



renewED REVIEW

A SEMI-ANNUAL NEWSLETTER | WINTER 2018

RENEWED: A PLACE OF HOPE & HEALING

Michelle Eckland



A common topic that comes up in support groups and programs at Renewed is shame. Shame about having an eating disorder and struggling with something that seems “simple” to many people. The truth is, I’ve struggled with anorexia, over-exercising, and body image issues ever since I went through puberty. But I try so hard to hide it. I’ve sought all levels of treatment, multiple times, but for some reason it’s hard to admit that to others. However, I have recently come to realize that there’s no shame in asking for help.

It’s difficult coming back from treatment. Leaving accepting friends and a safe, trigger-free environment behind is no easy task. But then enters Renewed. A few years ago when I was first introduced to Renewed, I was amazed that the groups are all free of charge! I quickly became involved with the adult women’s group (ConnectED), the art therapy group (PaintED) and the music therapy group (Harmonized).

Over the years, these groups have become my “safe place” where sometimes I laugh, sometimes I cry, but I always connect with others and know that I am not alone. I always leave groups feeling better. Renewed is a place where you are truly accepted and loved for who you are.

I still have days where I struggle, but I feel closer to recovery than ever before. I am beyond thankful for an organization in my community like Renewed that I can always lean on to help conquer my challenges and celebrate my victories along my journey. Because of Renewed, I am not alone.

“I’ve spent decades suppressing my feelings and isolating myself. Renewed has helped me to start to feel my feelings again, as well as start to build safe relationships I wouldn’t have otherwise.”

– Renewed Program Participant

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HAPPY HOLIDAYS FROM RENEWED!

In the spirit of Thanksgiving, we are so very grateful to all of you for the role you play in our community of hope, healing, and recovery. Helping others is at the core of Renewed's mission. Whether an individual is in crisis or recovery – or a clinician seeking treatment resources for a patient, Renewed provides hope, education, and a robust network of support. The feeling of connection through our talk-therapy groups and transformative programs truly empowers our participants with acceptance and compassion, and reaffirms they are not alone.

As we celebrate 16 years of service to the Middle Tennessee community and beyond, we continue to deepen our impact and reach more individuals in need of assistance. Without state or federal funding, we rely on the generosity of individuals to help fund our programs. With your help, we can deliver more targeted prevention and education programs

to adolescents and other undeserved populations. Please consider making a gift today, and thank you for your support and commitment to Renewed!

With gratitude,
Deb Sandvik, Courtney Grimes & Lauran Sauter
Renewed Staff

CELEBRATING THE 15TH ANNUAL RENEWED EATING DISORDERS CONFERENCE!

On Friday, October 12, 2018, Renewed hosted its 15th annual Renewed Eating Disorders Conference in Nashville. It was a great day full of learning, networking, and joyous reunions among seasoned professionals in the field, as well as those new to the field.

Throughout the day, over 100 attendees and treatment center sponsors enjoyed a powerful speaker lineup, as well as diverse topics, such as shame, brain development, intimacy, creative interventions, body image, and various treatment modalities.

Thank you to everyone who helped to make this year's conference a huge success! We hope you will join us in Music City for the 16th annual Renewed Eating Disorders Conference in fall of 2019!



VOLUNTEER SPOTLIGHT *Mackenzie Fox*

My involvement with Renewed started while I was still in college and my mentor brought me to a board meeting! It was my first bit of education as to what eating disorders were and the impact that they had on people. A year after I graduated, I reached back out to Renewed to ask for help for myself and started my recovery process with Renewed by my side.

As I started to heal from my own eating disorder, I began volunteering with Renewed in any capacity that I was able to. I've worked events, representing Renewed to our community and spreading the message and written blog posts for the website to share my recovery story. Recently, I've become a speaker for the Speakers Bureau to continue to spread the work that Renewed does and have joined the Noted Host Committee for the 2019 event. In addition to the volunteer work, I also facilitate the EmbracED support group that serves our LGBTQ+ members.

Being involved with Renewed has taught me a lot about the impact you can make in the lives of people who need it by just showing up, by asking what you can do. I've used this experience to further my career, pursuing a higher level counseling degree in hopes of being able to impact my community like the staff, volunteers and supporters of Renewed have. What came out of a dark period of my life has been transformed to a 'renewed' experience and outlook on life.



THE WORK YOU MAKE POSSIBLE

Through your generous support, we have been able to accomplish the following in 2018:

- Assisted 710 individuals with treatment referrals through our personalized assistance program and the Renewed website.
- Spoke to 946 students about eating disorders awareness and recovery.
- Hosted 176 support groups and therapeutic programs for high school girls, adult men, adult women, college-aged women, LGBTQ community members and family members of loved ones with an eating disorder.
- Trained 264 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.
- Hosted our first ever "Empowerment Day": a healing day of art, music and journaling!

BOARD MEMBER SPOTLIGHT

Bryant Tirrill

It has been an honor to serve on the board of directors for Renewed since 2015. Through my many roles with the organization, including serving as Treasurer, it has been an immensely rewarding experience. My involvement with Renewed began when I was asked to join the board, even though I knew very little about the organization. I quickly recognized the need for these services in our community and was impressed with the mission and leadership from the start. Hearing success stories shared by staff members in the form of "thank you" notes from the individuals and families that we serve, meeting program participants who had nowhere else to turn for help, and networking with clinicians who are on the front lines of this devastating illness. I am so very proud to be a part of an organization that changes lives by offering hope and support to help those impacted by eating disorders throughout Tennessee.



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

MAKE A DONATION: Make a gift today to help us provide life-saving programs for those in need! One-time donations can be made online by visiting www.renewedsupport.org/give or by sending a check to **2120 Crestmoor Road, Suite 3000, Nashville, TN 37215.**

THRIVE 2.0 ANNUAL

CAMPAIGN: Make a year-end gift to help sustain the future of Renewed programs through this fund.

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.



renewED

EATING DISORDERS SUPPORT

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SAVE THE DATE!

11.27.18: #GIVINGTUESDAY

Join us for #GivingTuesday, an online day of giving back to nonprofit organizations on the heels of Black Friday & Cyber Monday! Keep an eye on your inbox for more information on how to get involved!

2.28.19: NOTED

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.