



# AED

ACADEMY FOR EATING DISORDERS



## Calling All Professionals & Students Working in the Field of Eating Disorders!

## JOIN US!

**The Academy for Eating Disorders is a global professional association committed to leadership in eating disorders research, education, treatment, and prevention.**

- AED:**
- 1.** Generates knowledge and integrates collective expertise
  - 2.** Provides platforms for the promotion of understanding, sharing of knowledge, and research-practice integration
  - 3.** Builds capacity in the next generation of eating disorder professionals
  - 4.** Fosters innovation and best practice by recognizing excellence in the field

With members in 48 countries and on 6 continents, AED is the professional community for those seeking to define and disseminate insight and information on evidence-based best practices in the treatment of eating disorders.

- **AED's Annual International Conference of Eating Disorders** is the preeminent scientific conference for scholars and researchers that spans research and education from basic science to cutting edge theory and practice.
- **AED provides discounted membership** and participation rates to students.
- **AED maintains almost 30 special interest groups** to help members with common interests interact.

— **The Student SIG** helps student members of the Academy to interact with one another, collaborate, and offer guidance in various areas.

— **The Universities Special Interest Group (USIG)** works to discover and develop expertise for university health professionals to help them support the recovery of students with eating disorders who are attending colleges and universities.

— **The New Investigators SIG** provides guidance and mentoring for undergraduate and graduate students, postdoctoral fellows, junior faculty members and clinicians who are new to the research community

— **AND MUCH, MUCH, MORE!**

**Interested in learning more?** Visit our website at [www.aedweb.org](http://www.aedweb.org)

**Call or email** us and let us explore how we can be helpful at: +1 703-234-4079 | EMAIL: [info@aedweb.org](mailto:info@aedweb.org)

Academy for Eating Disorders | 11130 Sunrise Valley Drive | Suite 350 | Reston, VA 20191 USA | Fax: +1 703-435-4390



# Introduction

## HynesRecoveryServices

let the healing begin

396 Washington Street, Ste. 392, Wellesley, MA 02481 • [www.hynesrecovery.com](http://www.hynesrecovery.com)

### Support Services:

**Helpline:** Our primary mission is to support any college student (and/or family member) who is seeking guidance with identifying appropriate resources for an individual's mental health issues. We are also available to assist university-based health care practitioners, who may be seeking additional providers for a student's outpatient treatment team.

### National Treatment Directory:

One of our most important roles at Hynes Recovery Services is to ensure that we are providing college students with the most useful information about treatment options throughout the country – based on the information shared with us during their initial assessment. With this in mind, our organization has created a very comprehensive treatment guide, which includes eating disorder and other support services specifically geared for college students in any stage of the recovery process.

### Event Calendar:

HRS maintains a comprehensive list of awareness events, trainings, and webinars throughout the country on eating disorders and other related topics of interest to students, their families, and treatment providers.

### Awareness Events/Trainings:

HRS is committed to offering annual awareness events that provide information and support to students and their families, as well as training opportunities for health care practitioners (including a bi-annual Eating Disorder Symposium).

### Partner Initiative:

Hynes Recovery Services has created the “**ED Recovery on Campus**” campaign to not only address the lack of support for those in crisis, but also the crucial need for on-campus practitioners to receive guidance on how they can most effectively treat this challenging student population. While developing this important program, we have been collaborating with several non-profits and treatment facilities nationwide. To learn more about our campaign, as well as our wonderful partners, please click [here](#).

### Advocacy Initiative:

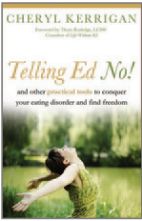
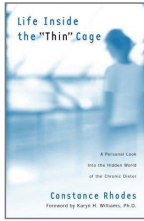
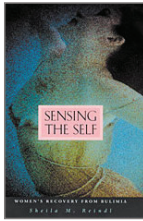
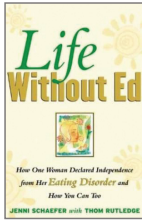
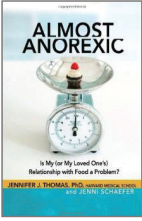
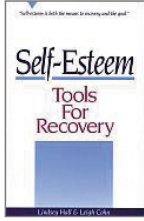
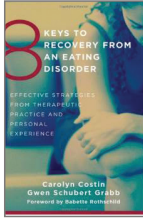
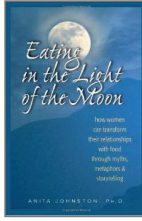
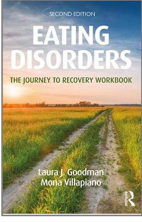

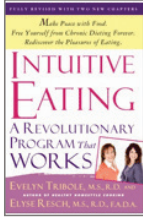
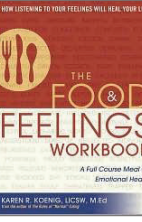
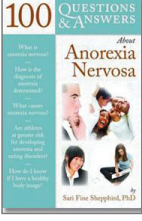
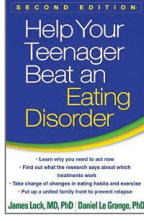
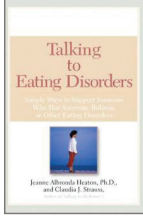
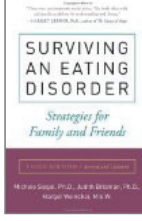
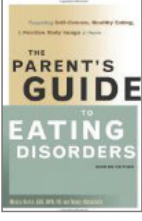
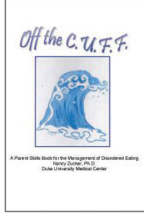
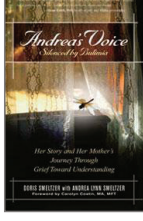
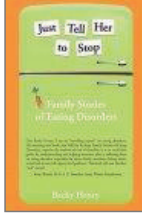
There are many misconceptions about eating disorders that contribute to the stigma experienced by those who struggle with them. It is commonly thought that eating disorders are simply about food, appearance or beauty ideals. Dispelling such myths and educating the public on the reality of eating disorders is critical to decreasing the stigma associated with these illnesses and increasing help-seeking behavior.

In order to effectively enact change, eating disorder survivors, allies, clinicians, and researchers will need to work together to generate increased awareness and improve patient outcomes. Additional research initiatives, participation in lobbying efforts, and openly sharing personal experiences are a few examples of the multitude of advocacy efforts necessary to bring attention to the critical needs of individuals and families affected by eating disorders. HRS is excited to join our colleagues in supporting these important initiatives.

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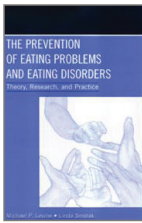
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# Recommended Reading

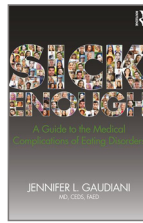
FOR STUDENTS	 <p><b>Telling Ed No! And Other Practical Tools to Conquer Your Eating Disorder and Find Freedom</b> (Cheryl Kerrigan)</p>	 <p><b>Life Inside the "Thin" Cage</b> (Constance Rhodes)</p>	 <p><b>Sensing the Self: Women's Recovery from Bulimia</b> (Sheila Reindl)</p>	 <p><b>Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too</b> (Jenni Schaefer with Thom Rutledge)</p>
	 <p><b>Almost Anorexic: Is My (Or My Loved One's) Relationship with Food a Problem?</b> (The Almost Effect) (Jennifer Thomas and Jenni Schaefer)</p>	 <p><b>Self-Esteem: Tools for Recovery</b> (Lindsey Hall and Leigh Cohn)</p>	 <p><b>8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience</b> (Carolyn Costin)</p>	 <p><b>Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food through Myths, Metaphors and ...</b> (Anita Johnston)</p>
	 <p><b>Eating Disorders: The Journey to Recovery Workbook</b> (Laura J. Goodman &amp; Mona Villapiano)</p>	 <p><b>The Ritteroo Journal for Eating Disorders Recovery</b> (Lindsey Hall)</p>	 <p><b>Intuitive Eating: A Recovery Book for the Chronic Dieter</b> (Elyse Resch &amp; Evelyn Tribole)</p>	 <p><b>The Food &amp; Feelings Workbook</b> (Karen Koenig)</p>
FOR FAMILIES	 <p><b>100 Questions &amp; Answers About Anorexia</b> (Sari Fine Shepphird)</p>	 <p><b>Help Your Teenager Beat an Eating Disorder</b> (James Lock &amp; Daniel LeGrange)</p>	 <p><b>Talking to Eating Disorders: Simple Ways to Support Someone with Anorexia, Bulimia, ...</b> (Jeanne Albronda Heaton &amp; Claudia J. Strauss)</p>	 <p><b>Surviving an Eating Disorder: New Perspectives and Strategies for Family and Friends</b> (Michelle Siegel, Judith Brisman &amp; Margot Weinschel)</p>
	 <p><b>The Parent's Guide to Eating Disorders</b> (Marcia Herrin &amp; Nancy Matsumoto)</p>	 <p><b>Off the C.U.F.F.: A Parents Skills Book for the Management of Disordered Eating</b> (Nancy Zucker)</p>	 <p><b>Andrea's Voice...Silenced by Bulimia</b> (Doris Smeltzer with Andrea Lynn Smeltzer)</p>	 <p><b>Just Tell Her to Stop: Family Stories of Eating Disorders</b> (Becky Henry)</p>



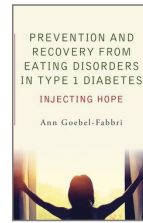
# Recommended Reading



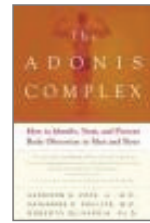
*Prevention of Eating Problems and Eating Disorders* (Michael Levine and Linda Smolak)



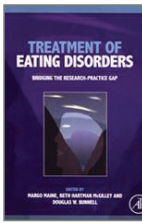
*Sick Enough: A Guide to the Medical Complications of Eating Disorders* (Jennifer L. Gaudiani)



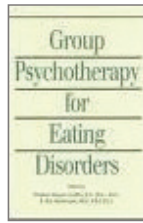
*Prevention and Recovery from Eating Disorders in Type 1 Diabetes* (Ann Goebel-Fabbri, PhD)



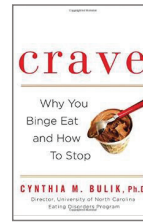
*The Adonis Complex: How to Identify, Treat, and Prevent Body Obsession in Men and Boys* (Harrison Pope, Katharine Phillips & Roberto Olivardia)



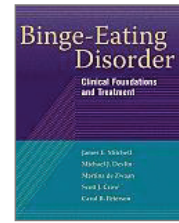
*Treatment of Eating Disorders* (Margo Maine & Beth Hartman McGilley)



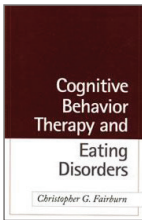
*Group Psychotherapy for Eating Disorders* (Heather Harper-Giuffre)



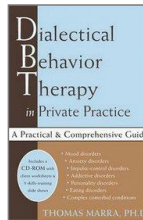
*Crave: Why You Binge Eat and How to Stop* (Cynthia Bulik)



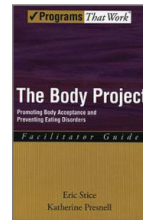
*Binge-Eating Disorder: Clinical Foundations and Treatment* (James Mitchell & Carol Peterson)



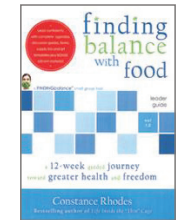
*Cognitive Behavioral Therapy and Eating Disorders* (Christopher Fairburn)



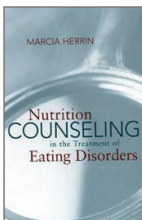
*Dialectical Behavior Therapy in Private Practice* (Thomas Marra)



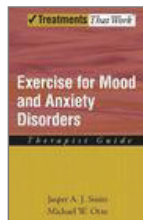
*The Body Project: Facilitator's Guide* (Eric Stice & Katherine Presnell)



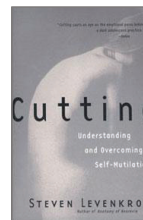
*Finding Balance with Food: Leader Guide & CD* (Constance Rhodes)



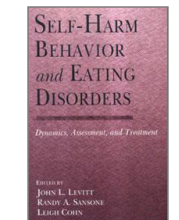
*Nutrition Counseling in the Treatment of Eating Disorders* (Marcia Herrin & Maria Larkin)



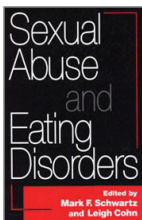
*Exercise for Mood and Anxiety Disorders* (Michael Otto & A.J. Smitts)



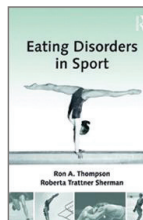
*Cutting: Understanding and Overcoming Self-Mutilation* (Steven Levenkron)



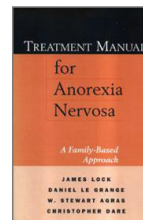
*Self-Harm Behavior and Eating Disorders* (John Levitt & Randy Sansone)



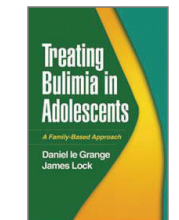
*Sexual Abuse and Eating Disorders* (Mark Schwartz & Leigh Cohn)



*Eating Disorders in Sport* (Ron Thompson & Roberta Sherman)



*Treatment Manual for Anorexia Nervosa: A Family-Based Approach* (James Lock, Daniel LeGrange, W. Stewart Agras & Christopher Dare)



*Treating Bulimia in Adolescents: A Family-Based Approach* (Daniel LeGrange & James Lock)



EATING  
*Recovery* CENTER

Foundation

## Eating Disorders Information Gateway

*Online Eating Disorder Research At Your Fingertips*

Expand your knowledge. Visit the Gateway today.  
[www.EatingRecoveryCenter.com/EDIG](http://www.EatingRecoveryCenter.com/EDIG)

A database designed to advance knowledge and awareness of eating disorders, their treatment and relevant research.

### Topics indexed:

- ☛ All official eating disorder diagnoses, including anorexia, bulimia, EDNOS and binge eating disorder
- ☛ Other disordered eating behaviors and syndromes, including night eating, pica and Prader-Willi Syndrome
- ☛ Related areas of study, including body image and body dysmorphia, self-esteem, weight-based bullying and Health at Every Size®

### Types of resources indexed:

- ☛ Articles from medical journals
- ☛ Articles from organizations and treatment centers
- ☛ Books/Monographs
- ☛ Informational handouts
- ☛ Policy papers
- ☛ Creative works
- ☛ Documentaries and other educational videos

The Gateway provides a free, publicly-accessible portal to materials that advance public understanding of eating disorders.







## OVERVIEW

The Body Project is a dissonance-based body acceptance program designed to help high school girls and college-age women resist cultural pressures to conform to an appearance ideal standard of female beauty and reduce their pursuit of thinness.

The Body Project, which is run in small groups, is supported by more research than any other body image program.

## BACKGROUND

The Body Project Collaborative was formed in 2012 by Drs. Eric Stice and Carolyn Becker to create new training opportunities for people interested in facilitating the Body Project.

Dr. Stice created the Body Project and Dr. Becker pioneered the strategy of training collegiate peer-leaders to facilitate Body Project groups in university settings.

To date, the Body Project has been used by numerous high schools and over 130 college campuses in the US and Canada, and has been implemented in over 10 countries.

Research supports the use of the Body Project not only with those who have elevated body dissatisfaction, but also in more diverse groups of adolescent girls and young women that include those with lower levels of body dissatisfaction.

## RESEARCH SUPPORT

Randomized controlled trials conducted by over 10 independent research labs have shown that the Body Project reduces:

- Appearance ideal internalization
- Body dissatisfaction
- Negative mood
- Unhealthy dieting
- Eating disorder symptoms

In addition, there is evidence that the Body Project reduces the risk for future onset of obesity, results in improved psychosocial functioning, and reduces mental health care utilization.

Lastly, the Body Project has been found to reduce risk for future onset of eating disorders, which means the Body Project can prevent at least some eating disorders.



VISIT OUR WEBSITE:

[www.bodyprojectcollaborative.com](http://www.bodyprojectcollaborative.com)



/ BodyProjectCollaborative

# Eating Disorders Institute Graduate Certificate Program

## OUR SITES:



Plymouth State University, NH



Tucson, Arizona

## FOR MORE INFORMATION

### EATING DISORDERS INSTITUTE CERTIFICATE PROGRAM:

#### Program Director:

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**Website:**

[plymouth.edu/graduate/academics/degrees/](http://plymouth.edu/graduate/academics/degrees/)



**Welcome to the beginning of an exciting, rewarding career specializing in eating disorders.**

The Eating Disorders Institute Graduate Certificate program at Plymouth State University offers a 15 credit program for graduate credit. Additionally a M.Ed. in Health Education or a Certificate of Advanced Graduate Studies (CAGS) with Educational Leadership, Curriculum and Instruction and focused electives of the 15 credit Eating Disorders Institute.

- ◆ Provides professionals with research-based tools, techniques and strategies to use in medical treatment, mental health counseling, nutrition counseling or education and outreach work.
- ◆ Four 3-credit graduate courses are offered in an intensive 2 1/2 day residential format with an online component plus a 120 hour capstone experience in eating disorders.
- ◆ Meets the needs of health and mental health professionals, dietitians, school professionals and others across the country with an interest in this unique specialization. It is also for those interested in becoming a Certified Eating Disorders Specialist in behavioral health, nutrition, or nursing.

**Plymouth State University is the only graduate program in the country offering this innovative program.**



# Eating Disorders Institute Graduate Certificate Program

## Required Courses:

	Credits:
HL 5150 Eating Disorders Clinical	3
HL 5160 Eating Disorders: Awareness, Prevention, and Education	3
HL 5190 Medical and Physiological Aspects of Eating Disorders	3
HL 5180 Nutrition: Education and Counseling	3
HL 5170 Treatment Modalities for Eating Disorders	3

**Total EDI Certificate: 15**

\*HL 5160 is a prerequisite

*The EDI certificate can be completed in 8 months to one year.*

## Benefits:

- ◆ Members of the faculty have 100 years of combined experience in the eating disorders field
- ◆ Easily blended with graduate degree programs or CEU program
- ◆ Low residence schedule to accommodate working professionals and out-of-state students
- ◆ Capstone personalized in the clinical or education/outreach area to meet student's interests and needs
- ◆ Approved site to offer the core eating disorders curriculum that satisfies the International Association of Eating Disorders Professionals (IAEDP) requirement for future certification



"There are very few training opportunities for professionals seeking specialization in the treatment of Eating Disorders. The Eating Disorders Institute (EDI) offers a unique, multidisciplinary training program. I hope this becomes a model program that other universities will adopt."

**-Craig Johnson, a renowned eating disorders expert, Chief Clinical Officer of the Eating Recovery Center**

The Eating Disorder Institute was one of the most unique and beneficial components of my career as a dietitian. The small class sizes created an open and personal learning experience in a retreat-like setting. The program faculty brings real-life experiences and tools that work. The EDI program draws in different professionals and connects the missing links to understand the importance of an interdisciplinary team in the treatment of eating disorders. After graduation, I became the Lead Dietitian of a brand new eating disorder program. I highly recommend this program to primary care providers, counselors, dietitians, nurses, teachers and anyone who touches the lives of those with eating disorders.

Christine Oiler RDN/LDN 2104 EDI M.ED candidate.



## THE HEALTHY MINDS NETWORK (HMN) FOR RESEARCH ON ADOLESCENT AND YOUNG ADULT MENTAL HEALTH

### ABOUT HMN



Based at the University of Michigan School of Public Health, the Healthy Minds Network is dedicated to improving the mental and emotional wellbeing of young people through innovative, multidisciplinary scholarship. HMN addresses the connection between the mental health of adolescents and young adults and their health behaviors, physical health, and social, educational, and economic outcomes. Taking a public health approach, HMN focuses on three main objectives: (1) producing knowledge (*research*), (2) distributing knowledge (*dissemination*), and (3) using knowledge (*practice*). Through its rich array of projects, including its campus mental health survey research, the network serves as a resource for secondary and higher education administrators, researchers, clinicians, policymakers, and the public.

### HMN SURVEY RESEARCH



#### THE HEALTHY MINDS STUDY (HMS)

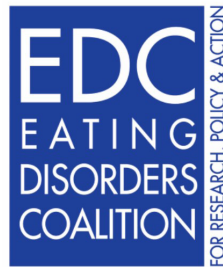
Annual web-based survey examining mental health and related issues (depression, anxiety, eating disorders) and service utilization among college students. Since 2007, HMS has been fielded on ~120 campuses in the U.S. and abroad, with >120,000 respondents. Beginning in academic year 2015-2016, campuses can customize the survey by choosing 2 elective modules in addition to the 3 standard modules that all campuses cover (Demographics, Mental Health, and Service Utilization). Based on feedback from campus practitioners and others, elective modules cover a wide array of topics, including eating and body image, sleep, sexual assault, overall health, and student retention.

HMN survey research is available for implementation at all types of higher and post-secondary institutions, including international colleges and universities.

#### Uses of HMN Survey Data

- Strengthen grant applications
- Advocate for mental health services and programs on campus
- Evaluate programs
- Assess need for programs and services
- Raise awareness of mental health and campus resources
- Make comparisons with peer institutions





## **The EDC advances the recognition of eating disorders as a public health priority throughout the United States.**

*By building relationships with Congress, federal agencies and countless organizations dedicated to health issues, we can effectively influence federal policy.*

### **OUR GOALS**

- Raise awareness among policy makers and the public at large about the serious health risks posed by eating disorders
- Increase federal support of improved access to treatment
- Increase resources for education on and prevention of eating disorders, including the training of all healthcare and mental health professionals
- Increase funding and support for research on the etiology of and best treatment practices for eating disorders
- Promote initiatives that support the healthy development of children
- Mobilize concerned citizens to advocate on behalf of people with eating disorders, their families, and professionals in the field



Photo by Iae Yi, www.jyphoto.com

**JOIN US! WE NEED YOUR VOICE.**

***[www.EatingDisordersCoalition.org](http://www.EatingDisordersCoalition.org)***

**202-543-9570**

Reach  
Higher.

Dream  
Bigger.



# Recovery Campus

RAISING AWARENESS OF COLLEGIATE RECOVERY PROGRAMS

[RecoveryCampus.com](http://RecoveryCampus.com)



INTRODUCING THE

## Addiction Treatment Directory

produced by

**HynesRecoveryServices**  
let the healing begin

in partnership with

TIMBERLINE  KNOLLS



Finding effective treatment for a student in your care can often be a challenging process. Whether this is the first time a student is seeking help, or an individual with an addiction history, college students often report feeling quite overwhelmed during this time. However, it's important for them to know that many treatment options are available.

To guide university staff in securing treatment for their students, Hynes Recovery Services developed a comprehensive directory of addiction resources throughout the Northeast area. And in those cases where a higher level of care is warranted, this directory also includes information on residential treatment throughout the country.

Timberline Knolls Residential Treatment Center is proud to be the exclusive sponsor of this publication.



### Questions, contact:

Carol McCarthy, MBA, RN  
Professional Outreach Representative  
Northeast Region  
Timberline Knolls  
312.758.3259  
carol.mccarthy@timberlineknolls.com



### TIMBERLINE KNOLLS RESIDENTIAL TREATMENT CENTER

40 Timberline Drive | Lemont, Illinois 60439 | 1.877.257.9611 | [www.timberlineknolls.com](http://www.timberlineknolls.com)

Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, offering a nurturing environment of recovery for women and girls ages 12 and older struggling to overcome eating disorders, substance abuse, mood disorders, trauma and co-occurring disorders. An adult partial hospitalization program is available on campus for step down as well as in Orland Park, Ill., for women to direct admit. By serving with uncompromising care, relentless compassion and an unconditional joyful spirit, we help our residents and clients help themselves in their recovery.



# Adolescent Treatment

## Questions to Ask Treatment Programs

### **How effective is your treatment for the symptoms we are looking to address?**

There are many types of treatment programs designed to treat a number of different diagnoses and behaviors. It is important to ensure that the program you are entrusting your child's care to is an expert in treating their needs. Have a frank discussion about what the program treats and what your needs and expectations are for your child's stay.

### **Will my child be assessed to ensure that the program understands their unique clinical needs?**

Treatment planning is difficult if a program is unsure what they are treating or are only treating behaviors or symptoms. Often those behaviors and symptoms are being driven by underlying causes such as anxiety and depression. Ask a program if and how they assess clients in their program.

### **How effective is your program and can you provide me with treatment outcomes for clients you have treated in the past?**

When you make an important purchase, you probably do quite a bit of research. Asking a group of treatment providers about their 'product' can be approached in a similar fashion. Don't be afraid to ask for treatment outcomes. Programs themselves should be interested in how effective their treatment is and will be enthusiastic about sharing the efficacy of their program.

### **How much support will be provided through both individual and family therapy?**

Often, programs provide the same amount of individual and family therapy that was ineffective at home. Providing one hour of individual therapy and one hour of family therapy replicates the home environment. If a family is seeking intensive residential treatment, the amount of individual and family therapy should reflect that as well.

### **My child is a gifted student, artist, athlete, etc. Will your program be able to help them maintain these strengths while in treatment? If so, in what ways will this be accomplished?**

Residential programs exist to treat an area where an adolescent has a deficit that cannot be addressed in the community. All adolescents also have personal strengths that can become marginalized in residential treatment. It is important to inquire about how an adolescent's strengths can continue to be accentuated and nurtured as strengths while receiving treatment away from home.

### **What educational services are available to maintain my child's academic progress?**

The decision to leave home and your community, friends, family and school is very difficult. Returning home with significant gaps in academic transcripts can be especially detrimental to high school students. It is important to ask how a program can supplement classroom work or provide additional tutoring services to help students keep their academic paths intact.

# Adolescent Treatment

## **How will your program support my child's transition from residential care back to the community?**

Successful treatment can be measured by how well an adolescent can transition from residential care to living at home with their family. Programs that excel in this transition provide aftercare services that are prominent prior to, during and after that transition. Ask a program about their communication with outpatient therapists, families and community supports prior to discharge and if aftercare services are available following discharge if difficulties arise.

## **How much professional training and supervision does the staff have?**

Supervision is one of the most important professional development and staff retention tools that a program has. Who is providing the supervision? How often? How frequently are staff meetings and clinical rounds/team meetings held? A clinical and direct line staff that is supported through supervision and team meetings will be better equipped to handle emergencies, have improved communication and report higher satisfaction in their primary job, caring for your child.

## **Who licenses your program?**

All programs are licensed by the state in which they provide services. Often, programs seek a more substantial licensure to ensure that they meet the highest level of care. The gold standard is to be accredited by the Joint Commission (formally JCAHO), which many states require as mandatory for certain reimbursements. Ask if the program is Joint Commission certified and how long they have held that certification.

## **Do you have a list of families that I can speak to about their experiences at your residential program?**

All programs have marketing materials that discuss how great their programs are. What are some ways that you can separate out marketing from substance? Ask for a list of families that have received services at each program you are considering. Families have some of the best viewpoints of a program and can speak to what a program's strengths and weaknesses are.

## **Can I tour your program before my adolescent agrees to attend?**

A picture is worth a thousand words, but sometimes they do not tell an entire story. Seeing a program in person can give you a lot of information about the staff, facility and their ability to ensure that adolescents are well cared for and have a well-maintained environment to do the hard work that needs to be completed. If it is a challenge for your family to visit a facility in person, it may be wise to seek an educational consultant to help facilitate the placement process.

## **[Paradigm Treatment Centers](#)**

# Adolescent Treatment



**Behavioral Nutrition**, located in Quincy, MA, offers Individual Outpatient Therapy, Family Therapy, Medical Nutrition Counseling and Intensive Outpatient Programs for adolescents (females and males; ages 12-17) who struggle with Eating Disorders, Body Image Issues and Obesity. Behavioral Nutrition's integrative treatment model is centered on the connection between mood, eating habits and physical health. Each patient works with a therapist and dietitian, who as a team assess and treat the reciprocal effects of mental health and malnutrition. They also provide Family Therapy for families with children (ages 8-12) who struggle with disordered eating habits, including compulsive over-eating, binge-eating and night-eating.



**Eating Recovery Center (ERC) / Insight Behavioral Health Centers (Insight)** is the only national, vertically integrated, healthcare system dedicated to the treatment of serious eating and related disorders at any stage of illness. ERC/Insight offers best-in-class treatment programs for all patients, no matter their age or gender, struggling from: anorexia, bulimia, binge eating disorder, eating and weight disorder, unspecified eating disorders, as well as co-morbid, co-occurring and dual diagnoses. Led by the world's leading experts, ERC/Insight provides a full spectrum of eating disorder and mood, anxiety and trauma-related recovery services through an unmatched network of multiple locations across several states.



**GAUDIANI CLINIC**

*Expert Medical Care for Eating Disorders*

The **Gaudiani Clinic** offers expert outpatient medical care to people of all ages, sizes, and genders with eating disorders or disordered eating. The Gaudiani Clinic also offers thoughtful care to those who are recovered from an eating disorder. Dr. Gaudiani is one of the only outpatient internists in the United States who carries the Certified Eating Disorder Specialist designation and is internationally recognized as an expert in the eating disorder field. In her role as an expert outpatient medical doctor, Dr. Gaudiani can function as a patient's primary care physician or as an expert adjunctive physician as part of a multidisciplinary team. Through a collaborative multi-disciplinary approach, the Clinic cares for the whole person, in the context of their values. The Gaudiani Clinic also offers telemedicine treatment in numerous states throughout the country. In addition, Dr. Gaudiani offers professional services including private and group consultation, professional webinars, and presentations.



# Adolescent Treatment



McLean *Klarman Eating Disorders Center*  
HARVARD MEDICAL SCHOOL AFFILIATE

**McLean Klarman Eating Disorders Center (KEDC)** provides state-of-the-art treatment for young women ages 16 to 26. Located on McLean Hospital's Belmont, Massachusetts campus, they are a residential and partial hospital treatment program specializing in the treatment of anorexia nervosa, bulimia nervosa and binge eating disorder. KEDC is a unique program, which draws from all the resources at McLean Hospital, offering a full range of child and adolescent psychiatric services including inpatient, partial hospitalization, short-and long-term acute residential, outpatient treatment and specialized academic services. Each program is designed to emphasize a young person's strengths and promote recovery. Rapid, state-of-the-art diagnosis is integrated with thorough psychosocial assessment so that treatment is tailored to the needs of each adolescent. Consistently ranked a top psychiatric hospital by US News & World Report, McLean is the largest psychiatric teaching hospital of Harvard Medical School and a member of Partners Healthcare.



**Next Generation Village** provides a full continuum of care for youth ages 13-17 who are struggling with addiction, substance abuse, and co-occurring mental health disorders. Their highly trained medical staff includes full-time psychiatrists and masters' level clinicians skilled in treating adolescents with addiction and mental health issues. Each patient receives the personalized attention and support they deserve in a beautiful, safe and secure environment. On-site educational services provide their patients with the opportunity to continue their studies, thus allowing for a smooth transition back to school once treatment has been completed. In addition, comprehensive case management and discharge planning equip their patients with the aftercare plans necessary to be successful in recovery. From the very first call, their team works diligently with families in order to alleviate any additional stress or concerns they may have about the treatment process. Regular updates are provided and family sessions are conducted to continue to repair and strengthen relationships while also equipping them with the tools necessary to support their child once they leave their facility.



O'Connor Professional Group

**O'Connor Professional Group (OPG)** offers a continuum of services to address the needs of individuals and families struggling with behavioral health issues that include addictions, mental health issues, eating disorders, and mood and personality disorders. OPG also supports individuals on the autism spectrum, as well as young adults lacking clinical diagnoses, who are struggling with transitions to independence. Their clients include individuals, families, employers, advisors, and other professionals. (Their team of professionals hold expertise, both through advanced training and education and personal experience, who are in recovery from a variety of behavioral health issues). Services are delivered in the home or the community; the range of options includes: interventions, consultations, treatment placements, therapeutic coaching/companion support, case management, family coaching, and an array of customized workshops. Their staff believes in creating tailored, long-term plans that help individuals and their support systems to achieve sustainable recovery. OPG works with clients nationally and does not accept insurance.

# Adolescent Treatment



At **The Renfrew Center of Boston**, they recognize that the onset of difficulties with eating often occurs during adolescence. Because adolescence is a unique developmental period, that carries with it its own needs and challenges, Renfrew has created specific programming at their residential and non-residential sites for adolescent girls ages fourteen and older to address the age-specific issues associated with this developmental phase - educational and academic concerns, peer and relationship issues, sexuality and body image concerns. They treat females only who are struggling with anorexia, bulimia, binge eating disorder, and related mental illnesses. Renfrew's programming at the Boston site consists of a comprehensive range of services, including day treatment, intensive outpatient and group therapy. Renfrew is a preferred provider for most health insurance and managed care companies.



Silver Hill Hospital's Adolescent Eating Disorders Program provides treatment for teens, ages 13-17, who suffer from a variety of eating disorders, including anorexia, ARFID, bulimia and binge eating disorder. As a psychiatric hospital, they are also able to treat the psychiatric disorders that often co-occur with eating disorders such as mood and anxiety disorders, substance use disorders, and personality disorders. Teens are provided with opportunities to learn balanced and stable eating and exercising patterns, develop greater behavioral and psychological flexibility, challenge unhealthy schemas and core beliefs, and develop a sense of self and values that extends beyond the demands of an eating disorder. Their treatment team includes a full-time psychiatrist, psychologist, licensed clinical social workers and dietitian who have experience working with LGBTQ plus and their families as well as teens who prefer a vegan diet. The Adolescent Eating Disorders Treatment Program at Silver Hill offers a strong foundation in Dialectical Behavior Therapy.



SunCloud Health is a private outpatient treatment center for men and women struggling with co-occurring eating disorders, substance use disorders, addictions, mood disorders and trauma. Offering all levels of outpatient care to include individual and outpatient groups, Intensive Outpatient and Partial Hospitalization, SCH is able to work with patients for as long as they need in order to address all aspects of their recovery. SCH is owned and operated by Kimberly Dennis, MD (aka "Dr. Kim"), formerly CEO and Medical Director of Timberline Knolls. Dr. Kim is nationally known and respected for her work in treating anorexia, bulimia, binge eating disorder, compulsive overeating and orthorexia. She and her team understand how co-occurring disorders may contribute to the development of an eating disorder. SCH also understands that pain and trauma is often at the root of most eating disorders and addictions, and its treatment model is designed accordingly.

# Adolescent Treatment



**Timberline Knolls Residential Treatment Center** is located on 43 acres just outside Chicago, offering a nurturing environment of recovery for women and girls ages 12 and older struggling with eating disorders, substance abuse, mood disorders, trauma and co-occurring disorders. Oak Lodge is designated for their adolescent residents, ages 12-18. To ensure that each resident receives the individualized care she needs, Oak has its own dedicated treatment team consisting of a psychiatrist, primary/family therapist, registered dietitian, eating disorder specialist, CADC, nurses and others, who utilize an integrated approach including DBT and expressive therapies. Their young residents attend classes each morning at TK Academy, their program's award-winning on-campus school. Academy staff works with each girl's home school to coordinate approved curriculum so she may continue with her studies during treatment. In addition, Timberline Knolls partners with Tricare to provide treatment for adolescent dependents, ages 12-20, who have a mental health primary diagnosis, including an eating disorder.



**Veritas Collaborative** is a specialty healthcare system for the treatment of eating disorders. Their spectrum of care includes inpatient, acute residential, partial hospitalization, intensive outpatient, and outpatient levels of care for individuals ages 8 and older. Accredited by The Joint Commission, Veritas Collaborative delivers individualized, evidence-based care in a gender-diverse and inclusive environment. Multidisciplinary treatment teams – made up of physicians, psychiatrists, dietitians, culinary professionals, therapists, nurses, and skilled therapeutic assistants – aim to equip individuals and families with skills to continue recovery in the home environment. At every turn, Veritas Collaborative's focus is on ensuring that each patient's plan of care is cohesive, attainable, sustainable, and geared toward long-term recovery.



# Treatment Options for College Students (Massachusetts)



## Massachusetts Treatment Directory

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*The content of this guide is for informational purposes only. Hynes Recovery Services does not recommend or endorse any of the treatment resources included in this directory. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment, and we do not warrant or represent in any way the accuracy or medical approval of any of these treatment resources. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a suspected or actual medical condition and its treatment.*

# Parent Support



F.E.A.S.T. is an International non-profit organization of and for caregivers of loved ones suffering from eating disorders. Their mission is to support caregivers by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

F.E.A.S.T. services include: a website of information and resources about eating disorders, the “Around the Dinner Table” Online Caregiver’s Support Forum, the “Let’s Feast” Blog, and a YouTube Channel of free videos including professional presentations from our caregiver conferences and short films designed to help individuals learn caregiving skills. F.E.A.S.T. also publishes a Family Guide Booklet Series, written in collaboration with leading researchers and clinicians in the field.

**Contact Information:**

F.E.A.S.T.

PO Box 11608

Milwaukee, Wisconsin 53211

**Phone:** (855) 50-FEAST (Toll Free)

**Website:** [www.feast-ed.org](http://www.feast-ed.org)



Hope Network parent programs support caregivers in one of life’s most challenging experiences - being a family member of an individual with an eating disorder. Founder Becky Henry is a Certified Professional Life Coach and parent of a child with an eating disorder. Her programs are accessible to parents/caregivers worldwide to bring hope, help and healing to all families in recovery, regardless of type of eating disorder or method of treatment the client is receiving.

Programs are adapted for the needs of the caregivers in each phone class series and each member has access to coaching. Becky’s network of both recovered individuals and professional contacts throughout the world take turns being guests on the calls to answer questions specific to their expertise.

**Contact Information:**

Hope Network, LLC

Becky Henry, CPCC

(Certified Professional Co-Active Coach)

**Website:** [www.eatingdisorderfamilysupport.com/](http://www.eatingdisorderfamilysupport.com/)

# Parent Support



**National Alliance on Mental Illness**

<http://www.nami.org>

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.



NAMI Massachusetts

The Schrafft Center

529 Main Street, Suite 1M17

Boston, MA 02129

**Phone:** (617) 580-8541

**E-mail:** [info@namimass.org](mailto:info@namimass.org)

**Website:** [www.namimass.org](http://www.namimass.org)

**The following organizations offer information, resources and treatment referrals for other mental health concerns:**

## **Anxiety and Depression Association of America ([www.adaa.org](http://www.adaa.org))**

The mission of the ADAA is to focus on improving quality of life for children and adults affected with these disorders. ADAA educates patients and their families about the disorders and helps them find treatment, resources, and support. ADAA strives to improve patient care by promoting implementation of empirically supported treatments and best practices across disciplines through continuing education and trainings and accelerating dissemination of research into practice.

## **International OCD Foundation ([www.ocfoundation.org](http://www.ocfoundation.org))**

The primary mission of the foundation is to improve outcomes for individuals with OCD and related disorders by: providing resources and support for those affected by OCD, increasing access to effective treatment (educating mental health professionals about evidence-based treatment, providing a forum for professional collaboration and networking, and supporting research into the causes of and treatments for OCD and related disorders), in addition to promoting awareness about OCD and related disorders to the OCD community and the general public.

## **S.A.F.E. ALTERNATIVES (Self Abuse Finally Ends) ([www.selfinjury.com](http://www.selfinjury.com))**

S.A.F.E. ALTERNATIVES is a nationally recognized treatment approach, professional network, and educational resource base, which is committed to helping individuals achieve an end to self-injurious behavior.



# Parent Support

**For individuals and/or family members looking to secure a comprehensive outpatient eating disorder treatment team in Cape Cod, the provider directory below can be a useful guide in this process.**

**South Shore Coalition of Independent Therapists** (<http://www.sscit.org/>)

SSCIT is a well-established, unique community of psychotherapists, psychologists and psychiatric medical providers on the South Shore of Massachusetts. They have been dedicated to offering their members networking opportunities as well as a sense of community. In addition, they have also created an annual directory of members as a reference for the professional community, which allows providers to quickly access each member's updated contact information, office location(s), description of therapeutic interests and styles, as well as medical insurance affiliations.

**And for those providers seeking to complement treatment for a particular client in their care, the two sites below can provide detailed information on health care practitioners with expertise not only in eating disorders, but also depression, anxiety, self-harm, OCD, addiction, and medication management.**

**The William James INTERFACE Referral Service**

(<https://interface.williamjames.edu/>)

The William James INTERFACE Referral Service collects and categorizes a wide range of valuable resources related to mental health and wellness for the benefit of the general public — children, adults and families — as well as educators and mental health professionals. In addition to the resources on this website, the William James INTERFACE Referral Service maintains a mental health and wellness referral help line Monday through Friday, 9am-5pm, at (888) 244-6843 (toll free). This is a free, confidential referral service for individuals across the lifespan living in participating communities. Callers are matched with licensed mental health providers from their extensive database. Each referral meets the location, insurance, and specialty needs of the caller.

**Psychology Today**

(<http://www.psychologytoday.com/>)

The Psychology Today website provides detailed listings of psychologists, therapists, counselors, and group therapy options throughout MA. This is a go-to resource for clients and their families, as well as health care practitioners seeking additional providers for a client's outpatient team. Each description includes the following: clinician bio, qualifications, fees for services, accepted insurance plans, clinical specialties, populations served, treatment approaches offered, and updated contact information.

## Eating Disorder Consultants / Trainers



**Mary Ellen Crowley, Ph.D.** is a clinical psychologist who holds appointments with both Harvard Medical School and McLean Hospital. She graduated Phi Beta Kappa with honors in psychology from Bucknell University. She completed her masters and doctoral degrees at Ohio University and her pre and post-doctoral fellowships at McLean Hospital/Harvard Medical School. Dr. Crowley is the former Clinical Coordinator of the Adult Eating Disorder Specialty Track at McLean's Behavioral Health Partial Program. She is currently the Senior Eating Disorders Consultant at the Pavilion Program at McLean Hospital. Dr. Crowley is also the founder of Lexington Group Therapy, an outpatient group psychotherapy practice. In addition to her 15 years experience in private practice providing psychotherapy and consultation services, she has supervised pre and post-doctoral psychology interns at the Klarman Eating Disorders Center at McLean Hospital. Dr. Crowley has also provided professional supervision and business coaching for psychotherapists looking to build a private practice specialized in the treatment of eating disorders. Dr. Crowley has taught both undergraduate and graduate level psychology courses and regularly lectures, presents and publishes research on the topic of eating disorders.

**Dr. Crowley is available to lecture on the following topics:** Eating Disorders Treatment in the Age of the Internet, Burnout Prevention Among ED Providers, Treating Eating Disorders with Co-Morbid Borderline Personality Disorder and Treating Eating Disorders Using Acceptance and Commitment Therapy (ACT).

**Contact:** [maryellen\\_crowley@hms.harvard.edu](mailto:maryellen_crowley@hms.harvard.edu) or [www.lexingtongrouptherapy.com](http://www.lexingtongrouptherapy.com)



**Sherrie Delinsky, Ph.D.** is a licensed clinical psychologist in private practice in Wellesley, MA and has been in the eating disorder field for 15 years. She is a Lecturer at Harvard Medical School and Assistant Psychologist at McLean Hospital. She received her M.S. and Ph.D. degrees in clinical psychology from Rutgers, The State University of New Jersey, and received her B.A. in psychology from Yale University. Dr. Delinsky completed her predoctoral psychology internship at McLean Hospital before becoming the inaugural recipient of the Klarman Family Foundation postdoctoral fellowship at McLean and Massachusetts General Hospitals. She has provided training and consultation to schools, including high school and college counseling programs, dorm faculty, and has also worked directly with students. Dr. Delinsky's interests pertain to the development and implementation of effective treatments for eating and weight disorders and body image disturbance. She has published over 20 articles and book chapters on these topics and serves as a reviewer for a number of scientific journals. In addition, Dr. Delinsky is also a Book Reviewer for the Academy for Eating Disorders Forum.

**Dr. Delinsky can present on the following topics:** Eating Disorders vs. Disordered Eating; Best Supportive Practices for Students Struggling in High School and College Settings; How to Assess and Treat Complex / Comorbid Eating Disorder Cases; Evidence-Based Treatment Approaches, Body Image Disturbance: The State of Art Treatment.

**Contact:** [sdelinsky@gmail.com](mailto:sdelinsky@gmail.com) or [www.drsherriedelinsky.com](http://www.drsherriedelinsky.com)

## Eating Disorder Consultants / Trainers



**Valerie Gurney, Ph.D.** is a licensed Clinical Psychologist in Arlington, Massachusetts who has treated individuals with eating disorders for the past 15 years. After graduating from Cornell University with a B.A. in Psychology, she earned a Ph.D. in Clinical Psychology from Ohio University and then served as a Postdoctoral Fellow in Eating Disorders at Brown University's School of Medicine. Dr. Gurney then served on the faculty at Cornell University's Weill Medical College and went into underserved neighborhoods of New York City to train primary care providers how to treat eating disorders in their clinics. In November 2000, Dr. Gurney moved back to New England and was the first Clinical Director of Laurel Hill Inn, a residential program treating women with serious eating disorders. For the past ten years, Dr. Gurney has provided individual therapy, consultation to families, and consultation/training for universities and community organizations.

**Dr. Gurney can present on the following topics: Eating Disorders on the College Campus; Eating Disorder Training for Resident Advisors; Diagnosis and Treatment of Eating Disorders; Cognitive Behavioral Treatment for Eating Disorders; Help! I Think My Child Has an Eating Disorder; and Making Sense of Your Child's Eating Disorder Behavior.**

Contact: [drvaleriegurney@gmail.com](mailto:drvaleriegurney@gmail.com) or [www.drvaleriegurney.com](http://www.drvaleriegurney.com)



**Roberto Olivardia, Ph.D.** is a Clinical Instructor of Psychology at Harvard Medical School and Clinical Associate at McLean Hospital in Belmont, Massachusetts, where he supervises pre-doctoral interns. He maintains a private practice in Lexington, Massachusetts, where he specializes in the treatment of eating disorders and body image problems in boys and men, including anorexia, bulimia, binge eating disorder, anabolic steroid users, muscle dysmorphia and body dysmorphic disorder. He has been conducting research and published scientific papers in this underserved population since 1994. He is co-author of "**The Adonis Complex**", a book which details the various manifestations of body image problems in men. In addition, Dr. Olivardia specializes in the treatment of Body Dysmorphic Disorder (BDD) and Obsessive-Compulsive Disorder (OCD). He has appeared in publications such as TIME, GQ, and Rolling Stone, and has been featured on Good Morning America, EXTRA, CBS This Morning, CNN, Fox and Friends, and VH1. He has consulted and provided supervision to clinicians, college counseling centers, and documentary producers on various issues, including male eating disorders, anabolic steroid use, ADHD, and BDD. He has also spoken on numerous radio and webinar shows and presents at many talks and conferences around the country.

**Dr. Olivardia can present on the following topics: Boys and Men with Eating Disorders (Anorexia, Bulimia, Binge Eating Disorder); Eating Disorders and Attention Deficit Hyperactivity Disorder (ADHD); Eating Disorders and Obsessive-Compulsive Disorder (OCD); and Body Dysmorphic Disorder**

Contact: [roberto\\_olivardia@hms.harvard.edu](mailto:roberto_olivardia@hms.harvard.edu)



# Clinical Supervisors for Eating Disorder Practitioners



## **Valerie Gurney, Ph.D.**

Dr. Gurney has specialized in the treatment of eating disorders for the past 15 years. She served on the faculty at Cornell University's Weill Medical College in New York where she trained primary care providers and social workers how to treat eating disorders using a CBT approach. As Clinical Director of Laurel Hill Inn's Eating Disorder program, she trained and supervised many master's level clinicians. For the past 10 years in private practice, Dr. Gurney has continued to provide consultation and supervision to clinicians in the field of eating disorders.

Meeting times are flexible, and phone consults are available. The fee for supervision is \$100 per hour. If interested in this supervision opportunity, please contact Dr. Gurney at (781) 488-3399.



## **Heidi Schauster, MS, RD, LDN**

Heidi has specialized in the nutrition therapy of disordered eating since 1995. Initially a clinical dietitian specialist for Inpatient Psychiatry and the Adolescent Clinic at Children's Hospital Boston, she has maintained a private practice for the past 17 years. Heidi runs supervision groups for dietitians who work with eating disorders, as well as providing individual supervision for dietitians. She values mentoring and supervision as a regular practice for nutritionists, particularly those who work with this population.

Meeting times are flexible. Phone and video consultations are available. The fee for supervision is \$100 per hour. If interested in this supervision opportunity, please contact Heidi at (617) 877-2202.



## **Betsy Milas Treiber, LICSW**

Betsy has been an eating disorder specialist for 25 years and in private practice since 1991, working with both adolescents and adults. She uses an eclectic approach, which combines the best of CBT, DBT, ACT, Mindfulness and Psychodynamic approaches. As a former Clinical Director of MEDA, she has supervised group leaders, clinical staff and Master's level students. She has also supervised clinicians at Laurel Hill Inn, as well as privately through her own practice.

Meeting times are flexible, and by phone is an option. The fee is \$100 per hour, but a sliding fee is available for newer clinicians. If interested in this supervision opportunity, please contact Betsy at (508) 586-2664.

# Intervention Consults and Clinical Case Management



## **Dawn Hynes, MSW**

396 Washington Street

Suite 392

Wellesley, MA 02481

**Email:** [dawn@hynesrecovery.com](mailto:dawn@hynesrecovery.com)

**Website:** [www.hynesrecovery.com](http://www.hynesrecovery.com)

**Telephone:** (339) 222-1947

**Other office locations:** Falmouth

## **Private Practice Information**

**Years in Practice:** 15

**Session Fees:** \$125 per hour

**Sliding Scale:** Yes.

**Accepted Insurance Plans:** None. All services are private pay.

**Payment Information:** Session fees may be paid by cash or check.

**Session Availability:** Office hours are Tuesday and Thursday from 9:00am - 2:00pm, and by appointment.

## **Clinical Information**

**Treat Males / Females (or both):** Both

**Treat Adolescents / Adults (or both):** Treat age 17 and up.

**Do you provide Family Therapy services?** No.

**Treatment Orientation:** Provider offers intervention consults, securing treatment teams, and clinical case management.

**Specialty Areas:** Anorexia, Bulimia and Binge Eating Disorder

## **Biography**

Dawn Hynes, Founder of Hynes Recovery Services (HRS), is also an Advisory Board member of the Academy for Eating Disorders. She holds a Master's Degree in Social Work from Washington University in St. Louis. Dawn is a passionate advocate dedicated to making eating disorder treatment accessible to more people and providing practitioners with state of the art training and resources. For the past 15 years, Dawn has been active in eating disorder recovery work as an advocate, clinician, and volunteer. She has trained staff, developed clinical manuals, and worked with groups and individuals at Boston Children's Hospital and Laurel Hill Inn's Residential Treatment Program. As a volunteer, she has helped hundreds of families find resources and treatment referrals, created and distributed comprehensive eating disorder manuals to organizations nationwide and has also worked with a team of clinicians helping both celebrities and Olympic athletes connect to treatment.

Dawn founded HRS out of the significant need to provide college students and their families with the tools and resources necessary to ensure a successful transition to college for those battling an eating disorder. HRS is located in two separate Massachusetts communities (Wellesley and Falmouth).

## Individual Provider Directory - for College Students



**Hynes Recovery Services** is honored to be collaborating with providers who have both a passion for and expertise in treating college students struggling with body image and/or eating concerns.

In order to most effectively identify resources for yourself, a loved one, or student in your care, our team can provide on-going guidance during the process of securing a highly skilled outpatient team in your geographical area. We can also provide support throughout times of transition – when initially starting college, returning to campus post-treatment as well as during the period right after graduation.

Hynes Recovery Services is also developing ***Eating Disorder Treatment Teams*** within Massachusetts as well as a comprehensive directory of support group options. These thoroughly vetted resources will be shared with students and their families during their consultations, in order to create a treatment plan that will enable those in crisis to begin their road to recovery. So please reach out...and let the healing begin.



# Online Provider Directory



Zencare is a New England based therapist search site where prospective clients can easily find and connect with quality-vetted therapists. Clients can check up-to-date availability and insurances, watch introductory videos, and book a free call with talk therapists, psychiatrists, and dietitians to find a great personal fit.

Zencare's priority is quality of care, and only clinicians who pass their rigorous qualification process can join their network. This includes 1) background and license checks, 2) a video interview with the Zencare team, and 3) input from the Zencare Medical Advisor to screen for adherence to the latest, evidence-based treatments.

In an hour-long qualification interview, the Zencare team asks therapists about their training and experience in each area of expertise to be listed on their profile. This ensures that when clients search by specialty or read a provider's profile, each area of expertise has been verified against best-practice standards, enabling clients to trust they are receiving quality care.

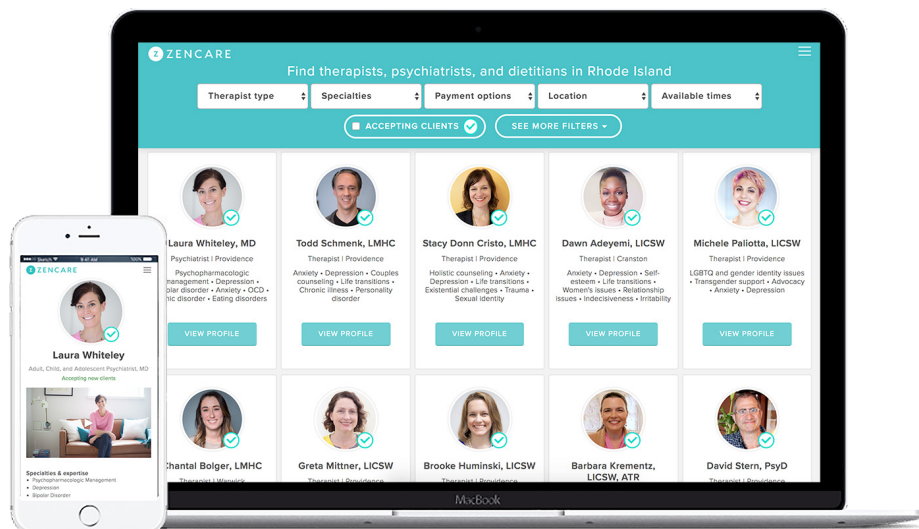
Zencare is free and easy for clients and referral coordinators to use. They are dedicated to ensuring every client feels empowered in the therapist search process and can offer additional guidance and personalized therapist recommendations as well.

## Contact information

**Website:** <https://zencare.co>

**For therapists:** <https://therapist.zencare.co>

**Email:** [hello@zencare.co](mailto:hello@zencare.co)



# Group Practices



**Eating Disorder Recovery Specialists (EDRS)** is a concierge service that provides transitional and supplemental eating disorder recovery services & support to help clients and families make seamless transitions through all stages of the recovery process. We work with clients who struggle with eating disorders as well as co-occurring mental health issues and addiction. Our team is comprised of master-level therapists, nutritionists, and nurse practitioners that utilize relational and behavioral approaches to assist clients in applying skills learned in treatment in their environment, improving confidence in their abilities, maintaining long-term recovery, and creating a meaningful life outside of their illness. EDRS collaborates heavily with clients' treatment teams to ensure continuity of care.

Services for clients include the following: in-home and restaurant meal support, eating disorder clinical coaching, life skills coaching, eating disorder recovery companion, therapeutic exposures, phone coaching sessions, case management, in-home cooking for early recovery, and personal chef services. Services can range from one hour a week to multiple hours a day.

Services for families include the following: family meal support, psycho-education around the recovery process, development of a family support plan, ongoing communication around progress, crisis management, and treatment recommendations and referrals.

Services are available nationwide in most major cities.

## **Contact Information**

Eating Disorder Recovery Specialists  
459 Columbus Avenue, Suite 124  
New York, NY 10024

**Phone:** (866) 525-2766

**E-mail:** [greta@clinicalrecovery.com](mailto:greta@clinicalrecovery.com)

**Website:** [www.clinicalrecoveryspecialists.com](http://www.clinicalrecoveryspecialists.com)

# Group Practices



THE LEGGETT GROUP

The Leggett Group is a multi-disciplinary group practice focusing on a broad range of mental health issues, including specialties in perinatal mental health, couples work, adolescent and family therapy, and more. They offer individual, couples, family, and group therapy, all with a special emphasis on using mindfulness techniques to bring a greater sense of efficacy and satisfaction to one's life. Starting with a thorough intake evaluation, their staff will work with each client to develop a unique treatment plan that is right for them, and assess its efficacy routinely throughout the course of treatment.

Each of the clinicians at the Leggett Group have been selected for their high level of training and experience; this is a group of seasoned clinicians committed to best practices and evidence-based approaches to help clients feel better as quickly as possible. This practice includes staff with the following educational backgrounds: Clinical Social Work, Licensed Mental Health Counselor, Licensed Marriage and Family Therapist, and Maternal Child Mental Health Nurse. Three of their clinicians have training and expertise in formal Cognitive Behavioral Therapy, and all are trained to incorporate CBT skills into their therapeutic work. And though several staff can support clients with disordered eating, they do have two clinicians with extensive expertise in treating students struggling with all types of eating disorders.

The Leggett Group also maintains a strong support group practice. One group specifically for those with body image and/or eating concerns is: **Healthy Selves: Body Image Acceptance and Managing Emotional Eating**. This is an 8-week group designed for those seeking a greater sense of body image acceptance, and that would like to lessen their use of food as an emotional coping mechanism.

In addition to the clinical support provided, the Leggett Group is also available to develop workshops on a variety of topics for your campus community, as well as assist your staff in crisis situations, and via clinical consultations.

Their office is accessible by both bus and Commuter Rail, and is fully handicapped accessible.

## **Contact Information:**

The Leggett Group  
4238 Washington Street, Suite 316  
Roslindale, MA 02131

**Intake Line:** (857) 273-2123 x0

**Website:** [www.theleggettgrouptherapy.com](http://www.theleggettgrouptherapy.com)



# Group Practices

## LEXINGTON GROUP THERAPY



Dr. Mary Ellen Crowley is owner and founder of Lexington Group Therapy (LGT), an outpatient practice located in Lexington, MA offering individual and group psychotherapy services. Dr. Crowley is a clinical psychologist with faculty appointments at McLean Hospital and Harvard Medical School. LGT offers individual therapy and several skills groups using various empirically-supported treatments such as ACT, CBT and DBT. All clinicians working in the practice are highly trained in these modalities and all hold advanced psychology degrees. Below is a listing of various groups offered at the practice.

### ACT (Acceptance and Commitment Therapy) Groups

ACT employs the use of acceptance and mindfulness strategies as well as a commitment to values-driven behavior. ACT addresses avoidant coping patterns and encourages clients to shift toward living a fuller life. All ACT skills groups run on eight-week cycles. Current ACT groups offered include: ACT for Perfectionism Group, ACT for Social Anxiety Group and ACT for Depression and Anxiety Group.

### CBT (Cognitive Behavioral Therapy) Groups

CBT is an empirically-based treatment focused on challenging patterns of thinking and behavior that are associated with painful emotions. It examines the close relationship among thoughts, feelings and behaviors. All CBT skills groups run on eight-week cycles. Current CBT groups offered include: CBT-Eating Disorders Group and CBT-Wellness and Recovery Group.

### Motivational Enhancement Group

This group will run on an eight-week cycle discussing such topics as stuck behaviors, patterns that hold you back from goal achievement, and how to set meaningful, realistic and achievable goals.

### **Contact Information:**

Lexington Group Therapy  
57 Bedford Street, Suite 320  
Lexington, MA 02420

**Phone:** (781) 483-3300

**Website:** <http://mary-ellen-crowley.com/>

# Group Practices



Metrowest Nutrition is a team of nutrition experts specializing in pediatrics, eating/feeding disorders and non-diet approaches to weight management. The primary mission of Metrowest Nutrition is to foster a sense of wellbeing in individuals, communities and organizations throughout the Metro West and Greater Boston area. In addition to individual counseling, Metrowest Nutrition offers groups, meal coaching, grocery shopping tours, kitchen makeovers and cooking lessons. Their staff work with children, adolescents, adults and families with a wide range of nutritional and health needs. They have offices conveniently located in Newton Center, Framingham and Westborough.

The dietitians at Metrowest Nutrition are highly skilled and compassionate with extensive clinical and behavioral counseling experience. Through personalized, credible, hands-on nutrition counseling and programming, they are able to improve eating and lifestyle patterns at all levels.

## **Specialty Areas:**

- Eating Disorders
- Sensory-based Feeding Disorders
- Weight Management
- Nutrition Therapy for ADHD and Autism
- Sports Nutrition
- Hands-on Nutrition Support

## **Groups Offered:**

- Meal Supervision
- Intuitive Eating
- Your Child's Weight (Parent Group)
- Perinatal Nutrition

## **Locations**

Newton:

1400 Centre Street, Ste 207, Newton Centre, MA 02459

Framingham:

5 Edgell Road, Suite 39, Framingham, MA 01701

Westborough:

125 Turnpike Road, Suite 2, Westborough, MA 01581

## **Contact Information:**

Amy Gardner, MS, RD (Founder)

**Phone:** (617) 332-2282

**E-mail:** [info@metrowestnutrition.com](mailto:info@metrowestnutrition.com)

**Website:** [www.metrowestnutrition.com](http://www.metrowestnutrition.com)

# Group Practices



## O'Connor Professional Group

O'Connor Professional Group (OPG) offers case management services to address the needs of families and individuals with behavioral health issues (such as addiction, eating disorders, mental illness, etc.). Through a combination of education, access to trusted professionals, care coordination, referrals to resources and long-term, community-based monitoring, O'Connor Professional Group works with families to develop effective coping methods and achieve improved health outcomes. OPG takes a family systems approach and works with the person recovering from an eating disorder as well as his or her family. They pride themselves on offering tailored services to address the specific needs of each case.

Services for those with an eating disorder include the following: assistance with forming a comprehensive treatment team that addresses medical, nutritional, and psychological needs; coordination and facilitation of communication with outpatient treatment team members, weekly in-person meetings, supportive meal supervision, including post-meal distraction, behavioral rehearsal of new coping skills, skills coaching by phone in times of moderate crisis/risk of relapse, and assistance with life skills.

Services for families includes: psycho-education on eating disorders and ways to appropriately support one's family member in recovery; treatment recommendations and formulation of a family care plan; care coordination; tracking and reporting of progress; assistance managing crisis situations, referrals to family-focused resources, increasing communication within the family, assistance with approaching high-risk situations, and support with daily logistics, such as insurance issues.

### **Contact Information:**

O'Connor Professional Group  
65 Sprague Street  
West Lobby B  
Hyde Park, MA 02136

**Website:** [www.oconnorprofessionalgroup.com](http://www.oconnorprofessionalgroup.com)

**Arden O'Connor, MBA**

**Founder, CEO**

**Phone:** (617) 910-3940 x300

**E-mail:** [aoconnor@oconnorpg.com](mailto:aoconnor@oconnorpg.com)



# Group Practices



## College of Health & Rehabilitation Sciences Sargent College

The Sargent Choice Nutrition Center (SCNC) includes seven Registered Dietitian Nutritionists (RDNs) with advanced degrees and specialized training in eating disorders. Their providers also have specific expertise in associated and co-occurring concerns including: the female athlete triad, digestive disorders, food allergies, and vegetarian nutrition. SCNC staff offer clients the most current, evidence-based, outpatient and transitional nutrition care clinically available. One unique aspect of this practice is that their clinical center is part of Boston University, a leading research institution with undergraduate and graduate programs in nutrition.

The nutrition care philosophy of the SCNC is based on the knowledge that nutrition provides the underlying strength to fully engage in treatment, speed physical healing, overcome daily challenges, and achieve individual life goals. This results in nutrition care for eating disorders becoming a unique, collaborative process between the individual, the RDN, and each member of the multidisciplinary care team. Confidence in meal planning, food shopping, dining out, and eating in social situations is essential for lasting recovery. A variety of evidence-based tools are used to help individuals achieve a balanced, flexible, and ultimately autonomous relationship with food.

The Sargent Choice Nutrition Center welcomes referrals from surrounding high schools, colleges, and universities. Their RDNs are credentialed providers with most major insurance companies, including Aetna, Blue Cross Blue Shield, Harvard Pilgrim Health Care, Tufts Health Plan, and United Healthcare. The SCNC is located directly across from the MBTA 'B' branch of the Green Line via both the Blandford and BU East stops. (Parking is available on the street and in adjacent lots).

For further information on this practice and/or to make an initial appointment, please call (617) 353-2721.

### **Contact Information:**

Boston University Sargent Choice Nutrition Center  
635 Commonwealth Avenue, 6th Floor  
Boston, MA 02215

**Phone:** (617) 353-2721

**Fax:** (617) 358-5460

**E-mail:** [scnc@bu.edu](mailto:scnc@bu.edu)

**Website:** [www.bu.edu/scnc](http://www.bu.edu/scnc)

## Group Practices



Soolman Nutrition LLC is a nutrition counseling practice in Needham, Massachusetts, and serves the residents of southeastern New England. Jonah and Joanne Soolman, registered dietitians as well as husband and wife, established their practice in 2011 upon three fundamental truths:

1. High-quality patient care and professional ethics must be the top priorities.
2. Nutrition work is multifaceted and performed best when social, cultural, and financial factors that influence eating behavior are taken into account.
3. A collaborative approach, in which patients' expertise in their own lives is respected and recognized as being just as important as the nutrition expertise that Jonah and Joanne bring to the table, is imperative for a successful counseling relationship.

Since the founding of their practice, the Soolman's have focused primarily on eating disorder recovery. They have extensive experience helping people with a range of eating disorders, including anorexia, bulimia, and binge eating disorder, as well as subclinical eating disorders, or disordered eating.

Additionally, Jonah and Joanne offer refuge to people who have tried numerous diets and are tired of seeing their weight temporarily drop only to inevitably rebound. Fed up with failing diets and being at war with food and their bodies, these individuals come to Soolman Nutrition LLC because Jonah and Joanne offer the antithesis. By taking the focus off of weight and food rules, the Soolman's utilize non-diet, weight-neutral approaches to help people form a new and more peaceful relationship with food based on satisfaction, flexibility, and health.

Patients with additional medical concerns, such as high cholesterol or high blood pressure, can use their newfound relationship with food as a springboard to improve their wellbeing. Staying true to their non-diet and weight-neutral philosophy, Jonah and Joanne apply Health at Every Size and intuitive eating techniques in the setting of medical nutrition therapy to help their patients better their conditions.

Soolman Nutrition LLC is situated in a quiet residential neighborhood, which offers privacy for those who prefer discretion while going to and from their appointments. In addition, their office is fully handicap accessible so that all clients have equal access to the care they deserve regardless of physical ability.

### **Contact Information:**

Soolman Nutrition LLC

Joanne Levy Soolman, MS, RD, LDN

Jonah Soolman, RD, LDN, ACSM EP-C, NSCA-CPT

36 Bonwood Road, Needham, MA 02492

**Phone:** (781) 433-0470

**Fax:** (781) 433-0471

**E-mail:** [info@soolmannutrition.com](mailto:info@soolmannutrition.com)

**Website:** [www.soolmannutrition.com](http://www.soolmannutrition.com)

# Group Practices



Triad Adolescent Services is a group-based practice with the fundamental belief that adolescents and parents work best in a positive, strength-based approach. Staff utilize CBT and DBT treatment modalities and each of their adolescent and parent groups are led by an independently licensed Doctoral level clinician. With current appointments at McLean Hospital in Belmont and Harvard Medical School, Dr. Gillian Galen leads Triad's group offerings and clinical team. Each group leader's compassion and clinical skill embodies the quality care that all groups at Triad Adolescent Services provide. Triad Adolescent Services is located on Massachusetts Avenue in Lexington, Massachusetts and their two offices help provide quality, confidential care in a comfortable environment.

Their practice offers an **Adolescent Mood and Self Esteem Group** as well as an **Adolescent Introduction and Advanced DBT Groups** led by foundationally trained DBT clinicians.

**Their Parent Skills and Support Group** is a skill teaching, implementation and support group with topics that include validation, mindfulness, behaviorism, contingency management, relational and self-respect effectiveness, generating self-care and compassion, mood management and conflict resolution. Support topics revolve around current parenting dilemmas and group-leader facilitated discussion. Parents are asked to commit to attending the group for 12 weeks and can remain after the initial commitment in 4 week intervals.

## **Parent group topics include, but are not limited to:**

- Practicing and enhancing mindfulness in everyday life
- Establishing and practicing contingency management
- Understanding and using validation
- Caring for oneself and practicing self-compassion
- Interpersonal parenting skills
- Understanding emotions and their functions
- Providing peer support and guidance for parents

## **Contact Information:**

363 Massachusetts Avenue  
Lexington, MA 02478

**Intake and Information Director:** (978) 905-0060

**Website:** [www.triadadolescentservices.com](http://www.triadadolescentservices.com)

# College Mental Health Program



*College Mental Health Program*  
**McLean HOSPITAL**  
HARVARD MEDICAL SCHOOL AFFILIATE

**The McLean College Mental Health Program (CMHP)**, established in 2008, is designed to help college students with mental illness and adjustment issues live more productive lives by providing the highest level of psychiatric care. By working closely with college students, their families, and their institutions of higher education, the program works to ensure the greatest probability of academic success.

The CMHP accomplishes its mission through a range of consultation services to college and university administrators, student affairs professionals, and mental health providers. As institutions of higher education seek to address campus mental health challenges in preventive and innovative ways, the CMHP offers guidance regarding effective resources, programming, policies and practices.

## **SAMPLE CONSULTATION TOPICS:**

### **SYSTEMIC:**

Evaluation of campus mental health services for existing strengths and weaknesses; coordinating campus- and community-based services and communication on behalf of students with mental illness; strategic design, placement, and integration of mental health educational resources; decreasing campus stigma and increasing campus dialogue; integrating multicultural variables into campus mental health outreach, prevention, and intervention.

### **STUDENT-FOCUSED:**

Supporting enrolled students and students returning from medical leave; effective collaboration with student mental health organizations; engaging student media for responsible coverage of campus suicide and prevention efforts; working more effectively with unique student populations (e.g., international students and their families, GLBTQIA community, student athletes, Greek students, and first-year students).

### **PROGRAMMATIC:**

Strategies for effective academic and mental health advocacy within the context of confidentiality, right to privacy, and fear of stigma; workshops on mental illness as a silent disability; helping to establish a “stigma-free” zone in the Dean of Students office; implementing an effective mental health withdrawal and readmission process and policy.

### **Contact Information:**

College Mental Health Program  
Stephanie Pinder-Amaker, PhD: Director  
McLean Hospital  
115 Mill Street  
Belmont, MA 02458  
**Phone:** (617) 855-2921

**E-mail:** [spinder-amaker@partners.org](mailto:spinder-amaker@partners.org)

**Website:** [www.mcleanhospital.org/education-training/CMHP](http://www.mcleanhospital.org/education-training/CMHP)



# Eating Disorder Treatment Programs



Arbour-HRI Hospital maintains a Women's Partial Hospitalization Program offering treatment for co-occurring psychiatric and eating disorders. This includes binge eating, bulimia, anorexia, and other eating disorders. The program provides strategies, insight and skills to help navigate the terrain of recovery. Their program offers: five day programming from 9:45am-2:30pm; five group therapy sessions per day; psychopharmacology consultations for management of symptoms, individual sessions with a therapist and case manager, and nutritional consultation. (Patients accepted to the program should be at or above 85% of their ideal body weight).

**Contact Information:**

Women's Partial Hospitalization Program  
227 Babcock Street  
Brookline, MA 02446

**Intake Department:** (800) 222-2237



There is a General PHP, which is located at 48 Sanderson Street in the Outpatient Services Building of Baystate Franklin Medical Center. It is a day treatment program for adults, ages 18 and up, who are experiencing acute emotional distress. Open Monday-Friday from 9 am to 2:30pm, this daytime PHP provides group therapy, psychiatric evaluation and medication monitoring, weekly treatment planning and aftercare planning. PHP's services include treatment for eating disorders, trauma and dual diagnosis (mental health and substance abuse), as well as general psychiatric issues. Clients attend PHP three to five days a week. Most insurance plans cover PHP. In addition, they also offer free transportation to most parts of Franklin County.

**Contact Information:**

Baystate Franklin Medical Center  
164 High Street  
Greenfield, MA 01301

**Website:** [baystatehealth.org/Baystate/Main+Nav/Clinical+Services/Departments/Behavioral+Health+Services](http://baystatehealth.org/Baystate/Main+Nav/Clinical+Services/Departments/Behavioral+Health+Services)

\* Call Behavioral Health's Central Intake at (413) 773-4444 to schedule an initial appointment.  
For additional information about these programs, call (413) 773-2546.

# Eating Disorder Treatment Programs



Behavioral Nutrition Inc. is an individualized Licensed Eating Disorder Facility that integrates a unique expertise in Behavioral Counseling and Medical Nutrition, to treat and support individuals who struggle with eating disorders and poor body image. In addition to individual outpatient services, Behavioral Nutrition offers Intensive Outpatient Programs (IOP) for Adults and Adolescents and a Partial Hospitalization Program (PHP) for Adults. The different IOP's include an Adolescent and Adult Anorexia & Bulimia IOP as well as a separate Binge-Eating & Compulsive Over-Eating IOP. The intimate size (up to 7 patients) of the IOP and PHP groups enable patients to have an individualized approach to their eating disorder treatment with a more profound connection to the program and staff, promoting long-term recovery. Their registered and licensed dietitians apply medical nutrition therapy to support patients' nutrient needs, providing individualized recommendations around specific foods and/or high-quality, research-supported nutritional supplements.

**Contact Information:**

1266 Furnace Brook Parkway, Suite 404  
Quincy, MA 02169

**Phone:** (617) 595-7044

**Fax:** (888) 434-5097

**E-mail:** [info@behavioralnutrition.org](mailto:info@behavioralnutrition.org)

**Website:** [www.behavioralnutrition.org](http://www.behavioralnutrition.org)



The Eating Disorders Program at Boston Children's Hospital unites specialists in Adolescent Medicine, mental health services and nutrition to care for a child's unique needs, from the medical and the nutritional to the psychological. The team of health care providers offer a range of services to support adolescents and young adults, including consultation, medical evaluation, medical treatment, mental health consultation, nutrition evaluation and counseling and psychiatric evaluation. In addition to all the services above, they also provide inpatient medical care for adolescents struggling with eating disorders.

**Contact Information:**

Adolescent / Young Adult Program  
333 Longwood Avenue, 5th Floor  
Boston, MA 02115

**Phone:** (617) 355-7178 (Intake Line)

**Fax:** (617) 730-0185

**Website:** [www.childrenshospital.org/centers-and-services/programs/adolescent-and-young-adult/eating-disorders-program](http://www.childrenshospital.org/centers-and-services/programs/adolescent-and-young-adult/eating-disorders-program)

To schedule an initial eating disorder assessment at one of the other BCH locations (Lexington, Peabody or Waltham), please call their Intake Line at: (617) 355-7178.

# Eating Disorder Treatment Programs



The **MGH Eating Disorders Clinical and Research Program** provides individual and group-based outpatient evaluation, consultation, and treatment for children, adolescent, and adult patients seeking assistance for an eating disorder. Their mission is to provide and to model excellent clinical care for patients and families affected by an eating disorder. Treatments offered include cognitive behavioral therapy, family-based treatment, CBT guided self-help, CBT group program, parent psychoeducational program, and psychiatric medication management. The MGH Eating Disorders Clinical and Research Program is also committed to the generation and dissemination of knowledge for understanding, preventing, and treating eating disorders through clinical consultation, professional training, and research.

**Contact Information:**

Eating Disorders Clinical and Research Program  
2 Longfellow Place, Suite 200  
Boston, MA 02114

**Phone:** (617) 726-8470

**Website:** [www.massgeneral.org/eatingdisorders](http://www.massgeneral.org/eatingdisorders)

Adolescents and young adults, from 12 years of age through their 20s, may come to the **Division of Adolescent and Young Adult Medicine at MassGeneral Hospital for Children** with complex medical or psychosocial problems, or to obtain primary medical care. Their team treats patients with needs in several areas, including eating disorders and weight management. The Division works closely with the MGH Eating Disorders Clinical and Research Program and offers on-site nutritional consultation to provide comprehensive care for patients struggling with anorexia, bulimia, binge eating, avoidant/restrictive intake disorder, and related disorders. At MassGeneral for Children at Newton-Wellesley Hospital, Adolescent Medicine physicians care for adolescent inpatients with eating disorders. Also, Adolescent Medicine physicians hold weekly evening clinics at Newton-Wellesley Hospital. Please call (617) 243-6800 to make appointments for these sessions.

**Contact Information:**

Yawkey Center for Outpatient Care  
Suite 6D  
32 Fruit Street  
Boston, MA 02114

**Phone:** (617) 643-1201

**Fax:** (617) 724-0581

**Website:** <http://www.massgeneral.org/children/services/treatmentprograms.aspx?id=1573>

# Treatment Facilities



## McLean *Klarman Eating Disorders Center*

HARVARD MEDICAL SCHOOL AFFILIATE

**McLean Klarman Eating Disorders Center** develops treatment plans that are individualized for patients at each level of care and are based on a therapeutic contract. The contracts are created with the patient, in her own words, focusing on her treatment and life goals and are collaboratively shared with her family and the center's staff. This approach is effective toward meeting the challenges of life after being discharged. Treatment plans are continually monitored, discussed and re-negotiated as progress is made. Girls and young women are taught the skills to manage their physical and mental health and to change problematic behaviors by increasing their self-awareness. They develop healthy relationships with food and their bodies, whereby paving the way to recovery.

### **Comprehensive Treatment and Therapeutic Modalities:**

Medical, psychiatric, psychological, and nutritional evaluation; monitoring of labs, vital signs, bathroom use, weight and physical health; nutrition education and counseling by a registered dietician; individual psychotherapy (three times per week); family therapy (one to two times per week); daily milieu and group therapy; expressive arts therapy; psychiatric and psychopharmacological consultation; impulse control and anger management training; social and interpersonal relationship skill-building; menu and meal planning, cooking and kitchen preparation; self-esteem and body image development; evidence-based treatment; academic assistance with tutoring for high school students and separate assessments for transition to college/return to college; specialized consultations for trauma and substance abuse; transition and discharge planning; restaurant outings, pet therapy, and Yoga.

### **Patient Support Network**

**Klarman Eating Disorders Center** believes that family involvement is crucial to understanding the impact of the illness on a patient's and family's life and is essential to supporting her healthy recovery. We engage parents, siblings and loved ones in therapy, education and close communication to help realize this common goal.

### **Klarman Eating Disorders Center**

Address: Bowditch, 115 Mill Street, Belmont, MA 02478

Phone: (617) 855-3410

E-mail: [mcleanklarman@partners.org](mailto:mcleanklarman@partners.org)

Website: <http://www.mcleanhospital.org/programs/klarman-eating-disorders-center>



# Treatment Facilities



***The Renfrew Center, established in 1985 in Philadelphia, is the first free-standing, family owned, residential treatment facility in the United States exclusively dedicated to the treatment of adolescent girls and women with eating disorders.*** Programs and services vary by site and include: Residential; Day Treatment; Intensive Outpatient; Group Therapy; Individual, Family, and Couples Therapy and Nutrition Therapy. Each treatment level utilizes The Renfrew Center Unified Treatment Model for Eating Disorders®. Renfrew is a preferred provider for most health insurance and managed care companies and works with individuals to create a financial plan that meets the needs of each prospective patient. Renfrew's training programs have reached more than 35,000 healthcare professionals to date and are designed to enhance the knowledge and skills needed to treat these complex disorders.

**The Renfrew Center of Boston**, like all of its centers, specializes in the treatment of anorexia, bulimia, binge eating disorder, and related mental illnesses. Programming at The Renfrew Center of Boston consists of a comprehensive range of services, including day treatment, intensive outpatient and group therapy.

**Contact information:**

**The Renfrew Center of Boston**  
870R Commonwealth Avenue  
Boston, MA 02215  
**Office:** (617) 278-6380

**Referral Line:** 1-800-RENFREW (1-800-736-3739)

**Website:** [www.renfrewcenter.com](http://www.renfrewcenter.com)

## Treatment Options for College Students (outside MA)



In the previous section, our team shared eating disorder treatment options and other important resources available to students enrolled in a Massachusetts college or university. (Please note that this list is by no means exhaustive). For those seeking outpatient providers and/or higher levels of care, please do not hesitate to contact us. Hynes Recovery Services can offer consultation services and develop comprehensive care plans for local students (as well as for clients of any age who reside outside of this geographical area).

Finding effective treatment can be quite difficult and at times feel overwhelming. Our team members have great expertise in guiding students and their families throughout this challenging process. Sometimes the involvement is short-term, while other cases may require more intense support. It is imperative that students find the best treatment option quickly, as research indicates that early and aggressive treatment results in improved outcomes for those struggling with an eating disorder.

For students returning to campus from a higher level of care, the hope is that recovery will continue, with minimal chance of relapse. However, many individuals often struggle during this transition period. Implementing additional supports at this time can help to minimize the stress and anxiety associated with discharge, thus increasing the likelihood that gains made throughout treatment are maintained. With this in mind, HRS has established a Scholarship Program, offering college students (in MA) the opportunity to receive clinical case management services (pro bono) during their first month post-discharge.

In addition, although our focus is primarily on the college student population, we also are here to support administrators, counselors and nurses within the high school and boarding school community. Intervention consults will be available from September through June to help guide staff from educational institutions seeking various forms of support for the adolescents in their care.

*The content of this guide is for informational purposes only. Hynes Recovery Services does not recommend or endorse any of the treatment resources included in this directory. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment, and we do not warrant or represent in any way the accuracy or medical approval of any of these treatment resources. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a suspected or actual medical condition and its treatment.*





# Treatment Options





EATING DISORDERS IN THE TYPE 1 DIABETIC POPULATION TEND TO EMERGE DURING AN INDIVIDUAL'S EARLY TEEN YEARS AND INCREASE IN FREQUENCY AND SEVERITY INTO THEIR MID-TO-LATE 20'S. MANY COLLEGE STUDENTS FALL DIRECTLY INTO THIS AGE RANGE AND THUS MAY BE AT PARTICULAR RISK.

### WE ARE DIABETES PROVIDES THE FOLLOWING SUPPORT FOR TYPE 1 DIABETICS STRUGGLING WITH EATING DISORDERS:

- RESOURCES DEVELOPED SPECIFICALLY TO SERVE THOSE WHO SUFFER FROM ED-DMT1
- REFERRALS TO CREDIBLE PROVIDERS AND TREATMENT CENTERS ACROSS THE US
- ONE-ON-ONE MENTORSHIP
- SUPPORT DURING AND AFTER TREATMENT
- MONTHLY ONLINE PEER SUPPORT GROUPS

SUPPORT. RESOURCES. HOPE.

INFO@WEAREDIABETES.ORG  
WWW.WEAREDIABETES.ORG




**WE ARE  
DIABETES**



*Expert Medical Care for Eating Disorders*

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WE WILL FIND  
THE ANSWERS,  
TOGETHER.

McLean's Klarman Center: the place for  
effective bulimia and anorexia treatment.

- Comprehensive assessments and specialty consultations
- Specialists in treating co-occurring depression and anxiety
- Residential treatment for young women ages 16-26



Ranked #1 in psychiatry  
by U.S. News & World Report



HARVARD MEDICAL SCHOOL  
AFFILIATE

[mcleanhospital.org/klarman](http://mcleanhospital.org/klarman)

# PROVIDING EXPERT EATING DISORDER TREATMENT for Adolescent Girls and Women

## THE RENFREW CENTER

- First residential treatment facility in the nation for eating disorders, opened in 1985.
- Established as a family-run business, currently operating with multi-generational leadership.
- Accepts 430+ insurance plans across the country and is a preferred provider for many insurance companies.
- Incorporates The Renfrew Center Unified Treatment Model for Eating Disorders<sup>®</sup>, integrating our relational approach with the latest scientific research.
- Offers residential, day treatment, intensive outpatient, and outpatient services.

### NORTHEAST LOCATIONS:

Boston, MA  
New York, NY  
Old Greenwich, CT  
Radnor, PA  
Ridgewood, NJ

Residential:  
Philadelphia, PA

WE  
HAVE  
OVER **30**  
YEARS  
of experience

TREATED MORE THAN  
**75,000**  
  
adolescent girls & women

  
**19**  
locations in the US



For more information about The Renfrew Center's programs and services, please contact 1-800-RENFREW (736-3739) or visit [www.renfrewcenter.com](http://www.renfrewcenter.com).



# SILVER HILL HOSPITAL

RESTORING MENTAL HEALTH SINCE 1931



## Eating Disorder Treatment in an Exceptional Setting

Eating Disorder Programs  
for Adolescents and Adults

[www.silverhillhospital.org](http://www.silverhillhospital.org) 866.542.4455



# Treatment Affiliate

## Care Without Compromise

Why do people across the country choose Veritas Collaborative to begin their recovery journey?



Veritas Collaborative is a comprehensive national healthcare **system**—hospitals, outpatient centers, and assessment clinics—designed to bring a new standard of care to eating disorder treatment.

We provide a full continuum of care, from inpatient to outpatient, supporting our belief that the **right level of care at the right time** is key to lasting recovery.

We collaborate with referring providers to ensure a seamless transition and continuous support, from admission to discharge and beyond.

We are determined to change the eating disorder field so that **all persons** with eating disorders, their families, and their communities have access to best-practice care, ongoing support through our alumni and family advocacy programs, and helpful resources on the journey to recovery.

**Why do people come to Veritas?**

**Because they won't compromise on their care. And neither will we.**



VERITAS  
COLLABORATIVE

We are stronger together. Contact us today.

DURHAM, NC | CHARLOTTE, NC | ATLANTA, GA | RICHMOND, VA  
VERITASCOLLABORATIVE.COM | (855) 875-5812



**Advanced Recovery Systems** is a behavioral healthcare company dedicated to the treatment of addiction, substance use disorders and mental health issues for adults and adolescents.



**ADDICTION | SUBSTANCE USE DISORDER | MENTAL HEALTH**

# 844.244.1334

For facility information visit  
[www.advancedrecoverysystems.com](http://www.advancedrecoverysystems.com).



THE RECOVERY VILLAGE  
CASTALLA



THE RECOVERY VILLAGE  
CHILDREN'S LAKE



ORLANDO RECOVERY CENTER



MARY CENTER OF EXCELLENCE  
FOR BEHAVIORAL HEALTH  
AND RECOVERY



THE RECOVERY VILLAGE  
ROSEFIELD



NEXT STEP VILLAGE



NEXT GENERATION VILLAGE



THE RECOVERY VILLAGE



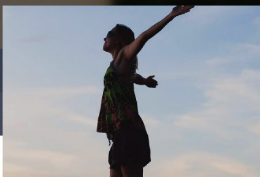
THE RECOVERY VILLAGE  
OCALA



## Treatment Affiliate

*Achieve sustainable freedom from eating disorders, addictions, trauma and co-occurring disorders with the support of one of the best, most qualified and most experienced treatment providers in the country. Dr. Kim and the SunCloud team know the real question is not why the "self-destructive behavior" or "substance" but rather why the "pain". We know the brain is inseparable from the body and the individual is inseparable from the environment. We know recovery is anything but easy, yet we know it is possible.*

– Kim Dennis, M.D.  
CEO and Founder, SunCloud Health



### LIVE FREE

from the vicious cycle of your disease. Return to yourself with integrated treatment that sees you as a whole person capable of recovery.



### LIVE FREE

from treatment as usual. You don't fit into a box, and neither should your treatment options.



### LIVE FREE

from feeling like you are doing it all alone. Recovery happens within community and with continuous care, from people with expertise who care.



### LIVE FREE

from the fear that you can't change. With rigorous outcome measures and targeted treatment, we can show you what works for you and why.



210 Skokie Boulevard · Suite A, Highland Park, IL 60035  
Contact us at 866.729.1012 or [www.suncloudhealth.com](http://www.suncloudhealth.com)

We treat co-occurring eating and substance use disorders at our new outpatient clinic where we provide individual and group outpatient therapy, as well as IOP and PHP services.



## Treatment Affiliate



**EATING  
Recovery** CENTER

**When it comes to putting patients first,  
our medical team is second to none.**

**See why Eating Recovery Center has more doctors  
on staff than our top three competitors combined.**

We may be the largest network dedicated to the treatment of eating disorders, but to our patients, we never feel too big. In fact, it is the size of our team that gives us the flexibility to treat patients with the personalized care they deserve at any stage of the illness. If you think someone under your care is struggling with anorexia, bulimia or binge eating disorder, our team is ready to help pursue a lasting recovery. Make a treatment referral to Eating Recovery Center today.

**For a free confidential assessment by a Masters-level clinician,  
call 1-877-736-2140 or visit us at [www.eatingrecovery.com](http://www.eatingrecovery.com).**

**RECOVER** *life*

**CALIFORNIA • COLORADO • ILLINOIS • OHIO • SOUTH CAROLINA • TEXAS • WASHINGTON**



*Timberline Knolls is a residential treatment center located on 43 beautiful acres just outside Chicago, offering a nurturing environment of recovery for women ages 12 and older struggling to overcome eating disorders, substance abuse, mood disorders, trauma and co-occurring disorders. By serving with uncompromising care, relentless compassion and an unconditional joyful spirit, we help our residents help themselves in their recovery.*

### Eating Disorders Rarely Occur Alone.



Most women and girls enter treatment with a diagnosis of anorexia or bulimia. When ED behaviors are curtailed, other addictions and disorders often manifest.

This is why Timberline Knolls treats co-occurring disorders simultaneously.

Contact us today to learn more.



40 Timberline Drive | Lemont, IL 60439  
timberlineknolls.com | info@timberlineknolls.com | 877.257.9611







[www.hynesrecovery.com](http://www.hynesrecovery.com)

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