

Minutes

Eating Disorders Working Group – ACT 115

(Monday) 8/29/2022 10:00-11:30

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+1 802-552-8456,,608213725#](#) United States, Montpelier

Phone Conference ID: 608 213 725#

10:00-10:30 (30) Welcome, Introductions, Agenda Review

Laurel Omland, Jennifer Smith, Erica Gibson, Haley McGowan, Alexander Karambelas, Kelley Klein, Danielle Bragg, Kimberly Swartz, Tom Weigel

10:30-10:45 (15) Inventory of existing services (resources/treatment)

What's available?

DVHA (PowerPoint) – 4 levels of care: inpatient (all ages), residential (under 21 years old), partial hospitalization (all ages), intensive outpatient (all ages). Utilization review. Table of enrolled providers and which levels of care they provide. Working to get more virtual providers, working out licensing pieces. (Consider discussing with the Office of Professional Regulation). Looked at VT numbers of adolescents/adults admissions/referrals. Still want to look into private insurance. A lot of places indicating they won't accept Medicaid. Programs don't want to go through the process of enrollment for possibly just one admit per year. Wait lists are long regardless. Also, does single case agreements, but they still need to enroll with VT Medicaid. Medicaid patients often waiting the longest, whereas private insurance opens up more opportunities. Will look into whether physicians can specify specialties on license.

BCBS – can contract with VT providers, or surrounding states (agreement with other BCBS). Single case agreements with out of state programs. No eating disorder focused inpatient services in VT. Low numbers in VT because people have to travel out of state. May be opening up a clinic in Burlington, staffing a potential issue. Kahm clinic IOP/PHP will initially serve only adults, but looking at adolescents down the road.

VDH – High level overview of training for nurses, conference occurred with eating disorder info, ECHO, will look into information on trainings tailored at school settings.

VCP/DA's – Looking for physicians/clinicians with eating disorder expertise.

Vermont Medical Society – Already reached out to see what’s out there considering we don’t offer a lot of these services ourselves. Therapists have a little bit of expertise in this area. A deeper dive (maybe a survey) could be nice to see if there is additional training needed. A lot of skilled RD’s in the area. Aware of some regional providers in person and online. Consider long wait lists. RD’s seem to be more accessible. Challenge keeping live lists.

School Nurses – absent

Higher Education – absent, N/A

Nursing/Dietetics – absent

10:45 – 11:00 (15) Identifying knowledge gaps

What kind of nutritional services are available for continuation of care?

Are there any targeted services at Crossroads/or part of their general IOP?

- It is within their programming.

What kind of educational opportunities are available specific to eating disorders?

- Continuing medical education
- Higher education
- CEU

Castleton is looking to start up an MSW program.

Are there PCP’s specializing in eating disorders?

Standardized screening tools:

- SCOFF - <https://pcptoolkit.beaconhealthoptions.com/wp-content/uploads/2016/02/SCOFF-Questions.pdf>
- EDEQ - <https://insideoutinstitute.org.au/assets/ede-q-eating-disorder-examination-questionnaire-subcales.pdf>

http://contentmanager.med.uvm.edu/docs/regionalphiopmay2022/vchip-documents/regionalphiopmay2022.pdf?sfvrsn=fa91a887_2

Resource list.

http://contentmanager.med.uvm.edu/docs/residential_eating_disorder_centers_april2022/vchip-documents/residential_eating_disorder_centers_april2022.pdf?sfvrsn=6da789f3_2

<https://www.medainc.org/>

<https://www.nationaleatingdisorders.org/>

These were shared by the EDCC at the May event: - [AED Clinical Measures Toolkit](#)
- [Eating Attitudes Test \(EAT-26\)](#)
- [ED Questionnaire](#)

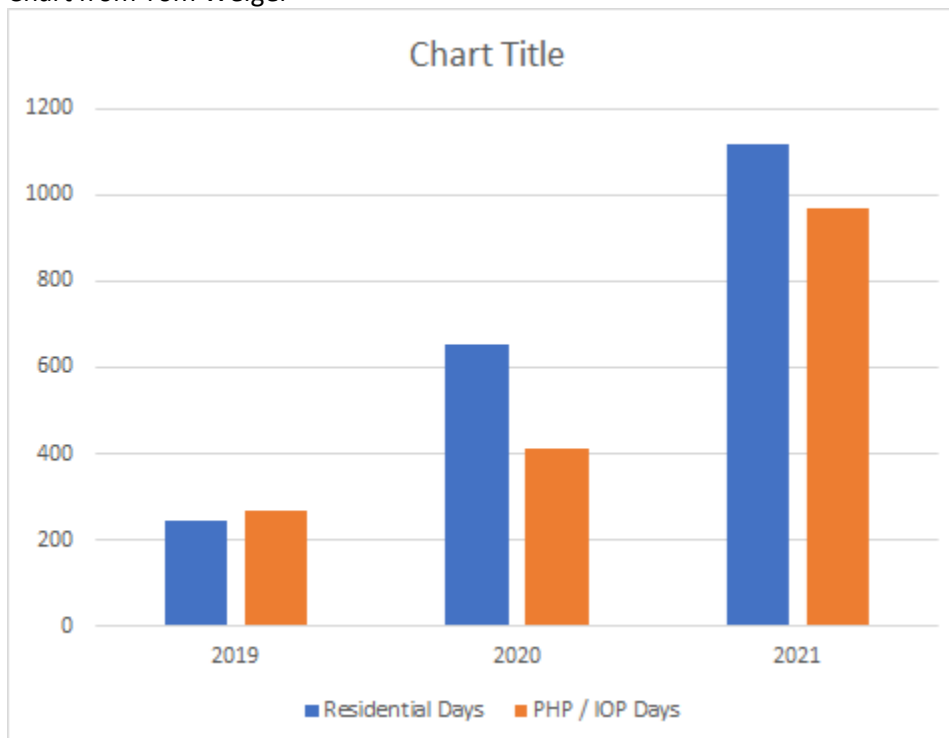
11:00- 11:15 (15) Overview of inventory and gaps, determining action steps

How to organize recommendations? Programming/treatment/services, education, payment models? Where are the resources for families, school nurses, etc.? Should we be creating a guide for Vermonters'?

Is there a way to get more data/numbers?

- Consider hospitals making referrals and other private insurance companies.
- Feel data is very important, especially to the Legislature

Chart from Tom Weigel



\$611,000 for 2019 and \$900,000 for 2020

Question to DVHA about the policy rationale for not covering residential after age 21. Has there been much need for residential for adults?

- Residential treatment is a benefit that falls under the EPSDT rule, therefore only goes through the age of 20 years. Discussions are happening regarding extending this benefit at some point, specific to eating disorder treatment. There have not been many requests for residential for adults, 2 in the last 4 years.

As far as expanding treatment opportunities, Dr. Weigel wonders if we should discuss our task with Equip Health and Within Health, both virtual treatment providers for eating disorders. <https://equip.health/> <https://withinhealth.com/>

Action Items:

- **Education:** reach out in higher ed settings, trainings/courses that are available, training providers around eating disorders, eating disorder education at the Medical School, health education in all schools K-12, reach out to Beth to see what they have. Nutrition?
- **Providers** (therapists and physicians): reach out to OP on who is highlighting that as a specialty; Dr. Gibson to send a list on what they have on their website.
- **Programs:** Laurel created and shared tracking spreadsheet that will capture all current programs with details on level of care, patient population, possibility for telehealth, etc. Dr. Gibson will share UVMMC's Eating Disorders Continuity Clinic info on referrals made nationwide. Others will share their resources to be compiled as well.
- **Navigation:** no action items yet

How to engage people with lived experience?

- Parents
- Folks who have gone to recovery
- Ask folks who have expressed interest to speak with this group
- Once we have some drafts of inventory, could push that out for public comment
- Could have an email created for this group to solicit for advice/comments
- Following up with Chronic Illness section of VDH, may be opportunities to get a better sense of what is happening in schools [varied by school]. There would be a space for recommendations [calculating BMI].
- Thoughts about more members?

11:15-11:30 (15) Public comments

N/A