



The Multi-service Eating Disorders Association

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President

92 Pearl Street

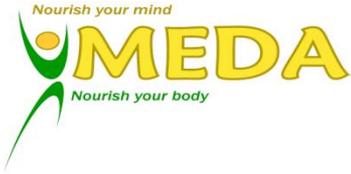
Newton, MA 02458

617.558.1881 or 866.343-MEDA

www.medainc.org

Twitter: RECOVERwithMEDA

Find Us On Facebook: MEDA



MEDA's Mission



MEDA is a non-profit organization dedicated to the prevention and treatment of eating disorders and disordered eating. MEDA's mission is to prevent the continuing spread of eating disorders through educational awareness and early detection. MEDA serves as a support network and resource for clients, loved ones, clinicians, educators and the general public.

PURPOSE:

Mentor the community in its understanding of eating disorders.

Empower individuals to live free of body, food and weight obsessions.

Develop eclectic and diversified treatment teams for clients and their loved ones.

Assist individuals and their loved ones by offering the training and support necessary for recovery.

Program History



- MEDA was founded in 1994 by Rebecca Manley, MS – celebrating our 20th anniversary in 2014.
- MEDA is a national 501(c)(3) non-profit organization
- Headquarters located in Newton, MA
- MEDA's services divided into three branches:
 1. Connect to Confidence (Education/Awareness)
 2. Connect to Recovery (Treatment and Referrals)
 3. Connect to Growth (Professional Development)
- Programming and services provided to children and adults throughout New England/Nation, *regardless of ability to pay*



MEDA's Uniqueness



- Use of recovered individuals
- Belief in FULL RECOVERY
- Low Cost/No Cost – No Insurance
- Quick, thorough, professional
- Eating Disorder Prevention and Treatment “Clearinghouse”
- MEDA’s commitment to not duplicate work already being done by professionals in the area
- Ultimate goal of organization – to be put out of business

Where To Begin



- **Develop a mission**
 - What are your goals/hopes/vision?
 - Do you have a strategic plan to guide you toward accomplishing these goals/hopes/vision?
- **Financial support**
 - Grant to start program?
 - Personal investment?
 - What is your bottom line?
- **Invest in 1 nice rack card/brochure**
- **People support**
 - Get Board Members who are willing to work in the formative years

The Beginning



- **Location**
 - Can you work out of home?
 - Leased space?
 - Shared space?
 - Stay within budget!
- **Free Services**
 - Bring community in (i.e. Open Hours/Films & Discussions)
 - Open House for professionals/for clients/for families
- **Always come back to the mission (especially early on)**
 - Are you living by your mission?
 - Do not stray!

Reach Out



- **Partner**
 - Provide education and support
 - Peer groups
 - Topic related speaking engagements
 - Meet the people in your community already doing the work
 - Donation of time for speaking engagements?
 - Group facilitation
- **Groups**
 - Free services at first?
 - Build different audiences
- **Fundraising Efforts**
 - Think small: car wash, phone-a-thon
 - Think big: NEDA Walk

Grow Your Circle

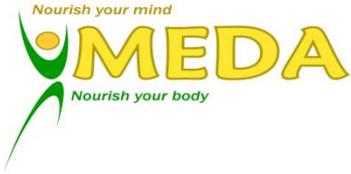


- Think outside the box
 - Join Chamber of Commerce
 - Join non-profit list-servs
 - Partner with health and human service organization of city/town
 - Introduce your program to local medical offices and hospitals
 - Call, email and/or meet every one and any one and talk to them about your services
 - Who is supporting your clients? Their families?
 - Yoga teachers, Physical therapists, Acupuncturists**GET THESE PEOPLE INVOLVED!**

One Goal, One Team



- Show your community what it means to be part of team
 - Collaborate and communicate on organizational level
- Leads to concept of team model
 - Teach clinical community importance of collaboration/communication
 - Primary therapist as quarterback
 - Best team: RD, Therapist, MD, Family Therapist, Group Support



MEDA's Partners

Individuals:

- Therapists
- Nutritionists/Dietitians
- Psychiatrists
- Dentists
- Doctors
- Nurses
- Nurse Practitioners
- Acupuncturists
- Yoga Teachers
- Massage Therapists
- Health and Wellness Coaches
- Insurance/Mental Health Lawyers

Organizations:

- NEDA Network Member
- AED Member
- Eating Disorders Coalition Member
- Involved in local iaedp chapter
- Communicate with BEDA regularly
- In local community member of Core Management Team in schools
- Treatment facilities nationwide
- Local hospitals