

F.E.A.S.T STRATEGIC PLAN 2018



Mission

Families Empowered and Supporting Treatment of Eating Disorders is an international organization of and for parents and caregivers of eating disorder patients. F.E.A.S.T. serves families by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

Values

- Trusted
- Reliable
- Independent
- Inclusive
- Science-based
- Family-focused
- Reduce Stigma

Principles

- Eating disorders are biologically based mental illnesses and fully treatable with a combination of nutritional, medical, and therapeutic supports.
- Parents do not cause eating disorders, and patients do not choose eating disorders.
- Parents and caregivers can be a powerful support for a loved one's recovery from an eating disorder.
- Blaming and marginalizing parents in the eating disorder treatment process causes harm and suffering.
- Patients should receive evidence-based treatment, when available.
- Families should be supported in seeking the most appropriate treatment in the least restrictive environment possible.
- Food is medicine: all treatment should include urgent and ongoing nutritional rehabilitation.
- When the family is supported, the patient is supported.
- Siblings and parents are affected by a family member's illness; their needs deserve full attention, too.
- Parents have a unique capacity to help other parents with support, information, and the wisdom of experience.
- F.E.A.S.T. is committed to a coalition-building model of advocacy work that requires mutual respect among caregivers, professionals, and patients.

STRATEGIC PRIORITY AREAS

STRATEGY

ACTIONS

A. Support Families

- Families are connected with F.E.A.S.T to receive understanding, information and peer support to work with specialised treatment teams supporting their loved ones to recovery

1. Maintain an informative, user-friendly Website

2. Maintain and develop moderated peer support forums

3. Establish a call-in line.

4. Provide resources

5. Maintain a current contact database

6. Collaborate and advocate

1. Website development

2a. Offer moderated online forums

2b. Determine opportunities & challenges for peer to peer support, delivering online & local support via current mediums as well as new mediums

3. Obtain board approval for this opportunity

4a. Family Guides:

Continue Family Guide program as is on new website
Update Family Guides and establish as print on demand globally and online

4b. Glossary, Wiki, Hall of Fame, Recipe Book:

Decide whether each of these is a valuable resource & whether we wish to keep producing & updating

5. Build & maintain a database to enable communication with. analysis and reporting on F.E.A.S.T. community

6a. Establish & maintain relationships with carers, health professionals & other members of our community

6b. Establish F.E.A.S.T. as a voice that is sought, respected, listened to

6c. Promote need for further research

6d. Disseminate information

6e. Establish functioning Task Forces in each region

6f. Support Parent Advocacy

STRATEGIC PRIORITY AREAS

STRATEGY

ACTIONS

B. Make F.E.A.S.T Operationally Sustainable

- Board members & volunteers are engaged & productive.
- FEAST is financially independent with the surety of regular donations & grants ensuring the ongoing operations & projects of the organisation.

1. Maintain a current contact database (see above)

2. Increase volunteer participation

3. Enhance financial stability

4. Document & streamline operations

5. Collaborate & Advocate

- 1a. Identify donors & potential donors on database
1b. Maintain a robust relationship with the community

- 2a. Appoint Volunteer Coordinator
2b. Build volunteer database,
2c. Prioritize tasks & projects for volunteers

- 3a. Establish efficient, transparent financial process
3b. Establish fundraising strategy
3c. Implement fundraising strategy

- 4a. Create policy manual detailing operational procedures
4b. Assure adequate staffing for all programs & operations

5. Reach out to potential donors, establish F.E.A.S.T. as a valid, worthy recipient of funds

C. Promote Evidence-Based Treatment

- Accurate, up-to-date and credible information available to families. Carer & consumer informed research taking place internationally

1. Website (as above)

2. Call in-line (as above)

3. Attend & participate in conferences

4. Host educational events

1. As per A1 above

2. As per A3 above

3. Decide on annual calendar of participation

- 4a. F.E.A.S.T. of Knowledge - training, community-building, F.E.A.S.T.-illustrating event for families & allied professionals to follow AED's ICED 2019
As above for AED's ICED 2020

- 4b. Host other educational events as opportunities arise, may be in partnership eg EDANZ, EDFA