

EDA GSB Roles and April 2018 Election Voting Results

General Service Board members serve EDA groups and the mission of EDA to carry the message of recovery to all who seek recovery from an eating disorder.

Continuing until our April 2019 election

- Chair: Annette H, Phoenix, AZ (two year term)
- Treasurer: John E, Phoenix, AZ (interim volunteer)

On April 4, 2018, the General Service Board elected the following Officers to the Board:

- Vice Chair: Julie M, Lancaster, PA (two year term)
- Secretary: Cale O, Phoenix, AZ (two year term)

On April 4, 2018, the General Service Board unanimously approved the following two Advisors to the General Service Board of Eating Disorders Anonymous:

- Gisele B, Founder of EDA in 2000, Phoenix, AZ
- Jenni Schaefer, renowned author, and recognized authority

The GSB voted unanimously to approve the GSB roster presented below:

ROLE	Description	Name
Chair chair@eatingdisordersanonymous (dot) org	Supervises all operations of the General Service Board, coordinates effort among members and committees, and presides at GSB meetings; In cooperation with other Board members, set goals for the General Service Board that reflect long-term interests of EDA as a whole; Communicates above goals; Sets up GSB meeting times and locations; Makes sure GSB members know about them via phone or email; Makes sure each GSB member understands what is expected and has the requisite resources and support to do it; Follows up with each GSB member at least once a month; Creates agendas GSB meetings;	Annette H
Vice Chair chair@eatingdisordersanonymous (dot) org	Responsibilities: Serves as Chair when Chair cannot serve; Supports the chair in all capacities as needed and directed by the chair; Oversees publication of EDA materials online and in print; Makes sure Chair has resources and support to perform expected duties;	Julie M

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ROLE	Description	Name
<p>Secretary</p> <p>secretary@eatingdisordersanonymous (dot) org</p>	<p>Maintains GSB meeting minutes: posts and shares the meeting minutes;</p> <p>Keeps records in a central, secure, and confidential location;</p> <p>Works with other GSB members to create any brand pieces to be distributed to public.</p>	<p>Cale O</p>
<p>Treasurer</p> <p>treasurer@eatingdisordersanonymous (dot) org</p>	<p>Qualifications: CPA</p> <p>Manages PayPal account and donations;</p> <p>Reports monthly balance to the GSB;</p> <p>Completes 501 c3 yearly tax documents;</p> <p>Prepares quarterly financial statement.</p>	<p>Interim Volunteer: John E</p>
<p>Members At Large</p> <p>(Email distribution list maintained in Google Sheet)</p>	<p>General Service Board representatives from EDA groups nationally and internationally.</p> <p>Works with the GSB to support EDA groups in carrying the message of eating disorders recovery worldwide.</p>	<p>(Google Sheet accessible by GSB Officers)</p>
<p>Membership and Meeting Supportive Services Coordinator</p> <p>membership@eatingdisordersanonymous.org</p>	<p>Follows up with people who contact info@eatingdisordersanonymous (dot) org to make sure they are able to find support;</p> <p>Follows up with people who are the contacts for existing meetings to see how they are doing;</p> <p>Mails each new group a copy of the EDA Big Book;</p> <p>Helps groups build attendance and strong recovery within the groups; Works with the literature committee and secretary to address needs.</p>	<p>Cat O</p>

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ROLE	Description	Name
<p>Professional Contact Coordinator</p> <p>PCC@eatingdisordersanonymous (dot) org</p>	<p>Qualifications: A professional in the field of eating disorders prevention and treatment.</p> <p>Maintains a list of professional contacts and works with the professional community to provide information about EDA.</p>	<p>Jenni S</p>
<p>Email Response Coordinator</p> <p>info@eatingdisordersanonymous (dot) org</p>	<p>Coordinates volunteers who reply to emails coming into info@eatingdisordersanonymous (dot) org;</p> <p>Ensures all volunteers replying to email have the necessary materials and support;</p> <p>Supports email correspondents in following a consistent process (i.e. copying info@ on their replies, indicating their response is their own and not that of EDA as a whole, and signing their email with first name, last initial, and EDA volunteer.)</p>	<p>Julie M</p>
<p>Website Coordinator</p> <p>wm@eatingdisordersanonymous (dot) org</p>	<p>Maintains existing GSB of EDA website (i.e. posts new literature and keeps meeting information current);</p> <p>Administers web accounts (i.e. email lists, web site development, etc.);</p> <p>Coordinates web site development efforts;</p> <p>Ensures the website is ADA compliant.</p>	<p>Sherian S</p>
<p>Literature Development Coordinator</p> <p>literature@eatingdisordersanonymous.org</p>	<p>Works with literature team to draft and propose new literature for GSB review and approval</p>	<p>Jamie K</p>

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ROLE	Description	Name
Sponsorship Coordinator/ Sponsor Support leader sponsors@eatingdisordersanonymous (dot) org	Works with the literature team to develop stronger EDA sponsorship documentation; Screens potential sponsors to check that they have completed Steps 1-11; Keeps record of sponsees and sponsors on a Google Sheet to be shared with Chair and Vice Chair; Helps connect sponsees to sponsors.	Julie M

Additional distribution lists:

Body Acceptance bodylove@eatingdisordersanonymous (dot) org	Working on a new brochure, and recommending changes to the EDA Meeting Guide and other literature to address the issue of sizism in EDA meetings.	Margo H Kacey B Leslie H Sierra M
Escalations escalations@eatingdisordersanonymous (dot) org	Working on recommending changes to the EDA Meeting Guide and "Guide to Difficult Situations" brochure to clarify escalation procedures.	Margaret K Tee K Sierra M

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Meditations @eatingdisor dersanonymous (dot) org	Coordinates work on the EDA Meditations – 365 Days book	Connie W Lonya Nuria S Seren B
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Brief introductions for some of our volunteers:

Officers of the Board:

Annette H: Chair (*elected April 2017*)

Annette has been involved in the growth of the Fellowship of EDA since March 2000. After securing limited permission to use material from the first 164 pages of the text Alcoholics Anonymous from AA's General Service Office in New York, worked with EDA founder Gisele B and other early EDA members to adapt the Twelve Steps and develop the first documents used by EDA groups. After organizing and incorporating the General Service Board of EDA in 2001, Annette served as its first Chair until 2002. Over the ensuing nine years, she served the GSB in various minor capacities until September 2011, when asked by the then-Chair and GSB to return. Since October 2011, Annette has served as Chair and Secretary-Treasurer, coordinating development of the current website, brochures, and most recently, the EDA Big Book. She helped organize the EDA Step Workshop in Chicago in July 2017 and serves as a step sponsor in EDA. Annette says she is "absolutely delighted to be working with EDA members on our joint effort to share our experience, strength, and hope with others."

"First of all, I want to thank all of you for your example and inspiration. It is an honor and a privilege to serve on behalf of our Fellowship, and I am humbled by the trust you have placed in us to represent you thus far. We have made significant changes since last year:

- Two 12-Step, 3-day workshops – delivered!
- One Steps 1-3 workshop completed and Steps 4-7 already booked!
- Two more full 12-Step workshops on the calendar for May and June!
- Added Sponsorship and Audios tabs to the EDA website
- Updated the Sponsorship literature

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- Lots more meetings (not sure how many!)
- Lots more people emailing about wanting a sponsor... so many it is becoming a serious concern—averaging about two people a day
- 2 official, “Meet and greet” events for professionals to get to know EDA members.
- LOTS of free books delivered to new meetings, professionals, treatment center patients (~ 8 cases)
- Completed a survey showing 28% of our membership considers themselves fully recovered—with the percentage increasing with time in EDA)
- *Fully Recovered* brochure well underway
- Adopted 12 Concepts of Service
- Updated our bylaws to align with other 12 Step organizations, clarifying roles and procedures, and aligning with the 12 Concepts of Service

Bravo, everyone!

This coming year, I would like to invite all of you—*all* EDA members, but especially those elected to positions of trust as General Service Board representatives—who have been empowered to help EDA groups worldwide carry the message of hope and freedom to all those who suffer with an eating disorder—to consider four areas of focus in the 2018-2019 year:

- 1) **Supporting sponsors and sponsorship** through:
 - a. Conducting more EDA Step Workshops – setting these up, running them, following up with attendees to help them work with others and prepare for sponsorship
 - b. Creating or repurposing a Zoom meeting to specifically **record** those who are willing to help others work through the Steps as follows (following along the same lines as our workshops), and creating an audio library for those who wish to help themselves through the Steps.
 - c. Encouraging sponsees who have been through the Steps to sign up to sponsor someone remotely, as well as someone face-to-face.
- 2) **New and updated literature:**
 - a. Completing the *Fully Recovered* brochure
 - b. Adding a *Body Acceptance* brochure
 - c. Updating or eliminating the *Emotional Eating* existing brochure
 - d. Updating the EDA Meeting guide with body acceptance and escalation information
- 3) **Supporting existing meetings through outreach**
 - a. Asking how we can help
 - b. Ensuring meetings follow Traditions such as the Group Conscience and encouraging service position rotation

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- c. Encouraging sponsees who have been through the Steps to start face-to-face meetings
 - d. Supporting online meetings through participation
 - e. Supporting phone meetings through participation
- 4) **Developing materials to directly engage professionals** wherever we have local groups
- a. Create flyers that specifically address professionals' concerns
 - b. Develop outreach content for meet-and-greet discussions
 - c. Help local groups leverage materials to connect with professionals in their community.

I am very grateful for your service. It is going to be a wonderful year!"

Julie M: Vice Chair (*elected in 2018*)

Elected Vice President of the General Service Board in April 2017, Julie has done an incredible amount of work for EDA over the past several years. Julie started an EDA group that meets twice a week, and sponsors EDA members herself. Julie worked with her EDA group to produce the EDA Step audios on the EDA website's [audios](#) tab, participated in the EDA Step Workshop in Chicago in July 2017, then organized and delivered the EDA Step Workshop in Lancaster in March 2018. Julie responds to people writing to Sponsors@eatingdisordersanonymous.org and info@eatingdisordersanonymous.org, coordinates sponsor-sponsee alignments, facilitates the Zoom Step Study for people needing sponsors, sends EDA Big Books to new groups, and follows up with EDA groups contacts. In addition to her volunteer service with the General Service Board, Julie runs a yoga studio, blogs about recovery, works within her church community, and (together with her husband), is raising three young children. Julie brings wonderful energy, positivity, and enthusiasm to everything she does. To quote Julie, "I am fully committed to the EDA twelve steps and recovery. I am thrilled to work with you all!"

Cale M: Secretary (*elected in 2018*)

Cale M is a dedicated and resourceful volunteer with EDA in Phoenix, Arizona. Comfortable with the AA Big Book, AA Twelve and Twelve, and the EDA Big Book, Cale represented Phoenix at the EDA Meet-and-Greet with Tucson area professionals in December 2017. He contributed to the *Fully Recovered* brochure as part of the GSB subcommittee, and has served as the GSB's volunteer secretary since February 2018.

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“I very much appreciate everyone’s commitment to EDA and the General Service Board. And thank you, everyone, for your consideration of me serving as Secretary. It would be an honor to serve EDA and help to grow the fellowship globally. I look forward to the opportunity to carry the message of full recovery far and wide!

My first priority is to assist with sponsorship support. There is an urgent need for more sponsors to support those in our fellowship who use the online and phone meetings. Personally, I have found tremendous relief from my eating disorder by working with a sponsor here in Phoenix, and I just began working with my first sponsee over the phone in Denver. My goal is to fill the need and encourage those who have also worked the 12 steps to begin serving as a sponsor.

My second priority is to help increase the number of in-person meetings across the country (and the world!). This, I believe, can be accomplished by strategic outreach to eating disorder treatment facilities who may be interested in allowing EDA members to hold meetings at their facilities – and with their patients. Another way to accomplish this is by encouraging EDA members to attend other 12-step meetings (AA, CA, PA, etc.). Oftentimes, people struggle with multiple addictions – including eating disorders – and I believe there is an opportunity to carry the message of EDA through other fellowships.

Finally, my third priority is to continue working with the Literature Committee to improve and increase the literature we have available online and in our meetings. It was a privilege to work on the “Fully Recovered” brochure, and I look forward to future opportunities to further enhance our offerings.

Thank you, again, for everyone’s consideration. Please feel free to email, call or text me anytime. I look forward to the opportunity to continue serving EDA and its mission.”

John E: Treasurer (*interim volunteer*)

John E, a CPA with a well-respected Scottsdale AZ accounting firm, has deep Twelve-Step experience, and is held in very high regard—both personally and professionally—by many in the recovery community. John has served as the accountant for a GSB member for over a dozen years, and has, upon request, volunteered to serve as an interim treasurer for the GSB (starting after April 21st and extending to the next official election in April 2019.)

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Committee Chairs:

Jamie K: EDA New Literature Development Coordinator

I am a Licensed Marriage and Family Therapist (#83775) specializing in the treatment of women. I have also been in recovery since 1998 and have used 12 step programs as the foundation of my recovery. I am also a graduate of Pacifica Graduate Institute's Counseling Psychology program with an emphasis in Depth Psychotherapy.

Aside from working with patients in private practice, I am Clinical Supervisor at Montecatini, a world class all female eating disorder treatment center which has provided women 20+ years of care for bulimia, anorexia, and co-occurring disorders. Prior to this, I worked as a therapist at Harmony Grove Programs and Mandometer programs for eating disorders. This has allowed for familiarity with a great range of symptoms and severity.

Alongside, my professional experience, I have had 15 years of personal recovery from an eating disorder. I believe this allows for caring, empathetic support of those who feel shameful about their relationship with food or embarrassed by their body.

I specialize in the treatment of Anorexia, Bulimia (Including Purging by Laxative, Enema, Diet Pills, and Exercise) Binge Eating Disorder, and EDNOS.

I have been certified in Expressive Arts Therapy and often reference the visual and performing arts within traditional talk therapy to uncover perspectives on problems. Sometimes, it can be easier to touch upon our most sensitive struggles in a symbol or metaphor rather than on plain terms.

In fact, many significant events in people's lives often happened before they had words or go beyond the words they have. Many trauma and abuse survivors find expression through eating disorders, addiction/compulsion and self-harm until they learn a new way to talk about, tolerate, or transform their experience.

My individual, couples, and family sessions are informed by psychodynamic theories including object relations, self-psychology, and depth approaches. I am also influenced by feminist schemas and am a member of the Feminist Psychology Institute and Society For The Psychology of Women. What all these approaches have in common is an understanding that though healing may be an individualized process, lasting personal transformation does not happen all by ourselves. Therefore, I collaborate closely with psychiatrists, dietitians, specialists, 12 sponsors and other professionals.

Advisors to the General Service Board:

Gisele B:

The founder of EDA in Phoenix in February 2000, Gisele has been a source of inspiration and hope to all of EDA. Gisele shared her experience, strength, and hope in the EDA Big Book (Chapter 1) and was an honored panelist at the EDA Step Workshop in Chicago in July 2017. Gisele has spoken with EDA members around the world and chairs an EDA group that meets Thursdays in the Phoenix area. Gisele currently serves on the literature committee of the General Service Board, and contributed to the *Fully Recovered* brochure, and has expressed her desire to continue to serve EDA now and in the future.

Jenni Schaefer:

Renowned author, singer, songwriter, and internationally acclaimed speaker supporting recovery from eating disorders, Jenni wrote a letter of support for EDA in the EDA Big Book (pages xxxi-xxxvi), served as the keynote speaker at the EDA Step Workshop in Chicago 2017, and currently serves as the Professional Contact Coordinator for the General Service Board of EDA. Jenni contributed to the *Fully Recovered* brochure and has expressed her desire to continue to serve the recovery community.