

BETTY BOWMAN FINDS PURPOSE IN SUPPORTING THOSE RECOVERING FROM EATING DISORDERS

Passionate about helping those with eating disorders and other mental health struggles, Betty Bowman has worked with individuals and their families for more than eight years.

Through serving as a Congregational Care Minister and a Spiritual Director at Highland Park United Methodist Church as well as on the Advisory Board of Something for Kelly, a nonprofit with a goal to empower and assist those with eating disorders and other mental health difficulties, Betty has mentored countless individuals with eating disorders at various

stages of recovery, starting a support group and speaking to community organizations.

Something for Kelly is named in tribute of Kelly Burk Nobbe, who passed away from an eating disorder in 2009. The nonprofit offers comprehensive resources for mental health and well-being and stays up to date on innovations in science and the brain. Betty shared that the foundation partners with like-minded groups to educate and advocate for mental wellness, with an emphasis on eating disorders. "Something for Kelly is currently partnering with Mental Health America of Greater Dallas, Grant Halliburton Foundation, EDGI - the Eating Disorder Genetics Initiative and UNC Health," she said.

Betty struggled with her own eating disorder when she was 17, at a time when there were few treatment options or support programs and people did not talk about eating disorders. She recovered and can identify with, relate to and have empathy for those suffering with eating disorders and the impact it has on the individual and family.

"A person does not wake up one day with an eating disorder," Betty said. "There are usually co-occurring mental health issues that lead to it. Many of the signs and symptoms of eating disorders and other mental health issues can begin at a very early age."

Having lived in Preston Hollow for 12 years, her husband, Ed, and three children, ages 23, 26 and 27, support her by being understanding of her time and emotional commitments. "I feel that volunteering with Something for Kelly and mentoring those with eating disorders gives me a sense of purpose," she said. "It is very important that we remove the stigma around these mental health issues and get people talking openly about them."

Something for Kelly seeks young people as next generation liaisons. You can learn more about mental health, donating or volunteering at SomethingForKelly.org.

