](#)



## News for Nurses and Psychiatrists

Several specialty practices are involved when managing the health of an individual with an eating disorder. Often, providers who don't see many of these patients can feel a bit overwhelmed at the information available to them. In this issue, we share links of interest for nurses and psychiatrists who see patients with an eating disorder. If there are other links that you feel may be helpful to other providers, please contact [info@nceedus.org](mailto:info@nceedus.org) to let us know!

### Nursing

- [Nurse's Guide to Caring for Patients With Eating Disorders](#)
- [Caring for the hospitalized patient with an eating disorder](#)
- [The Importance of Nurse-Engendered Interventions to Promote Hope in Patients with Eating Disorders](#)

### Psychiatry

- [People With Binge-eating Disorder Benefit From Specific Behavioral Therapy and Medication](#)
- [The ADHD-Eating Disorders Link](#)
- [Deep brain stimulation may be treatment for binge eating disorder, study suggests](#)
- [Study finds differences in brain structure between boys and girls with binge eating disorders](#)
- [Naltrexone-Bupropion and Behavior Therapy, Alone and Combined, for Binge-Eating Disorder: Randomized Double-Blind Placebo-Controlled Trial](#)



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

 **Eating Disorders in Males**  
Anna Bardone-Cone, PhD, FAED

 REGISTER NOW

 **Treating Athletes with Eating Disorders and Unhealthy Sport Environments**  
Rachael Flatt, MA

 REGISTER NOW

 **Assessment and Treatment of Latino Males with Eating Disorders: Cultural Considerations**  
Mae Lynn Reyes-Rodríguez, PhD, FAED

 REGISTER NOW

 **Refeeding the Adult and Adolescent Eating Disorder Patient**  
Anna M. Lutz, MPH, RD/LDN, CEDRD-S

 REGISTER NOW

 **Life on the Brink: Anorexia Nervosa and Lethality**  
Tonya Foreman, MD

 REGISTER NOW

 **Eating Disorders Among Veterans: A Novel Tool for Screening and Referral in Primary Care**  
Christine Peat, PhD, FAED, LP

 REGISTER NOW

 **Eating Disorders in Primary Care and Community-Based Clinics: Tools and Resources for the Clinician**  
Christine Peat, PhD, FAED, LP

 REGISTER NOW

 **Signs and Symptoms: Presenting Features of Eating Disorders**  
Stephanie N. Ferrin, MD, MS

 REGISTER NOW

## NCEED Partners With FEAST to Promote Online Learning Program

Caring for a child with an eating disorder is a challenging experience. FEAST ([Families Empowered And Supporting Treatment for Eating Disorders](#)) provides information and support to help families best support their loved ones. Earlier this year, NCEED created a webpage to promote FEAST 30 Days. This free program is geared toward parents and caregivers of children with eating disorders. We also developed two infographics to help parents navigate the treatment and recovery period.



Visit the [FEAST 30 Days page](#)

## How to Navigate Food During the Holidays

UNC Health Talk interviewed Dr. Christine Peat about how to stay physically and mentally healthy during the holidays. [You can read the interview here.](#)

## NCEED Presents Eating Disorder Training in Alaska

In October, Dr. Christine Peat traveled to Alaska to provide eating disorder training to healthcare providers in community- and hospital-based settings. In partnership with the Alaska Eating Disorders Alliance, Dr. Peat traveled throughout the state and met with tribal health organizations, college students, and medical and behavioral health professionals.

## Dr. Christine Peat interviewed by Wondermind

Recently, Dr. Christine Peat was interviewed for a story about the difference between disordered eating and an eating disorder. Check out the site today to read more about this important distinction, and why both are medically concerning. [Read the article.](#)



# 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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