

Bulimia Anorexia Nervosa Association Board Meeting November 24, 2025

AGENDA

Item	Person Responsible	Time Allotted
1. Accept Agenda	Kelly	1 minute
2. Accept Previous Minutes	Kelly	2 minutes
3. Matters Arising from last meeting	Kelly	2 minutes
4. President's Report	Kelly	20 minutes
5. Executive Dir Report:	Luciana Rosu-Sieza	20 minutes
5.1 Organization & Staff Updates		
5.2 Ontario Health Updates		
6. Treasurer's Report	Marzena	10 minutes
7. New Business	Board	10 minutes
8. Q&A/Adjourn	Board	10 minutes
9. Next Meeting	Board	January 26, 2025

Meet the Staff & Meet the Board

Alicia Regier, Intake Specialist

4.0 President's Report

President's Report



Executive Director Report

Luciana Rosu-Sieza

Executive Director, BANA

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5.1 Organization & Staff Updates

- All reports for Q2 submitted
- Waiting for information from Ontario Health about the potential 4% increase. Latest information is that funding would come in Q3 or Q4. ‘
- I reached out to Dan MacDonald- his schedule is 2-7 5 days a week and would not be able to commit. I did ask him if he had someone in mind from the media world. He asked if he could pass it along to Meg Roberts from the morning show on AM800. I will keep you posted.
- I am sitting on a steering committee and subcommittee for a Mental Health Symposium- Connecting our Community which will be held on January 19th- Blue Monday. It is geared towards frontline staff working in mental health and addictions. The planning is progressing very well. Patrick has been assisting with the Save the Date and Poster for the event.
- I submitted the applications to the Ontario Hospital Association by the Oct 31st deadline, I received confirmation that it will be reviewed in December.
- I submitted the HOOPP application to be reviewed along with all requested documents- waiting for feedback
- PDS- Provincial Data Set is mandatory and will be used for Ontario Health to gather information from all organizations. Only 4 EMR (Electronic Medical Record) Vendors have been approved as deemed compliant. BANA’s EMR Accuro is not on the list. EMHware is the previous one we used- it is on the list but does not serve our medical needs. BANA is in touch with Accuro and has shared the spreadsheet of the data that we are going to be collecting for OH.
- Motion to approve the Proposed 5 Year Strategic Plan for BANA 2026-2030-motion required
- I have a meeting scheduled with CMHA in early Dec to discuss a plan to revise our HR Policies. The goal is to ensure that our policies are more robust and identify gaps. CMHA has a HR Specialist and a DEI specialist that has and will continue to work with me. CMHA receives policies and forms from national which they will share with BANA and have agreed to assist us. We have set funds aside for their HR services (great partnership and integration opportunity)
- Dr. Madigoe and Dr. Warwaruk were on AM800 Experts on Call- the last of the 3 paid spots. <https://bana.ca/wp-content/uploads/Experts-on-Call-Nov-2025.mp3>
- Meet the board- if you did not participate, please consider doing so. We receive excellent feedback
- Barb (NP), Dr. Madigoe- ED Psychiatrist, Dr. Velehorshki –Chief of Psychiatry WRH and I met with discuss pathways and discharge to and from the hospital. Excellent ideas and recommendations shared amongst the group:
 - Dr. V will reach out to a couple intern specialists to see if they are interested in taking ED clients that require higher specialization. This is will support Barb as we are seeing more and more complex clients
 - I will reach out to CMHA to see if the new system navigators will take referrals to work with our clients when referrals need to be made outside of BANA
 - Dr. Madigoe and team have put together an Order Set at WRH for Adult Inpatient Eating Disorder patients- this is not in the final stage of approval.
 - Dr. Madigoe has a presentation to the Internists next week



If you missed us live

LISTEN HERE

Amy Dodge
CBC Host

Heather LeBlanc
BANA Registered Social Worker



Navigating ARFID

Avoidant/Restrictive Food Intake Disorder

Congratulations!
CHARLES E. BROOKS AWARD RECIPIENT

Sue McKinnon

LT to R: Luciana Rossi Sieza (BANA), Sue McKinnon, Karen Waddell (House of Sophrosyne)

You continue to inspire us all with your outstanding commitment to our community.

Meet
THE TEAM
 Monday



Danya

EATING DISORDER PREVENTION SPECIALIST

ABOUT

Name: Danya (She / Her)

Job Title: Eating Disorder Prevention Specialist, RSW

Favourite part of my job: The learning process has been exceptionally rewarding. My focus is on building collaborative relationships and advancing the effective rollout, sharing foundational knowledge, and advocacy of prevention measures.

Favourite Mental Health resource(s): I love the book titled "Things We Don't Talk About" it's raw and relatable for most readers. It highlights some of the hardships those who struggle with Mental Health can and often do experience. Another favorite is MindYourMind.

Fun fact: Outside of work, I love spending time on our dairy and cash crop farm, and I golf. A LOT - it's my favorite thing to do with family and friends.

BANA BE YOURSELF MAGAZINE
 WINTER 2025 ISSUE

NEW ISSUE OUT TODAY!

ANNIVERSARY 5TH EDITION

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WWW.BANA.CA/MAGAZINE

Intake Board Report October 28, 2025 – November 24, 2025

	Total Amount Completed
General Inquiries	23
Centralized Psychosocial Assessment (Adult)	5
Complete Physical Examination (Adult)	4
Level of Care Self-Assessment (LoCSA)	18
Teen Intake	8
Teen Health Referral	7

Clinical Report Oct 27-Nov 24, 2025

Outpatient:

- In person appointments: 63
- Virtual appointments: 77
- 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.
- Wait list is currently 20 - average time waited for treatment is 6 months
- RSW Heather Leblanc was interviewed by CBC radio to discuss ARFID
- RSW Heather is also creating a committee of BANA staff to create a BANA cookbook. Details are still being worked out - stay tuned!

IOP :

- RSW's receive 2 hours of consultation per month from Dr. Masson
- NP has monthly consultation with Dr. Debbie Wilkes-Whitehall and Dr. Madigoe (Psychiatry)
- All staff can connect with Psychiatry during monthly rounds.
- Registered Dietitian - employed by weCHC is on maternity leave and we do not have an RD to fulfill the roll as of yet. At this time the IOP is currently providing services to those 20 and older as BANA RD's do not have capacity to take on Transition age youth under 20 at this time. For those who are 16-19 they will be provided with eating disorder treatment through weCHC Teen Health's eating disorder program. We are continuing to explore options and problem solve with weCHC Teen Health to be able to provide IOP level of care to all 16 and above who need it. WeCHC was able to provide the support of their ED dietitian one day a week from noon to 1pm to help facilitate Meal Support.

General:

All BANA and IOP clinical staff were provided with a training : Autism and Eating Disorders -Dying to be Thin

"This course will provide attendees with an overview of what the most current literature says about the intersection of autism and eating disorders and why understanding the autistic neurology is vital to successful ED treatment outcomes."

RSW Alicia Regier and Leta Scott attended a Engaging Communities event on November 19, 2025. The event was held at CAS and was a booth style event for community agencies to learn about each other.

Health Promotions Team Report

Dates: October 24, 2025 - November 24, 2025

Statistics

- Total # of Presentations, Workshops & Sessions: 28
- Total # of Participants: 1844
- Health Fairs: 1
- Other locations: House of Sophrosyne, Problem Gambling, Faculty of Education, MCC Health Access Day, Youth Hub, WEST EDGE group, GECDSB SHSM group, St. Clair College, United Way and The Bridge (Leamington)

Updates

- HP participated in 28 sessions with 1,844 participants, majority of them taking place in schools and in the community.
- There has been an increased interest in schools requesting presentations for all students. These are booked in individual classrooms over multiple days.
- We are currently fully booked until the end of February.
- HP is working with a volunteer to do an environmental scan of food insecurity in Windsor-Essex. This information will allow us to develop resources and identify how to best adjust our presentations when speaking to people who are experiencing food insecurity.
- BANA was invited back to the GECDSB's SHSM event at the WFCU. BANA was invited to pose a question to students regarding body image, and the students provided guidance and feedback on how to improve body acceptance and inclusivity in their schools.
- Preparation for EDAW 2026 has begun and the HP team has put together an EDAW committee with volunteers to plan the week. A few initiatives already planned:
 - EDAW kick-off with yoga at Lululemon at Devonshire mall.
 - Partnering with local libraries to create a public display of our resources and curated reading lists.
 - Partner with Indigo coordinate for Stephanie to read/sign her book, *Editable*. The manager of Indigo has agreed to order copies of the book, and we will be able to provide BANA bookmarks to the store to hand out with purchases during that week.
 - Patrick is sitting on the national EDAW planning committee.
 - Requests for illumination locations will be sent out later this year.
 - Health educators will be hosting a virtual Eating Disorders 101 virtual Workshop that will be open to the public.
 - There are a few more ideas in the works, but if there are other suggestions, we are open to feedback.
- Adriana recorded a podcast with Kim Mann discussing Youth Wellness Hub Windsor-Essex and youth mental health. We are awaiting approval from Youth Wellness Hub before publishing.
- Adriana will be recording another podcast at the beginning of December with Heather to discuss ARFID. The plan is to release this in January. If anyone has ideas for who to invite to be on our podcast or for topics, please reach out to Adriana.
- Adriana and Marisa have begun attending WEAVA meetings to be able to grow our volunteer base more sustainably.
- Adriana and Patrick attended the local AFP chapter's National Philanthropy Day event on Friday November 14th. It was a great opportunity to see what other organizations are doing in our community.

EDO-P West Team

November 2025

Team member & Role	Sub-region
Alexis Sauls Ramos Team Lead, Prevention Specialist	Windsor-Essex, Chatham-Kent, Sarnia-Lambton
Mishal Javed Prevention Specialist	Middlesex-London, Oxford, Elgin
Angela Rozema Prevention Specialist	Grey-Bruce, Huron-Perth/ covering Waterloo-Wellington
Amanda Armstrong Prevention Specialist - <i>maternity leave until July 2026</i>	Waterloo-Wellington
Danya Walkingshaw* Prevention Specialist - <i>contract until September 2026</i>	Covering Grey-Bruce, Huron-Perth
Lucy Irvine Prevention Specialist	Niagara, Brant, Haldimand, Norfolk
Lisa Doan** Prevention Specialist	Hamilton
TBD Prevention specialist	Chatham-Kent/Sarnia-Lambton Bilingual

*Danya has started the process of taking over all existing partnerships in the Grey, Bruce, Huron, and Perth region with the support of Jaime Murray who previously led this sub-region. Danya is also engaging with EDO French language resources to hopefully support French delivery in the future.

**Lisa joined our team on November 3rd and has begun an accelerated orientation with Gail McVey.

Trainings delivered

1. **Foundational Training** – Full-day weight bias and weight stigma awareness
 - Trained 21 West region partners in November, along with other provincial partners.
1. **Multisession small group facilitator training** - small group intervention for middle-school students. Training is coordinated and facilitated provincially by Alexis Sauls Ramos.
 - Hosted one province wide training date in November. This included 25 West region partner participants
1. **EveryBODY Project** – a body image prevention intervention for post-secondary students
 - A team of staff from University of Waterloo Student Wellness was trained in-person over 2 days by Alexis, alongside other provincial Master Trainers. Members of the West team also attended to become trained facilitators.
1. **ED 101** – EDO hosted training for Campus Health Care Providers (3.5h)
 - Participants included medical and counselling staff from West region Post Secondary partners, including Western and Guelph

Ongoing implementation support and partnerships

School boards

- Highlights:
 - o Windsor-Essex – Continued implementation of Body Inclusive Schools pilot. This included live educator training at Tecumseh Vista, Forest Glade, and planning for 2026 with additional schools
 - o Wellington County – Wellington Catholic DSB and Upper Grand DSB continue to pursue board-wide implementation of Body Inclusive Schools, including 9 new schools at UGDSB
 - o London-Middlesex – building on work in this regions, 18 staff from London Catholic DSB are planned to attend the November Multisession training in order to support implementation planning in the region. TVDSB has already trained all mental health staff and nurses from South Western Public Health are also trained to support schools.

Public health units – ongoing relationships with 12 public health units

Post secondary institutions

- Planning underway for two offering of Foundational Training (Post-Secondary version) in early 2026 to capture increasing demand from West Region partner institutions.

Community mental health providers

- Continued partnership development with community mental health provider and connection to EDO offered clinical trainings.

Provincial resource development support

Members of the EDO-P West led or supported ongoing resource development on behalf of the provincial program during this period.

- Members of the West team are providing direct support for development of resources for enhanced learning sessions that follow Foundational Training. This includes consultation with other regions to support uptake province wide
- Members of the West team are providing support and consultation to other regions on First Nation and Indigenous engagement and cultural safety based on recent experiences and work carried out in the West region.
- Ongoing resource development related to EDO-P school strategy

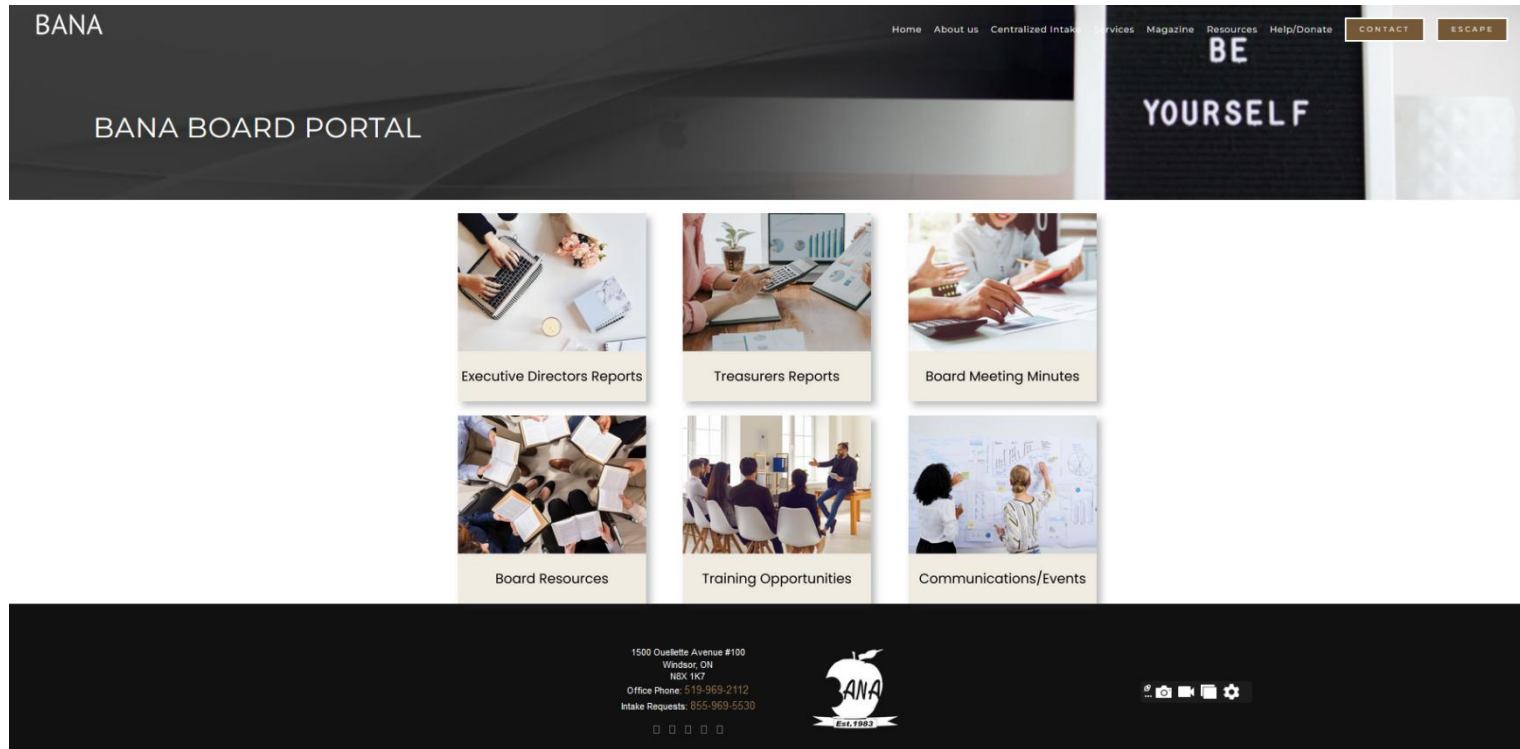
5.2 Ontario Health/Partnership Updates

ONTARIO HEALTH

- Windsor Essex Ontario Health Team Partnership Meetings quarterly – next one scheduled for Dec 11th
- BANA continues to work with Body Brave on the Self-Assessment and Recovery tool. Body Brave has the funding till Dec 31st Solcz. Met with Body Brave to see which other funders we can approach to continue the RSP. I asked Body Brave to send me the cost for the program for Jan-March (end of fiscal). This may be able to buy us some more time to apply for funding
- Intake and Assessment committee and Coordinated Access (a sub-committee of the Mental Health and Addiction table) and Data committee
- Reports for Q1 and Q2 (April 1-September 30) submitted

Deferred

BOARD PORTAL



Instructions:

1. Go to www.bana.ca/boardportal
2. Enter password- BANABoard@ (case sensitive)
3. Click and open any of the folders

You will be able to find all reports, minutes, communication and resources in the portal

BANA Board Meeting November 24, 2025

Agenda Item 7
New/Old Business

Agenda Item 8
Q&A

Agenda Item 9



Meeting:
Have a HAPPY & SAFE HOLIDAY
January 26, 2025