



# renewED REVIEW

A SEMI-ANNUAL NEWSLETTER | SPRING 2018

## PROVIDING SUPPORT FOR THOSE AFFECTED... AND LOVED ONES!

*Kathy & Marbut Gaston*



"Your daughter has an eating disorder!" Hearing these words wasn't something we ever expected to hear during our daughter's first year in college. As we tried to educate ourselves about this disease, we became more frightened and confused. How long would it last? What we should say to her? Would she recover? These were just a few of the questions swirling around in our brains. Feeling alone and scared, we talked with some good friends dealing with the same disease and felt we needed to be proactive. We also talked with our doctor, Ovidio Bermudez, about

starting a support group. At the time, he and Reba Sloan were starting a new statewide organization, The Eating Disorders Coalition of Tennessee (now Renewed), and suggested our support group come under their umbrella. After researching other types of support groups, I wrote guidelines that have been used by new groups in Knoxville, Memphis, Jackson and several other states who wanted to start their own support systems. Our free support group, Families Supporting Families ("FSF"), held our first meeting in 2002. FSF serves loved ones who have someone struggling with eating disorder issues. These confidential meetings, held twice a month, provide a place where family members can learn more about eating disorders, how to take care of themselves while supporting their loved ones, offer hope for others, and most of all share their fears and frustrations of this horrible disease.

Last year over 150 people attended our Nashville group. While we have new families who come, we also have a committed group of people who have loved ones in recovery but continue to attend to offer hope to others. My husband and I feel blessed that our daughter is now in a good place in her recovery and continuing to facilitate this group is our way of showing our gratitude.

**"Family Supporting Families gave me the strength to seek counseling that allowed me to step back into life — a life that I had given up by virtue of accommodating a loved one's illness."**

**– Families Supporting Families Participant**

2120 Crestmoor Road  
Suite 3000

Nashville, TN 37215

615.831.9838

[www.renewedsupport.org](http://www.renewedsupport.org)

### BOARD OF DIRECTORS

Jena Layne, *Chair*

Liza Lentz, *Vice Chair*

Kim Bundy, *Secretary*

Bryant Tirrill, *Treasurer*

Garrett Asher

Angela Courtney

Susan Moll

Jan Gessler Pate

Mary Romano, MD

Anne Toomey

Lanta Wang

### YLC REPRESENTATIVE

Samantha Harris

### HONORARY CO-FOUNDERS

Ovidio Bermudez, MD

Reba Sloan, MPH, LRD, FAED

### ADVISORY BOARD

Nancy Beveridge, MD

Ellie Billington

Kathy Gaston

Charles N. Martin

Linda Morphis

Kathleen Morphis Yabroudy

### RENEWED STAFF

Deb Sandvik

*President & CEO*

Courtney Grimes

*Clinical Director*

Lauran Sauter

*Director of Marketing*



## A MESSAGE FROM RENEWED'S PRESIDENT & CEO DEB SANDVIK

As we plan to begin our new fiscal year in July, we are focused on building the infrastructure needed to support growth and expansion of our program and services. Through the generous support of the **Joe C. Davis Foundation**, we will soon add a new part-time position targeting outreach and development efforts to help us effectively reach more schools and community groups. We will also launch a body positive curriculum and utilize trained volunteers to deliver presentations on prevention and early intervention efforts. We

believe this is the *right tool* at the *right time* to begin the conversation with those who are at risk for developing eating disorders.

All our services are provided free of charge, and unfortunately **free doesn't come cheap**. Please consider making a gift today to support the mission and programs of Renewed – and help us ensure no one faces this complex and potentially life-threatening illness alone. One gift can truly make a difference in the life of someone who is suffering in silence! Thank you for being a part of our Renewed community!

## NOTED: SONGS, SIPS & STORIES – WHAT A NIGHT!

On Thursday, February 8, 2018, Renewed hosted its 3rd annual Noted: Songs, Sips & Stories signature fundraiser at City Winery Nashville. It was an evening full of great music, wine and fellowship, all to help those who are affected by eating disorders and body image concerns in Tennessee.

The evening started off with a lively cocktail hour which included complimentary beer and wine (graciously donated by Rob Pinson from Waller Law), passed hors d'oeuvres and a silent auction.

The show opened with singer-songwriter Kelleigh Bannen and five of her amazing friends: Cassadee Pope, Mickey Guyton, Natalie Stovall, Maggie Rose and Kalie Shorr. This talented group of artists delighted everyone with an “in the round” performance, in addition to bravely sharing their personal stories of recovery from disordered eating and body image concerns.

After a standing ovation for Kelleigh and friends, longtime Renewed volunteer and supporter, Mary Lee Bartlett, shared her powerful story of recovery with the sold-out crowd. You could hear a pin drop in the room as she captivated the audience by describing her struggles and triumphs.

To close the show, hit singer-songwriter Rivers Rutherford took the stage. Rivers certainly did not disappoint as he shared heartfelt stories and played some of his top hits from over the decades. Rivers was a definite crowd-pleaser and we think it is safe to say that no one wanted his set to end!

Thank you to everyone who made our 3rd annual Noted event such a huge success!





## VOLUNTEER SPOTLIGHT

*Kristin Finch*

As a young girl, I learned early on that some things were not meant to be discussed. I began to have my secrets, my own shame-filled world that I kept from my family and friends. When I became a young adult, this shame-filled world fueled my eating disorder. I lived out my bulimia in the dark, shutting everyone else out, hoarding my secrets and never allowing others to really see me. Then, I moved to Nashville and my secret world needed to be exposed so that I could heal. I began recovery in Nashville and was connected with Renewed, where my shame was met in a support group by others saying “me too.” I felt the power of the secrets dissolve and the strength of recovery begin to take over. Sitting in the rooms of Renewed, sharing parts of myself that I never thought others would understand, and being met with nodding heads changed my life forever. It is what made me want to keep coming back to group, it is what made me want to volunteer for Renewed, it is what made me want to share this organization with anyone who would listen, and it is what drove me to pursue my Master’s degree in clinical mental health counseling.

Now, years into my recovery, I desired the connection with other adult women who have also experienced an eating disorder and found recovery. Out of this desire, ConnectED was birthed and it has been my greatest honor to co-facilitate a group that allows continued connection around a topic needing to be spoken in order to fight the shame that exists around eating disorders. Our group has grown tremendously, which, in some ways, reveals the sad reality that eating disorders are rampant, but, in other ways, reveals the great desire for a community of understanding.



## THE WORK YOU MAKE POSSIBLE

Through your generous support, we have been able to accomplish the following during our current budget year (July 1, 2017 - March 31, 2018):

- Assisted **681 INDIVIDUALS** with treatment referrals through our personalized assistance program and the Renewed website.
- Spoke to **754 STUDENTS** about eating disorders awareness and recovery.
- Hosted **175 SUPPORT GROUPS** and programs for high school females, adult males, adult females, college-aged females and family members of loved ones with an eating disorder.
- Trained **165 PROFESSIONALS** on the best practices of recognizing and treating eating disorders.
- Held our 3rd annual **NOTED: SONGS, SIPS & STORIES** event with 265 community members in attendance.
- Planned for **2 NEW SUPPORT GROUPS** in the near future for women 50+ and the LGBTQ community.

## BOARD MEMBER SPOTLIGHT

*Mary Romano, MD*

It has been my privilege to serve on the Board of Directors for Renewed since 2015. In my role as an assistant professor in the Division of Adolescent Medicine at the Monroe Carell Jr. Children’s Hospital at Vanderbilt, and work as a member of the Adolescent/Young Adult Eating Disorders treatment team, I am extremely aware of the pressures and mixed messages young people hear about their bodies. I am a champion of Renewed because of the life-changing role they play in providing educational resources and referrals for providers who are on the front-lines, as well as the support and education they provide for patients and families who are fighting this disease. Eating disorders can affect patients and families of all ages, all races and individuals of all shapes and sizes; I am so thankful that our state has an organization like Renewed to help battle this devastating illness.



# WAYS TO GIVE: HERE'S HOW YOU CAN MAKE A DIFFERENCE!

**MAKE A DONATION:** Make a gift today to help change a life! One-time donations can be made online by visiting [www.renewedsupport.org/give](http://www.renewedsupport.org/give) or by sending a check to 2120 Crestmoor Road, Suite 3000, Nashville, TN 37215.

## JOIN THE "THRIVE"

**CAMPAIGN:** Make a gift to help sustain the future of Renewed through our "Thrive" campaign.

## JOIN THE MONTHLY GIVING PROGRAM:

Make a commitment to provide ongoing support for as little as \$5/month to ensure free programs and services for those impacted by eating disorders.

## GET SOCIAL:



For more information on giving opportunities, please contact Deb Sandvik at **615.831.9838** or [deb@renewedsupport.org](mailto:deb@renewedsupport.org).



**renewED**

EATING DISORDERS SUPPORT

2120 Crestmoor Rd., Ste. 3000  
Nashville, TN 37215  
615.831.9838

Nonprofit Org.  
US Postage  
**PAID**  
Nashville, TN  
Permit #130

## SAVE THE DATE!

### OCT. 12, 2018

Join us for our 15th annual Renewed Eating Disorders Conference this fall at the Millennium Maxwell House in Nashville!

### FEB. 7, 2019

Save the date for the 4th annual Noted: Songs, Sips & Stories! Please stay tuned for more details, including talent line-up and ticket information in the near future.

### 2019 – FASHION FOR EVERYBODY RETURNS!

We are excited to announce that one of Renewed's signature events, Fashion for EveryBODY, will be making its return in 2019! Please let a Renewed staff member know if you'd like to be involved in the planning process of this fun event.