

Behavioral Health Nutrition Dietetic Practice Group Annual Report for Membership Year 2008-2009

It has been a pleasure serving as Chair of the Behavioral Health Nutrition (BHN) Dietetic Practice Group (DPG) #12 this past year. BHN has successfully completed fiscal year 2008-2009 with many accomplishments of which all members and officers can be proud. We are moving forward with our many goals, most of which can be summed up under the umbrella of advancing the practice of dietetics in our four practice areas: Addictions, Intellectual and Developmental Disabilities, Eating Disorders, and Mental Illness; and participating in activities within the American Dietetic Association.

We ended the fiscal year with 1172 active members, a 14% increase in membership from the end of the previous fiscal year. In addition, after adding a Student Membership category with a reduced membership fee, BHN ended the year with 85 student members.

Although impossible to sum up all of the efforts of the BHN executive committee (EC) and members during this period, I have attempted below to summarize the ways in which we worked toward our goals.

PUBLICATIONS AND COMMUNICATIONS

BHN Newsletter

Thanks to Newsletter Editor Diane Spear, MS, RD, Assistant Newsletter Editor Sharon Wojnaroski, MA, RD, and all of our member contributors, four BHN newsletters were published this year. Two were sent in print via mail and two were sent electronically. Articles addressed a wide variety of BHN topics, including Eating Disorders and Celiac Disease; Nutrition and Autism; Nutrition and Mental Illness; Serving the Aging IDD Population; Psychotropic Drugs and Nutritional and Weight Management; Nutrition and Schizophrenia; Night-Eating Syndrome; Weight Loss and Down Syndrome; and Prenatal Alcohol Use.

BHNDPG.org

Our website continues to be a member resource for archived newsletters and officer contact information, as well as a place that members and non-members can read about and order our publications. An online store is in the works, thanks to Membership Chair Kathy Russell, MS, RD .

BHN Electronic Listserv

Our listserv is free to all members who chose to participate, allowing members to communicate with one another, and to share information, ideas, and opinions

related to our four practice areas. As the fiscal year ended, over 300 BHN members had joined the listserv. Additional communications were conveyed via e-blast to our entire membership.

Educational Publications

BHN added *Nutrition and Addictions: A Guide for the Healthcare Professional*, by retired BHN member Anne Hatcher, MS, RD(ret.), EdD, to the growing list of BHN educational publications. Recognizing the need for a position dedicated to managing this growing aspect of our DPG, the Publications Chair position was created. Thanks to Paula Kerr, MS, RD, Publications Chair, for managing advertising and sales of our publications even before the official position was in place. Thanks to Paula's efforts, BHN educational publications, including the *Psychiatric Nutrition Therapy* CD, the *Adult with Intellectual and Developmental Disabilities* CD, and the *Nutrition and Addictions* book have been shipped around the world. Total number of publications sold during the 2008-2009 year are:

Psychiatric Nutrition Therapy: 201 CDs

The Adult with Intellectual & Developmental Disabilities: 102 CDs

Nutrition and Addictions: 104 books

Student Liaison Committee

A call for volunteers to fill the Student Liaison EC position resulted in so many responses that BHN formed a Student Liaison Committee with intern Regan Wilson as the Student Liaison Committee Chair. The Committee successfully completed their first assignment – to recommend a BHN Student Membership Fee. The new fee of \$10 was implemented in the middle of the year.

Executive Committee Meetings

Monthly EC meetings took place via conference call, with in-person meetings at American Dietetic Association (ADA) Food & Nutrition Conference & Expo (FNCE) and at the beginning of the fiscal year. Karen Jircitano, RD, kept minutes of all meetings.

ADVANCING OUR PRACTICE AREAS WITHIN ADA

Standards of Practice and Professional Performance

During ADA FNCE 2008, an open forum was held to allow members in our four practice areas to express ideas related to creating Standards of Practice (SOP) and Standards of Professional Performance (SOPP) in all four areas. A committee was formed of BHN and SCAN members to begin to develop SOP/SOPP for Dietetics Practice in the field of Eating Disorders under the leadership of BHN EC member Mary Tholking, MEd, RD. The SOP and SOPP for practice in the areas of Behavioral Health Nutrition was due for renewal during this period, and was granted an extension.

Legislative Affairs

After being approached by ADA regarding publication of On The Pulse on the BHN Listserv, Legislative Chair Charlotte Caperton-Kilburn, MS, RD, CSSD, and Chair Jessica Setnick, MS, RD, CSSD, initiated a call with ADA's Governmental Affairs Office. A much better understanding of how we can work together was achieved. The Washington office would like to hear from us about legislation that we become aware of on the grass roots level. We were assured that ADA does not ignore behavioral health-related bills, but that a bill does not become an Action Alert until "it has legs," meaning that there is a real chance it will move forward in the legislature.

Student Community of Interest

BHN Resource Professionals (RPs) Roberta Pearle Lamb, MPH, RD, Paula Cushing, RD, and Linda Venning, MS, RD, represented BHN for one week on the ADA Student Community of Interest. Students were invited to post questions for the BHN representatives, both about behavioral health issues and about careers in the field. Thanks to our RPs, participating students were exposed to our practice areas in an "up close and personal" manner.

COLLABORATION WITH OTHER ADA GROUPS

Research Toolkit

BHN contributed \$1000 this year toward the development of an online research tool being developed by the Research DPG and ADA. Susan Arnold MS, RD, was appointed as Liaison to this project to ensure that progress occurs as planned and that the finished toolkit will be useful to BHN members for behavioral health-related research.

SCAN/BHN Symposium

At ADA FNCE this year, representatives of SCAN DPG asked if BHN would be interested in joining together for their March 2010 Symposium, as the theme of eating disorders is one that is shared by both DPGs. BHN leadership agreed that this was a great opportunity to work together and gain experience in the planning and operation of a symposium. An ADA-approved working agreement was signed, so that BHN will neither financially risk nor financially gain from the symposium, but will provide volunteers to contribute to the planning, sponsorship, and program committees. BHN member Rhonda O'Brien, MS, RD, CDE, and BHN Chair Jessica Setnick, MS, RD, CSSD, represented BHN on symposium planning conference calls.

PARTICIPATION IN ADA EVENTS

ADA Leadership Institute

BHN was represented at the ADA Leadership Institute in Dallas, Texas, by our Newsletter Editor Diane Spear, MS, RD and our IDD Resource Professional Paula Cushing, RD.

Public Policy Meeting

Although the Public Policy Meeting was not held in Washington, DC this year, but instead occurred online, BHN was represented by Legislative Chair Charlotte Caperton-Kilburn, MS, RD, CSSD.

ADA Food & Nutrition Conference & Expo 2008 in Chicago

Pre-FNCE Workshop

Based on the success of the BHN Priority Session at FNCE in Philadelphia on the same topic, BHN sponsored a pre-FNCE workshop entitled Psychiatric Medication Update, given by BHN Excellence in Practice Awardee Zaneta Pronsky, MS, RD, FADA, and her colleague Dean Elbe, BSC (Pharm), BCPP. Due to disappointing registration, the decision was made not to proceed with a pre-FNCE workshop the following year, but instead to investigate the possibility opened by ADA of providing educational webinars.

Priority Session

BHN sponsored a standing-room only Priority Session entitled Nutrition and Addictions, given by honorary BHN member Kevin McCauley, MD, and BHN member Teresa Stahl, RD. Evaluations indicated that this session provided new and helpful information to attendees, with one attendee writing "*This was the best workshop I have ever attended at any ADA conference!*"

DPG Showcase

BHN participated in the DPG Showcase with great success – unveiling our Nutrition and Addictions publication and our new membership brochure, selling our Psych and IDD Resource CDs, recruiting members, and networking with leaders of other DPGs. For this purpose, Membership Chair Kathy Russell, MS, RD, obtained a beautiful new sign that we will be able to use for years to come.

Member Reception

BHN held our first evening reception to which all BHN members and guests were invited. Member awards were presented at this well-attended reception (see Membership Benefits).

ADAF Silent Auction

Over a dozen accomplished BHN authors and one photographer donated their work to the “Behavioral Health Nutrition Mega-Library” which was then donated to the ADAF Silent Auction.

MEMBERSHIP BENEFITS

BHN Member Awards

For the first time this year BHN recognized five members for their contributions to their respective fields and to the practice group. During the Member Reception at ADA FNCE 2008, awards were presented to the following members:

Renee Hoffinger, MHSE, RD – Excellence in Practice, Addictions
Betty Lucas, MPH, RD, CD – Excellence in Practice, IDD
Molly Kellogg, MS, RD, LCSW – Excellence in Practice, Eating Disorders
Zaneta Pronsky, MS, RD, FADA – Excellence in Practice, Mental Illness
Shirley Ekvall, PhD, FAAMD, FACN, RD – Distinguished Member

Speaker Stipends

Two speaker stipends were awarded this year. BHN financially supported a presentation by Jenni Schaefer on behalf of a BHN member, and BHN also provided financial support to Charlotte Caperton-Kilburn, who represented BHN at the American Overseas Dietetic Association Conference in Malaysia.

Other Member Benefits

BHN continued to provide member discounts to BHN events and on BHN publications

FINANCIAL STATEMENT

Revenues=	\$31,789
Expenses=	\$55,628
Deficit=	(\$23,839)

Thank you to everyone named above and everyone who worked behind the scenes to make 2008-2009 a fabulous year for BHN. Words can't express how much I appreciate your support of me as Chair, and your ongoing efforts toward the advancement of BHN DPG and the practice of dietetics in behavioral health. I am confident that Chair-Elect Andrea Shotton, MS, RD, will continue to lead us wisely toward our goals.

Respectfully Submitted,

Jessica Setnick, MS, RD, CSSD
2008-2009 Chair, Behavioral Health Nutrition DPG