

Dear _____:

We are writing to let you know about a research study available to behavioral health providers in your area, led by Denise Wilfley, PhD, and Sarah Hampl, MD. Denise Wilfley is the Director of the Center for Healthy Weight and Wellness and professor at Washington University. Dr. Wilfley is an expert in evidence-based approaches for the treatment of obesity and weight-related disorders. Sarah Hampl, MD is a general pediatrician in weight management services and the PHIT Kids program at Children's Mercy Hospital. Dr. Hampl has been working in the area of childhood obesity for the last 13 years and is involved in prevention, treatment and community advocacy activities in the Kansas City area. We are looking for licensed providers (professional counselors, psychologists, and social workers) to participate in research study evaluating a training program for providers like you.

Missouri Medicaid (MO HealthNet) plans to expand coverage to include payment to provide medical nutrition therapy and family-based behavioral therapy for children with obesity. This decision is based on a review by the US Preventive Services Task Force, which found evidence in favor of these services.

As a behavioral health provider participating in this research, you would attend a training designed to help you deliver comprehensive, family-based behavioral treatment for childhood obesity for children ages 5-19 who are diagnosed with obesity and insured by Missouri Medicaid. The principles of this training are also applicable to weight management treatment services for adults.

The study involves a 2-day, in-person training on **April 25-26, 2019** at Children's Mercy Hospital (details to follow). The training will be led by experts in childhood obesity treatment and psychology with additional support from experts in pediatrics and nutrition. The training will overview a family-based approach to managing childhood obesity and will include but not be limited to the following:

- **Examining the current evidence about the prevalence of childhood obesity, the need for treatment, and the role of the MO HealthNet Childhood Obesity Treatment Program;**
- **Instructing for guiding behavior change with parent and child focusing on improvements in nutrition and physical activity behaviors as well as positive parenting;**
- **Assisting the family in building and establishing lasting changes through goal setting and self-monitoring; and**
- **Review best practices for care coordination and communication with referring providers.**

As a study participant you will also complete the following:

- Pre- training, post-training, and 6 month follow-up surveys
- Weekly consultation calls for 6 months to receive expert consultation to monitor and support your learning in the treatment approach and to learn from others who are implementing the treatment

Continuing education units have been applied for and approved via American Psychological Association (APA) as well as for Social Work. After completing the training, eligible participants will be able to submit their professional required information and a certificate awarding the CEs will be provided. Academic and health care providers are partners in this effort to provide the training for this needed and comprehensive family-centered treatment for children with obesity.

This is a voluntary research opportunity. If you would like more information or wish to enroll in the study, please, email the study coordinator, angeladlima@wustl.edu or call (314)286-2083. **There are a limited number of spots; registration will close on April 19, 2019 or as soon as the spots are filled.**

Sincerely,

Denise E. Wilfley

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