

A warm hello from MEDA,

I am writing with great enthusiasm to invite you to join the MEDA Professional Member Network. The network consists of over 200 licensed professionals from various disciplines who are treating patients with eating disorders. As we know, there is much work ahead of us to ensure that every person suffering from this deadly disease gets the care they need and deserve regardless of their race, ethnicity, age, gender, sexual orientation, socioeconomic status, education, body size or diagnosis. Imagine the change we can achieve if we combine our efforts and work together towards a common goal. Whether you are a seasoned provider or new to the field, there is a place for you within the MEDA Professional Member Network.

MEDA's Mission: MEDA's mission is to HEAL, EDUCATE and EMPOWER our community to support the people, families and other community members impacted by eating disorders, to stop the spread of eating disorders through educational awareness and early detection, and to promote greater acceptance of all body types.

MEDA's Vision: We envision a community without eating disorders and that promotes a positive body culture.

MEDA's Professional Membership Program:

MEDA'S Professional Membership works as a rolling admission, meaning that you may sign up at any point throughout the year. The annual fee is \$200 for a 12 month membership.

MEDA's Professional Members includes doctors, dentists, psychiatrists, nurse practitioners, psychologists, social workers, mental health clinicians, holistic and alternative treaters.

Benefits of the MEDA Professional Membership Program include:

- ❖ Professional Listing on the MEDA Website – create a profile and narrative that will give clients the information they need when selecting a provider.
- ❖ An ongoing source of immediate client referrals through MEDA's clinical staff and website.
- ❖ Access to MEDA's professional community, to help you and your clients develop comprehensive treatment teams.
- ❖ Subscription to MEDA's monthly Professional Membership online newsletter – stay in the know of what is happening within the eating disorder community and utilize this as a platform to promote your practice happenings. Simply reach out to MEDA staff when you have news to share about your practice.
- ❖ 10% discounted admission to MEDA'S 24th annual national conference to be held on April 12-13, 2019 in Newton MA.
- ❖ Opportunity to join a **FREE** MEDA Professional Member Supervision Group.

- ❖ Obtain CE's by attending MEDA's **FREE** *Networking with a Purpose* events (4-5 times a year). Take the opportunity to collaborate with skilled professionals in the eating disorder community.
- ❖ Opportunities to collaborate, tour, and network with our National Partner Treatment Programs.
- ❖ Listing of your support groups on MEDA's website.

What's new this year?

- ❖ You will now have access to your online professional listing and the ability to make changes/updates at any time.
- ❖ You may create your own narrative for your professional listing in an effort to highlight the specifics of your practice and provide clients with the information they need to feel comfortable connecting with you.
- ❖ MEDA Professional Member Supervision Groups will continue to be offered on-site at MEDA. In addition, we will be offering off-site and satellite supervision groups.
- ❖ Brown Bag Series – an informal lunchtime opportunity for Professional Members and the larger community to gather for meaningful discussions pertaining to important, relevant topics of interest. If you are interested in presenting on your area of expertise, please reach out to Amanda DeStefano to discuss further at membership@medainc.org.
- ❖ Join MEDA's Professional Members only LinkedIn Group and Facebook Group for quick access to the MEDA professional community when seeking advice or sharing information.

In summary, becoming a MEDA Professional Member will connect you to the foremost community of mental health and medical professionals specializing in the treatment of eating disorders on the East Coast. A potential source of clinical referrals, opportunities for education, travel, and connection to other professionals and MEDA's partner treatment centers across the nation are all benefits of the membership.

We look forward to working with you!!

Warmly,

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Clinical Services at MEDA

Hope & Inspiration:

Hope & Inspiration is a free, monthly recovery forum for individuals to connect anonymously with the recovery community. It is held on the first Saturday of the month from 10:00 am – 11:00 am at the MEDA offices. A volunteer speaker shares their narrative of recovery to the group and the remaining time is used for questions/discussion. A MEDA Clinician is always present at the event. All are welcome and no pre-registration is required.

Assessments:

\$100 for individuals 18 and older – 60 minutes

\$150 for ages 17 and younger – 90 minutes

MEDA offers a bio-psychosocial assessment designed for individuals with concerns about their eating behaviors. MEDA's assessments include referrals for treatment options based on the individual's needs. With permission, MEDA will be sure to collaborate with referring providers to relay clinical impressions and treatment recommendations.

*An Assessment is required prior to registering for all Clinical Services at MEDA with the exception of Hope & Inspiration, Parent/Loved One Support Group and Coaching Sessions for Parents, Family Members and Loved Ones.

Support Groups:

8-week group cycle: \$240

All group members must be followed by an outpatient therapist in order to participate in group. Groups run in 8-week cycles and include a combination of psychoeducation, skills work, and processing. Groups are led by MEDA Clinicians and are sometimes co-led by a graduate level intern and/or recovered volunteer. Groups are available to all ages, genders, and diagnoses. As noted above, an assessment is required prior to joining an 8-week support group at MEDA.

Weekly Parent/Loved One Support Group: \$20 for individuals or \$30 for couples. This is a weekly drop-in group. No registration is required, but group members are encouraged to RSVP to Michelle Pierce at mpierce@medainc.org.

Current MEDA Support Groups:

AcceptED: All genders (ages 13 - 17) in recovery from an eating disorder
Mondays 6:15 pm - 7:15 pm

SupportED: An ongoing, drop-in support group for parents, family members, partners and all loved ones in support of an individual with an eating disorder
Mondays 6:15 pm - 7:15 pm

WelcomED: LGBTQ+ individuals (ages 18+) in recovery from an eating disorder
Tuesdays 5:30 pm - 6:30 pm

ConnectED: Adults of all genders (ages 18+) in recovery from an eating disorder
Wednesdays 5:30 pm - 6:30 pm

EmbodiED: Adults of all genders (ages 18+) with Binge Eating Disorder or experiencing emotional, binge, or compulsive eating behaviors
Wednesdays 6:30 pm - 7:30 pm

EmpowerED: Individuals identifying as female (ages 35+) in recovery from an eating disorder
Thursdays 6:15 pm - 7:15 pm

Of note, On-Line Support Group is expected to start early 2019. More details to follow.

Coaching Services at MEDA:

Parents, Family Members, Loved Ones: \$100 per session
Typically 1-3 sessions

Coaching Sessions are designed for parents, siblings, family members, partners, or any other involved people connected to an individual with an eating disorder. Coaching is a 60-minute session with a MEDA clinician designed to help you learn how to best support your loved one. No assessment is required to schedule Parent, Family Member, or Loved One Coaching Sessions.

Sessions may include:

- A customized treatment plan or recommendations
- Guidance on how to connect to services
- The “do’s and don’ts” of helping

Recovery Tools: Individuals in recovery from an eating disorder: \$40 per session

Recovery Tools are designed for teens and adults in recovery from an eating disorder. A MEDA assessment is required prior to participating in a Recovery Tools session. Individuals must be followed by an outpatient therapist to participate in recovery coaching at MEDA, as these services are meant to be used in adjunct to a client’s outpatient team. Recovery Tools at MEDA are designed to meet the individual’s recovery goals. Sessions are 50-minutes either in person at MEDA or through a HIPAA compliant Tele-health platform.

Sessions can include:

- Meal support

- Food exposure (at local restaurants or bring your fear food to the MEDA offices)
- Grocery shopping exposure
- Clothing shopping
- Skills building such as DBT, CBT, etc.
- Psychoeducation
- Short-term processing sessions