

Dewpoint

The point at which
change occurs.



In **January** of 2018, we started to hit the ground running with our 20/20 vision, to create a **multi-disciplinary center** to meet the needs of clients in Berrien County with eating disorders. For starters our programming consisted of two parts; 1. Dewpoint: E.D., for individuals with **anorexia, bulimia, and ed nos** and 2. Dewpoint: B.E.D. **binge eating disorder group**. This year we have added a **caregiver's support group** and invested in creating community awareness by deepening our connections with SMEDA Lakeshore and utilizing **Michelle Schaefer, a local dietician/nutritionist** as a consultant and community liaison. Michelle has worked as an educator at Lake Michigan College for twenty years as well as working with InterCare's Mother-Infant Health Program providing our community with a long legacy of health and wellness training. With the help of passionate providers, like Michelle, Well of GRACE Ministries and SMEDA plan to change the landscape of services in Berrien County for eating disorders.



SMEDA Lakeshore Chapter meets at Well of GRACE Ministries the **second Tuesday of each month** and their goals are:

- To **educate** the public in our community about anorexia nervosa, bulimia nervosa and other eating disorders.
- To **educate** professionals in our community about eating disorders, their diagnosis, and treatment.
- To **advocate** for better detection and care for patients suffering from eating disorders.
- To **further the knowledge and expertise** of SMEDA's members and others who work with individuals with eating disorders.

Since, our partnership with SMEDA, we are creating a network of providers in **Berrien County** who are passionate about helping this population. SMEDA sends out monthly informational emails to assist providers with resources to better diagnose, treat and support eating disorder clients.

The facts are startling! Did you know...

A mere **10% of people with eating disorders receive treatment**, and of those only 35% seek treatment from a facility that specializes in eating disorders.

Eating disorders have **the highest mortality rate of any mental illness**. For women ages 15 to 24, the mortality rate of anorexia is 12 times higher than any other cause of death.

More than **50% of teen girls** and nearly **33% of teen boys** admit to using unhealthy methods to control their weight including smoking cigarettes, skipping meals, fasting, vomiting, or taking laxatives.



On **April 25th**, Well of GRACE was the local non-profit to receive **give-back dollars** from our friends at Silver Beach Pizza in St. Joseph, Michigan. From the friendly staff to the nostalgic train depot feel, including Joshua Andres' train sculpture; the pizza, appetizers and drinks made for a wonderful night of fellowship. Friends, board members and staff, dined out with their families to support the cause. Whether they chose a "Garlic Greek" or "Palladium" all seemed to fuel conversation and connect. This year, we have delegated all **\$708.75 SBP give-back dollars to our Dewpoint programming**. We are grateful to **Ashley Viengmyxay** for coordinating schedules with us and **David Costas, Jay Costas and Tony Bertig** for "giving back" in Berrien County. Thank you to our friends at Silver Beach Pizza: your contribution has helped us reach our **Upton Foundation matching grant goal of \$5,000.00**.