



# Bulimia Anorexia Nervosa Association

## Board Meeting Minutes

March 23, 2026 5:30-6:49 pm

Meeting Date	Attendees	Location
Start 5:30pm -6:18pm  Meet the Staff Portion       Official Board Meeting starts 6:19pm	In Person: Luciana Rosu-Sieza, Don Cyr,  Virtual: Dana Levin- chair, Marzena Gosselin, Leon Pilgram, Maria Charles, Stephanie Johnston  Regrets: Kelly Gosselin, Delaney Mac Dougall  STAFF PRESENTATION:  EDOP Lead and Specialists: Alexis , Angela and Mishal	In person and Zoom- Hybrid

Chairperson		Minutes Version
Dana Lavin (VP)	chair meeting for Kelly as she is absent	

Agenda	Discussion	Next Step / Action Item
1. Accept Agenda	- Accepted	Motion accept: Stephanie 2 <sup>nd</sup> : Maria Carried

Agenda	Discussion	Next Step / Action Item
2. Accept Previous Minutes	- Approved	Motion accept: Leon 2 <sup>nd</sup> : Don Carried
3. Matters Arising		Motion accept: 2 <sup>nd</sup> : N/A
4. President's Report	Deferred by Dana as Kelly is absent	Motion accept: 2 <sup>nd</sup> : Carried
<p>5.0 Exec Dir Report: Luciana Rosu-Sieza</p> <p>5.1 Organization &amp; Staff Updates</p>	<p>-BANA is preparing for the end of fiscal- with the goal of closing the year with a zero requirements for the end of the fiscal.</p> <p>- All reports for Q3 are submitted</p> <p>- BANA will implement the new pay scale April 1, 2026- new fiscal year.</p> <p>- BANA paid retro pay for staff using surplus from EDO-P , BANA and the 4% based funding increase which is reflected for 2025-26 year and must be spent by March 31st 2026.</p> <p>- PDS- Provincial Data Set is mandatory and will be used for Ontario Health to gather information from all organizations.</p> <p>-BANA is in touch with Accuro and has shared the spreadsheet of the data that we are going to be collecting for OH.</p> <p>-BANA met with the PDS team and have a plan to submit the data via the manual portal.</p> <p>-BANA team including Leta- Manager Clinical Services, Patrick- IT rep and Lucy have been attending ongoing meetings</p> <p>-Settlement Matter with past employee- settled as of February 13,2026</p> <p>- Feedback forms created online with QR codes- looking for feedback from clients for WEIOP and Outpatient</p> <p>- AMHO- Addictions Mental Health Ontario provided BANA with a free IT &amp; IM Assessment- will provide BANA with a report.</p> <p>-The annual Eating Disorder Service Mapping Day was held on Feb 27 at WEST with HP presentation, EDO-P updates, Dr. Madigoe presenting on the WRH pathway and Order Set at WRH for Adult Inpatient Eating Disorder</p>	<p>Motion accept: Leon 2<sup>nd</sup>: Maria Carried</p>

Agenda	Discussion	Next Step / Action Item
	<p>(APPROVED in DEC 2025), Dr. Omer presenting on Cannabis and the effect on Mental Health and Eating Disorders and future goals opportunities- BANA, weCHC and WRH host the event with Mia Tannous as our external facilitator. Many community partners including WECHU, school boards, child and youth sector and many other community partner attend.</p> <ul style="list-style-type: none"> <li>-We are ordering lunch from the Welcome Centre- A shelter for women and families- they have created a social enterprise in offering catering! Received lots of positive feedback and suggestions for topics next year.</li> <li>-Leta and Lucy attended a meeting with the Child and Youth sector to discuss ARFID in a child that was on the news-mother advocating for services and support in the schools. Lots of community partners attended- many accolades about BANA were shared. The hope is to advocate for funding for services for ages 12 and under for Eating Disorders</li> <li>-Lucy received 2 expressions of interest to join the board and is meeting with a potential board member this week and emailed the second person to set up a time to meet.</li> <li>- Lucy was on the magazine cover for the Entrepreneurial Outlook Magazine Cover</li> <li>-Lucy is working with Body Brave to secure funding for the RECOVERY SUPPORT PROGRAM</li> <li>-Lucy will be on the AM800 Roundtable on Friday March 27 2026 and April 24 2026</li> <li>-Meet the board- if you did not participate, please consider doing so. We receive excellent feedback</li> <li>-Posting for the EDO-P, Prevention Specialist position for Chatham Kent, Sarnia Lambton as a bilingual Prevention Specialist position. It is a fully bilingual position, which has been a challenge to fill.</li> <li>-Eating Disorder Awareness Week SUCCESS.... See attached news:  <a href="https://www.uwindsor.ca/news/2026-02-03/education-and-early-intervention-critical-eating-disorder-prevention">https://www.uwindsor.ca/news/2026-02-03/education-and-early-intervention-critical-eating-disorder-prevention</a></li> <li>-<a href="https://windsorite.ca/2026/02/a-poetic-journey-toward-healing-indigo-windsor-and-bana-host-meet-the-author-with-stephanie-johnston/">https://windsorite.ca/2026/02/a-poetic-journey-toward-healing-indigo-windsor-and-bana-host-meet-the-author-with-stephanie-johnston/</a></li> </ul>	

Agenda	Discussion	Next Step / Action Item
<p>Clinical Updates:</p>	<p>-<a href="https://windsorstar.com/news/local-news/strike-a-pose-yoga-class-in-the-mall-raises-awareness-for-eating-disorders">https://windsorstar.com/news/local-news/strike-a-pose-yoga-class-in-the-mall-raises-awareness-for-eating-disorders</a>  -<a href="https://windsorite.ca/2026/02/photos-a-morning-of-joyful-movement-community-yoga-brings-a-awareness-to-devonshire-mall/">https://windsorite.ca/2026/02/photos-a-morning-of-joyful-movement-community-yoga-brings-a-awareness-to-devonshire-mall/</a>  -In addition we did 3 radio interviews this past week on AM 800 and a Windsor Star Interview  -RBC community fund \$1500 and volunteer time at Indigo  - April 27th next board meeting Lucy will be in Halifax for the Eating Disorder conference with some BANA and weCHC team members. There will be no in person option for this meeting. Chandi will be joining virtually for the meet the staff.</p> <p>Intake: February 24, 2026 – March 23, 2026</p> <p>General Inquiries 25  Centralized Psychosocial Assessment (Adult) 10  Complete Physical Examination (Adult) 6  Level of Care Self-Assessment (LoCSA) 14  Teen Intake 8  Teen Health Referral 8  Outpatient:  -In person appointments: 65  -Virtual appointments: 41  =Consultation: 2 hours per month with Dr. Masson for RSW's and consultation with Dr. Debbie Wilkes-Whitehall for NP.  -All staff can connect with Psychiatry during monthly rounds.  -Wait list is currently 18 - average time waited for treatment is 6 months  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 - weCHC has hired a full time RD - Allison Vanier. They spent their first 2</p>	

Agenda	Discussion	Next Step / Action Item
	<p>weeks at Teen Health for orientation to weCHC policy.</p> <p>They started coming to the IOP office March 10th. RD Nicole has been dedicating time to providing education and orientation. Allison has been able to shadow Nicole a great deal - significantly contributing to her learning.</p> <ul style="list-style-type: none"> <li>- The part time RD that was hired to help support the IOP (Cindy Dodsworth) completed her contract March 19, 2026. We are grateful for the support that she was able to provide while weCHC worked to find a suitable full-time candidate.</li> </ul> <p>General:</p> <ul style="list-style-type: none"> <li>-RSW's Heather and Leta have worked with Patrick to develop client feedback forms for BANA outpatient and for the IOP that can be accessed on the BANA website. QR codes have been developed for easy access to the survey and we are ready to launch it!!</li> <li>- Posters with the QR code to be hung in the lobby, offices and bathrooms</li> <li>- Stickers with the QR code - for inside binders</li> <li>-Small business card size QR codes that can be left in the lobby for people to take with them or can be taped to the inside of IOP client binders.</li> <li>- A website has been set up to receive the survey results and our Medical Secretary Laura will collect the data in a spreadsheet.</li> <li>- RSW's Heather and Shaina have initiated an expansion in treatment services. They have proposed incorporating some trauma therapy sessions into our treatment in both outpatient and IOP levels of treatment.</li> </ul> <p>RSW's Heather (BANA and IOP back up) Kayla (BANA) Shaina (IOP) and Deb (IOIP) will be attended a free 2-day training March 9th and 10th on Cognitive Processing Therapy to learn evidence based skills that can be incorporated into our existing treatments.</p> <ul style="list-style-type: none"> <li>-RSW Leta has reached out to UHN in Toronto and has connected with Kathryn Trottier to schedule a meeting with the BANA/IOP team to discuss incorporating CPT into our current treatments. UHN has been incorporating this work for some time and we hope to learn from their expertise.</li> </ul>	

Agenda	Discussion	Next Step / Action Item
<p>6.2 Ontario Health Updates</p>	<p>Health Promotions:            Dates: February 23, 2026 - March 23, 2026            Statistics            - Total # of Presentations, Workshops &amp; Sessions: 32            - Total # of Participants: 2,422            -Health Fairs: Windsor Express, Villanova High School, New Beginnings, weCHC Black Health Fair            -Other locations: House of Sophrosyne, UWindsor Employee Mental Health, City of Windsor after school programs, HDGH Problem Gambling, WRH nursing students, WEST LEAD program, New Beginnings Say Yes to the Dress            Updates            - HP participated in 32 sessions with 2,422 participants, majority of them taking place in schools and in the community.            -We are fully booked until June 2.            -We are looking to form a formal partnership with Villanova’s Jack.org chapter to have a BANA Ambassador embedded into their school.            Podcast:            -The third podcast was launched on Friday March 6th, with Erica Bassakos from WEOHT            -Adriana has already recorded the episode to be launched in April with Alicia, BANA’s intake worker, to address all questions related to the centralized intake process. In hopes of removing barriers/concerns.            -Currently in discussion with Martha Munroe to discuss attuned exercise, as well as Karen Bellemore from the health unit to discuss food neutrality and food security.            -Lunch and Learn Series: We are looking to extend our educational outreach to include businesses outside of the nonprofit network. We will begin formal outreach in April.            -There has been an increase in requests to discuss how to grocery shop.</p> <p>ONTARIO HEALTH            -Windsor Essex Ontario Health Team Partnership Meetings            quarterly – next one scheduled for March 26, 2026</p>	

Agenda	Discussion	Next Step / Action Item
	-Intake and Assessment committee and Coordinated Access (a sub-committee of the Mental Health and Addiction table) and Data committee -Reports for Q3 were submitted • Provincial Data Set (PDS) will be BANA's next undertaking	
5. Treasurer's Report	- See Treasurer's report for further details	Motion accept: Stephanie 2 <sup>nd</sup> : Don Carried
7. New Business	None	
8. Q&A/Adjourn	Meeting adjourned at 6:49 pm	Motion accept: Stephanie 2 <sup>nd</sup> : Don Carried
9. Next Meeting	April 22, 2026 (virtual only as Lucy will be away)	