



Bulimia Anorexia Nervosa Association

Board Meeting Minutes

Sept 22, 2025 5:30-7:28

| Meeting Date | Attendees | Location |
|---------------|---|----------------------------|
| Start 5:33 pm | Luciana Rosu-Sieza, Don Cyr, Maria Charles (late 5:45), Virtual: Marzena Gosselin (late 5:50), Leon Pilgrim, Kelley Gosselin -Chair Regrets: Dana Levin, Stephanie Johnston, Delaney MacDougall | In person and Zoom- Hybrid |

| Chairperson | Minutes Version |
|------------------------|-----------------|
| Kelly Gosselin (Chair) | |

| Agenda | Discussion | Next Step / Action Item |
|--------------------------------------|------------|---|
| 1. Accept Agenda | - Accepted | Motion accept: Leon 2 nd : Maria Carried |
| 2. Accept Previous Minutes from June | - Approved | Motion accept; Don : 2 nd : Leon Carried |

| Agenda | Discussion | Next Step / Action Item |
|--|--|--|
| 3. Matters Arising | | Motion accept: 2 nd : N/A |
| 4. President's Report | <ul style="list-style-type: none"> -Thanks everyone for Strategic planning sessions that took place in the spring. -Board Member wanted conversation. Perhaps a matrix to put out to what the board is looking for. -Kelly to reach out to Delaney MacDougall to discuss staying on with board as she has missed many meetings due to school commitments -Additional funding received from government-part of base budget - to be invested for staff benefits. Lucy to discuss in report. | Motion accept: Don 2 nd : Leon Carried |
| 5.0 Exec Dir Report: Luciana Rosu-Sieza 5.1 Organization & Staff Updates | <ul style="list-style-type: none"> -BANA received funds from UHN for the EDO-Prevention program in August. - BANA received the extra EDO-Prevention position for Chatham Kent/ Sarnia Lambton. This brings us to 7 staff total - Strategic Planning in final stages- ready for board approval next meeting - Report submissions begin for Quarter 1 and 2 ending September 30th- Reports due end of Oct/Nov - In partnership with WECHC and WRH and BANA we have a fantastic mass marketing campaign now- billboards, bus ads, radio spots and experts on call on AM 800. - 5 year anniversary for the BE YOURSELF Magazine! - Motor City Community Credit Union- submitted the Canada wide grant for 50K,25K and 10K. BANA would partner with United Way- On track to Success and Ignite Academy 355 students in Windsor-Essex County. We were unsuccessful however, MCCCUCU will be giving BANA a 10K donation in October (open to use funds)-CONFIDENTIAL- cheque presentation will be held. - BANA continues to work with Windsor Regional Hospital to develop pathway for admissions and discharges. We are exploring options for Dr. Desai to work in the community. Dr. Madigoe (psychiatrist) will be getting residents at the hospital which will be | Motion accept: Don 2 nd : Leon Carried |

| Agenda | Discussion | Next Step / Action Item |
|--------------------------|---|-------------------------|
| <p>Clinical Updates:</p> | <p>doing rotations with the eating disorder clinics at BANA and weCHC.</p> <ul style="list-style-type: none"> - Through careful consideration BANA and Rotary WIDE decided to not continue with YQG Togetherfest- report on BANA portal - We have some staff turnover- Sara Dalrymple, RSW submitted her resignation to move into an in-person position in Brantford <p>Jamie Murray – Prevention Specialist received an offer to manage a new family health team in Grey Bruce- She is helping with the transition for a couple of months.</p> <p>Amanda Armstrong- extended her maternity leave to 18 months-</p> <p>Danya Walkingshaw has taken the maternity leave because Angela Rozema has moved into the permanent Prevention Specialist role in Grey Bruce.</p> <p>Alexis Bergeron ended her contract at BANA- she was taking a maternity leave for Shaina who has returned to work.</p> <ul style="list-style-type: none"> - Board Recruitment is going to continue- Areas of interest/gaps- Media (radio/news), Lawyer, Healthcare (NP or MD), Realtor (Sales) 5 - HOOPP pension/pay scale increases and potential 4% base funding increase - <p>*Lucy to request that Anthony from HOOP to come in and speak to the staff at BANA to see the interest for HOOP for staff to make an informed decision on whether they'd like to take part in HOOPP or remain with RRSP match.</p> <p>Health Promotions Team Report Dates: May 25, 2025 - September 22, 2025 Statistics</p> <ul style="list-style-type: none"> - Total # of Presentations, Workshops & Sessions: 82 - Total # of Participants: 3384 - Health Fairs: 7 - Other locations: House of Sophrosyne, WFCU, Windsor Housing Corporation, Youth Hub, NCCE, Youth Hub, CICMH, United Way, WEST, New Beginnings, SAM Walk, Brentwood, Open Streets <p>Updates</p> | |

| Agenda | Discussion | Next Step / Action Item |
|--------|---|-------------------------|
| | <ul style="list-style-type: none"> -participated in 82 sessions, 3384 participants, majority of them taking place at camps and in the community. - Despite not attending Pride Fest this year (~500 participants), we were able to maintain our stats from the past 2 years by attending three new community health fairs in August. They included United Way’s Community Celebrations (x2) and Windsor Housing Corporation’s end-of-of summer community BBQ. -hosted the incoming president, Vanessa, for Healed, a University of Windsor student-run club that educates on eating disorders and promotes BANA’s services. We will continue to collaborate with them for the upcoming school year. - New posts on our social media channels, including the OSDUHS statistics (scheduled on Thursdays) and a five-part ADHD & Eating Disorders series (scheduled for the week of October 6). The ADHD series was a collaborative project between Sara and the HP team to share client-facing resources on social media. - Our Masters student, Kennedy, finished her placement with us. - Resource updates: <ul style="list-style-type: none"> Patrick has updated the graphic for our 1-855 card and the HP team has developed new volunteer recruitment resources. - School packages have been sent to the public board. Waiting to hear back from WECDSB. French boards are very interested in our presentations, despite not offering them in French. - GECD SB has invited us to participate in a SHSM food neutrality event in November, in partnership with WECHU and the Ontario Student Nutrition Program. - Patrick attended an held a booth at Brentwood Recovery Home’s First Annual Recovery Month Community Day on Thursday, September 18, 2025, from 10:00 a.m. – 3:00 p.m. This special day was about coming together as community partners to showcase resources, build connections, and celebrate the many pathways to recovery. - BANA attended Open Streets 2025. This event provides a space for people to walk, cycle, roller blade, etc. | |

| Agenda | Discussion | Next Step / Action Item |
|--------|--|-------------------------|
| | <p>Outpatient:</p> <ul style="list-style-type: none"> - In person appointments: 429 -Virtual appointments: 147 Centralized Psychosocial Assessment (Adult) 31 Complete Physical Examination (Adult) 34 Level of Care Self-Assessment (LoCSA) 50 Teen Intake 20 Teen Health Referral 17 -Consultation: 2 hours per month with Dr. Masson for RSW's and consultation with Dr. Debbie Wilkes-Whitehall. -All staff can connect with Psychiatry during monthly rounds. <p>Wait list is currently 25</p> <ul style="list-style-type: none"> -RSW Alexis Bergeron's contracted ended - Outpatient RSW Sara Dalrymple has resigned RSW Heather Leblanc is transitioning back into her full-time outpatient role as of August 2025 (Mat leave contract completed in IOP) - A new round of Body Image Group started as of September 18th -this will run for 13 weeks with another group being offered this winter. <p>IOP:</p> <ul style="list-style-type: none"> RSW's receive 2 hours of consultation per month from Dr. Masson NP has consultation with Dr. Debbie Wilkes-Whitehall and Dr. Madigoe (Psychiatry) -All staff can connect with Psychiatry during monthly rounds. -RSW Shaina Thompson returned from her maternity leave (3 days/wk in August - full time resumed September 8th) Transition back is going well. <p>General:</p> <ul style="list-style-type: none"> -BANA staff on both teams completed the Fundamentals of Race and Anti-Black Racism course through the university of Windsor. All staff attended a Ted Vokes training -RSW's Heather, Alicia and Kayla completed some training in Interpersonal Therapy - Training in this type of therapy is recommended if we are going to provide the extended version of CBT -E that focuses on interpersonal relationships. -BANA staff on both teams regularly attend monthly mentoring, special interest groups and professional rounds offered by EDO. •IOP team and Outpatient team have both agreed - after trials of treating ARFID in the IOP- it seems outpatient may be a better fit. Some | |

| Agenda | Discussion | Next Step / Action Item |
|----------------------------|---|--|
| 6.2 Ontario Health Updates | <p>clients with ARFID have sensory sensitivity with foods or fear of aversive consequences - which can lead to gagging and/or vomiting as a result of eating or watching others eat. Both teams felt that such presentations would not be suitable for meal support and may trigger other clients. We have therefore decided that most ARFID presentations will be offered outpatient treatment. Currently RSW Heather is trained and comfortable offering CBT-AR and we will continue to consider each new referral as it is received.</p> <p>-Teams are also working on an easier way to gather client feedback that can be used to: share with the organization, improve services, post 14 anonymously on social media and so on</p> <p>ONTARIO HEALTH</p> <ul style="list-style-type: none"> - Windsor Essex Ontario Health Team Partnership Meetings quarterly - BANA continues to work with Body Brave on the Self-Assessment and Recovery tool. Body Brave has the funding till Dec 31st Solcz Family grant has been spent on extension of contract for RSW - Intake and Assessment committee and Coordinated Access (a sub-committee of the Mental Health and Addiction table) - BANA received contract from UHN for the 2025-26 Eating Disorder Prevention and funds from April 1- September 30. - Reports for Q1 and Q2 (April 1-September 30) will be due Oct/Nov | |
| 5. Treasurer's Report | <ul style="list-style-type: none"> - See Treasurer's report for further details | <p>Motion accept: Don</p> <p>2nd: Maria Carried</p> |
| 7. New Business | none | |

| Agenda | Discussion | Next Step / Action Item |
|-----------------|---|---|
| 8. Q&A/Adjourn | Meeting adjourned at 7:28 pm | Motion accept: Don 2 nd : Maria Carried |
| 9. Next Meeting | October 27, 2025 (In person and virtual) HYBRID | |