

Adolescent-Young Adult Medicine

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The Treatment of Eating Disorders

Information Guide for Our Patients and Families

Welcome to our practice of Adolescent-Young Adult Medicine. We are pleased that you have come for a medical evaluation and consultation. Eating disorders pose complex and perplexing challenges for our patients and their families and we especially encourage patience, teamwork, open communication and compassion, over the coming weeks and months, as we get to know each other.

ANOREXIA NERVOSA, BULIMIA NERVOSA, BINGE EATING DISORDER, and other difficulties with thoughts and behaviors related to body image and food, are relatively common concerns among adolescents and young adults. Each young person is unique, yet all patients benefit from care related to physical, nutritional, emotional and social factors in order to optimize their overall health and wellbeing.

The information in this guide is intended to supplement our discussions and to inform you of some useful resources. Please never hesitate to ask questions, to offer your feedback on this information, or to suggest any new resources you may discover. We are hopeful that our work together will be helpful, productive and reassuring.

APPROACHES TO CARE AND MODES OF THERAPY

❖ **OUT-PATIENT TEAM**

Most of our patients are treated solely by an out-patient team comprised of a medical doctor and a psychotherapist.

Medical care/Nutritional rehabilitation (what we do)

Psychotherapy with a psychiatrist, psychologist, or social worker

Types of psychotherapy: individual, family, group, family-support

Inter-personal psychotherapy

Cognitive behavioral therapy (CBT)

Dialectic behavioral therapy (DBT)

Maudsley approach

Medication (psycho-pharmacology) may be recommended.

Medication is prescribed by a medical doctor, either a psychiatrist or adolescent-young adult medicine specialist.

Nutritional counseling with a registered dietitian may be recommended, generally after medical/nutritional stabilization has been achieved.

❖ **DAY TREATMENT PROGRAM**

A day treatment program, either full-day or half-day, may be recommended if a greater degree of support and supervision is needed. Generally visits with the out-patient team will continue, but possibly less frequently during the time in day treatment.

❖ **IN-PATIENT or RESIDENTIAL TREATMENT PROGRAM**

An in-patient or residential treatment program provides a maximum degree of supervision, support and therapy for patients in need of such care. Such programs are located in various settings, including:

Adolescent-young adult medical unit

Psychiatric hospital

Residential treatment center

ORGANIZATIONS

- National Eating Disorders Association (NEDA) www.edap.org
- Academy for Eating Disorders (AED) www.aedweb.org
- National Women's Health Information Center www.4women.gov
- Center for the Study of Anorexia and Bulimia www.icpnyc.org
Institute for Contemporary Psychotherapy
212-333-3444 1841 Broadway, NYC 10023
- Overeaters Anonymous www.oa.org

BOOKS

Consult Gurze Books www.gurze.com 800-756-7533

Catalogue in our waiting room offering numerous selections

WEBSITES (in addition to above)

Also consult links in various websites listed here

- www.GirlsHealth.gov
- www.youngwomenshealth.org
- www.adolescenthealth.org

PROGRAMS offering day programs, inpatient and residential care
(there are many other excellent programs in addition to those listed here)

- Schneider Childrens Hospital North Shore-Long Island Jewish
www.schneiderchildrenshospital.org/sch_ado_eat_dis.html
- New York Hospital in White Plains, NY www.nycornell.org/eating.disorders/
- Columbia University (NYC) www.columbia.edu/~ea12/
- Princeton Hospital (NJ) www.princetonhcs.org
- Renfrew Center (various locations incl. NYC and Phila.) www.renfrew.org
- Silver Hill Hospital (Conn) www.silverhillhospital.org
- Wellspring Foundation (Conn) www.wellspring.org
- Laureate Hospital (Oklahoma) www.laureate.com
- Rogers Memorial Hospital (Wisconsin) www.rogershospital.org
- Columbus Park Collaborative (NYC) www.columbusparkcollaborative.com