

# 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