

Bulimia Anorexia Nervosa Association

Board Meeting October 28, 2024

AGENDA

5:00 –6:00 pm

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	November 25, 2024

4.0 President's Report

President's Report

Motion: To provide each BANA employee with a one-time 3% bonus using surplus funds in the total amount of 45K, prorated for time worked this fiscal year 2024-2025.

- *No increase from Ontario Health this year from cost of living/inflation
- *Help with cost of living, retention and staff morale
- *Funds are available through surplus dollars



Executive Director Report

Luciana Rosu-Sieza

Executive Director, BANA

1500 Ouellette Ave Suite 100 Windsor, ON Canada N8X 1K7 P # 519-969-2112 F # 519-969-0227 www.bana.ca

5.1 Organization & Staff Updates

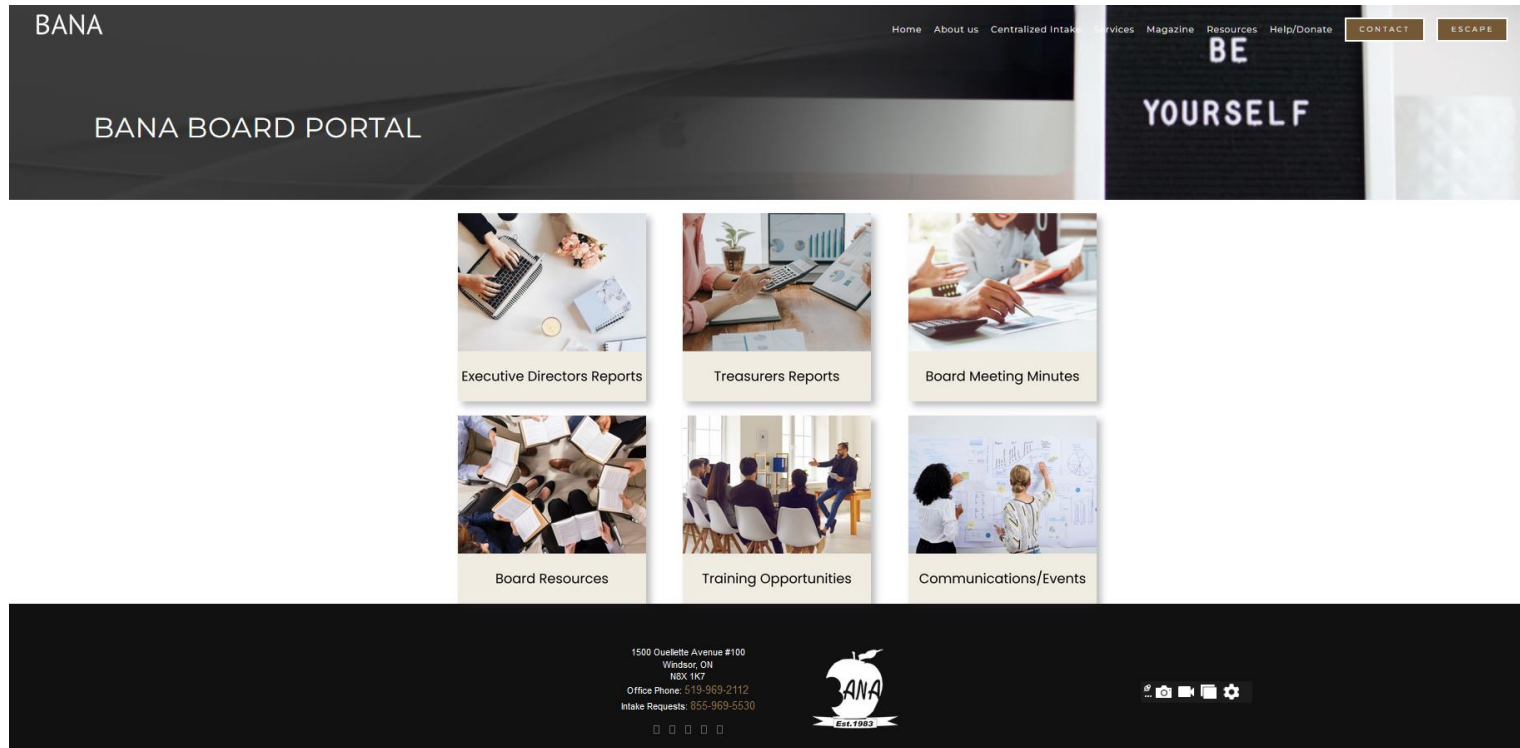
- BANA posted for Amanda in Waterloo's maternity leave (12 Months contract) will overlap on both ends
- #YQG Togetherfest- dates confirmed for April 25-27 2025 (this will be our next fiscal year) planning in full mode. Will bring back Activity book that will go out to 33, 000 students in English and French. Working with U of W to see if we can bring some activates outdoors i.e. food trucks, pony rides etc.
- Rose- Intake Specialist has put in her resignation to pursue a career in Private Practice. Her last day is Nov 1st. Job posting has gone up as of Friday
- Statistics and reports are due Oct and Nov- Q1 and Q2 (April 1-Sept 30)- on track to submit
- Body Brave Partnership/grant- Ontario Health update- EXCELLENT WORK! Body Brave applied for a 50K grant- if successful they will be giving BANA 10K for our time and effort on the project.
- Dr. Madigoe – saw first clients at BANA. He will be on site bi-weekly- a message from our nurse practitioner

I wanted to take this opportunity to let you know that the first patient referred to Dr. Madigoe, followed up with me after – she disclosed that it was a very positive experience and generally thanks the BANA team for doing more for her these last several months, than her PCP has done for her in 5 yrs.

Thank you for inspiring me with all your amazing skills, knowledge, and drive.

- BANA presented to the CMHA clinic last week- well received- pathway for our clients developed. HR support-in talks with CMHA to share their Human Resource staff- policy updates, HR Downloads and other form updates
- Site visit with WRH Jonathan Foster and Luke DiPaolo they will meet with Leta and I on Monday Nov 4th to discuss future opportunities
- BANA Podcast relaunched- Maryum recorded her first one with Melissa Tar- Recreational Therapist
- Alexis and I recorded a podcast with Sarah Rosensweet- The Peaceful Parenting Podcast- Disordered Eating and Body Image Issues- came out September 2024
- Bariatric Clinic and BANA teams will be meeting to develop a formal partnership- VERY EXCITING!
- IOP will film cooking and grocery store videos in November 2024 with Media Street- Filming on Nov 20 and 25th
- Planning a 3–5-year strategic plan (FALL 2024- working on securing a consultant
- EDO-P working with Gail and host organizations to create guidance documents, process/procedures for framework and work- in progress
- Website updates and support for overhaul – received information from Web Geeks
- Magazine Issue will be coming out tomorrow! Great issue!
- Pat is working on Moriarty Tribute Cabinet by Marge Holman and helping Mental Health Connections with AGM preparations
- I plan to meet with the landlord about the office cleaning- carpet cleaning will be booked soon

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

COMING SOON

FALL 2024 BANA BE YOURSELF MAGAZINE

Register today for your free online copy at:
www.bana.ca/magazine

THE BANA BE YOURSELF PODCAST
 HAPPY. HEALTHY. HOPEFUL.

NEW EPISODE!

HOST
MARYUM CHAUDHRY
 BANA HEALTH EDUCATOR

#20 - Embracing Recreation

Special Guest
Melissa Tar, Owner, Embrace Rec

Listen on www.bana.ca/podcast

We are Hiring!

EATING DISORDER PREVENTION SPECIALIST
 Waterloo, Wellington, Guelph Region
 (Full-Time, 14 month Contract)

APPLY NOW ➔

Application process closes 11.5.24



National Day for Truth and Reconciliation



Testimonials

Yes, I loved how it was presented and it showed many visuals related to the talking points. I love that they talked about the various types of eating disorders and the signs that you can look out for to help others or yourself.

Testimonials

The presentation was very informative and enjoyable to watch. I was able to freely participate in the topic. The presenters were very engaging, easy to understand and knowledgeable about the topics. I have learned a lot more about the different types of eating disorders, statistics and treatment!

28 Intakes

Alicia has been supporting Rose with Intake

Outpatient:

- In person appointments: 58
- Virtual appointments: 44
- 2 hours of consultation per month with Dr. Masson for RSW's and monthly consultation with Dr. Debbie Wilkes-Whitehall for NP
- Wait list is currently 18 clients long
- New RSW Alicia is continuing to work through her CBT-E training on line and is now shadowing a client with RSW Sara Dalrymple.
- Manager of Clinical Services co presented with Marisa and Maryum to a group Hatts Off Residential Treatment Services. We presented on topics including what eating disorders are, signs and symptoms, risk factors, Food Neutral language and body image.
- Leta, Rose and Barb also presented to a team of CMHA staff - providing information about our intake pathway and services.
- Outpatient team will be attending the Renfrew Centre conference virtually November 8-December 27th.

IOP :

- RSW's receive 2 hours of consultation per month from Dr. Masson
- NP has monthly consultation with Dr. Debbie Wilkes-Whitehall
- RSW Alicia has been helping out in IOP in meal support and group while the WECHC RSW works on her CBT-E training.
- The new WECHC RSW Deb Cady will begin working with clients now with the assistance of RSW Heather Leblanc.

Both Programs:

- Psychiatry pathway that has bene developed with WRH has been going smoothly.
- Dr. Madigoe was at BANA this week to see his first clients and we received positive feedback from Dr. Madigoe about the thorough notes and work done by our team. We also received positive feed back from one of the clients noting that they had a very positive experience with Dr. Madigoe.

Health Promotions Team Report

Dates: September 21 2024 to October 21 2024

Statistics

- **Total Presentations, Workshops & Sessions:** 12
- **Total Participants:** 760
 - **Presentations:** 310 participants
 - **Health Fairs:** 450 participants
- **Health Fairs:** 2
- **Locations:** Healed Uwindsor, Life After 50, Suicide Awareness Walk, Problem Gambling, House of Sophrosyne, WECSPC, Hatts Off, Westview Freedom Academy

Updates

- **Events and Outreach**
 - **Life After 50**
 - Information booth at the Life After 50 Be Well Expo and presentation
 - **Suicide Awareness Walk**
 - Information booth during the Suicide Awareness Walk hosted by CMHA
 - **YQG Fest:**
 - Second meeting with rotary members - delegated tasks and discussed logistics of planning
- **Training**
 - 3 day EDO virtual training attended by both health educators
 - Safetalk and ASIST training attended by Maryum
- **Materials & Communications**
 - **Flyer Updates:**
 - Reworked BANA flyers that are at health fairs with clinical team input
 - All of them have been reworked; ready to be printed
 - **Social Media:**
 - Plan for future "Meet The Board Monday" posts
 - **Podcast launched**
 - Podcast re-launched; first episode out on the topic of recreational therapy with Melissa Tar and can be found on spotify, amazon music, iheartradio, and the BANA website
 - **Packages sent out to local schools via courier**

Presentation packages shared with catholic and public district school boards - large influx of presentation inquiries followed



5.2 Ontario Health/Partnership Updates

ONTARIO HEALTH

- BANA will be submitting Q1 and Q2 Stats in Oct and Nov (ready for submissions)
- Windsor Essex Ontario Health Team Partnership Meetings quarterly
- New Partnership with CMHA – clinic
- BANA continues to work with Body Brave on the Self-Assessment and Recovery tool. Body Brave working directly with Ontario Health- Centre of Excellence for Mental Health and Addiction towards receiving funding for phase 2. Rose will be presenting this work to the Mental Health and Addiction table (OHT)
- Intake and Assessment committee (a sub-committee of the Mental Health and Addiction table)
- HART Hubs

Deferred till next meeting

BANA Board Meeting October 28, 2024

Agenda Item 7
New/Old Business

Agenda Item 8
Q&A

Agenda Item 9

***Meeting:
November 25, 2024
HOLIDAY BREAK in December***