

## Eating Disorder Resources & Referrals

### Resources on Campus

<p><b>Nutrition Services</b>  <b>Provider-Whitney Tawney, RD, CEDRD</b>          Whitney is a Registered Dietitian specializing in eating disorders, disordered eating, intuitive eating and helping people heal from dieting and diet culture. Her approach is weight neutral, non-diet, body affirming, and trauma informed. Her office is located within Health Education Outreach in the Tranquada Building. To make an appointment you can call Student Health Services. For questions you can email her at <a href="mailto:whitney.tawney@claremont.edu">whitney.tawney@claremont.edu</a>.</p>	<p><b>Student Health Services</b>  <b>Providers-NANCY ACEVES, FNP-C &amp; CINDY CHU, FNP-BC</b>          Nancy Aceves, NP and Cindy Chu, NP provide primary care and medical assessments to those managing eating disorders on campus. They are located at Student Health Services. You can make an appointment with them by calling Student Health Services at 909-621-8222.</p>
<p><b>Monsour Counseling and Psychological Services. Provider-Dana Reyes, PSY.D</b>          Dana is a senior staff psychologist at Monsour Counseling and Psychological Services.</p> <p>Dana is passionate about working with students of color, trauma, and working with students with disordered eating patterns and/or body image concerns.</p> <p>To make an appointment with Dana you can contact Monsour Counseling at 909-621-8202.</p>	<p><b>Mindful Eating Meal Space- Pitzer Only</b>          Mondays 5:30-6:30 pm          Where: Inside the Grove House each week          Bring dinner, dessert is provided!</p> <p>This is a space for folks to be in community with others who want to be intentional about their relationship with food.</p> <p>Please bring your dinner and we will provide Grove House cookies, as well as a relaxing and warm setting to meet others, be reflective, practice mindfulness and intentionality, and engage in journaling and (always optional) discussion around our relationships with food, bodies, exercise, and eating in general.</p> <p>Who is this space for? Anyone who wants a community of support for healing your relationship with food and anyone who is struggling with wants to be in community support and anyone who isn't struggling or healing but wants to show up and be allied in creating a meal space intentionally removed from diet culture and the context of the dining hall! And anyone who is curious and wants to check it out :)</p> <p>Hava and Jules are Pitzer Wellness Ambassadors (hired by Strive 2 Thrive) who are running this weekly event through Strive 2 Thrive programming, and they are two students who care deeply about having more spaces to discuss disordered eating + eating disorders, counter the isolating and stigmatizing notions around struggling + healing, and be + care in community.</p> <p>Please reach out to them with any accessibility or general concerns, questions, comments, ideas, love notes, etc!          Email: <a href="mailto:hsprung@students.pitzer.edu">hsprung@students.pitzer.edu</a> and <a href="mailto:jschneid@students.pitzer.edu">jschneid@students.pitzer.edu</a></p>

<p><b>Pomona-Pitzer Athletics Drop-in Hours with Dr. Grant Goodman (grant.goodman@claremont.edu)</b></p> <ul style="list-style-type: none"> <li>• Mondays 12:00-1:00pm starting Sept 5th</li> <li>• Hosted by Pomona-Pitzer and CMS Athletics</li> <li>• The link will be sent out via email to all eligible student athletes</li> </ul>	<p><b>Radical Body Acceptance Bibliotherapy Group with Dr. Dana Reyes and Dr. Emily Hauck</b></p> <p><b>Fridays 1-2:30 pm</b></p> <p>Join MCAPS therapist to discuss the intersectional approach to body acceptance using the book <i>The Body Is Not An Apology</i> by Sonya Renee Taylor. All 7C students welcome.</p>
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**Local & Virtual Eating Disorder Therapists\*:**

<p><b>Sasha Taylor, LMFT, CEDS</b> 250 W. 1st St., Suite 214 Claremont, CA 91711 <a href="mailto:Sashataylor@mft@gmail.com">Sashataylor@mft@gmail.com</a> <b>(909) 447-9516</b> <a href="https://www.sashataylortherapy.com/">https://www.sashataylortherapy.com/</a></p>	<p><b>Nicole Goolsby, LMFT, CEDS</b> 219 N Indian Hill Blvd Suite 102 Claremont, CA 91711 <a href="mailto:info@bewellmarriageandfamilytherapy.com">info@bewellmarriageandfamilytherapy.com</a> (909) 206-4453 <a href="https://www.bewellmarriageandfamilytherapy.com/">https://www.bewellmarriageandfamilytherapy.com/</a></p>	<p><b>Sylvia Soto, LMFT (909)</b> 929-1462 sylviasotoms@gmail.com</p>
<p><b>Sarah Moss, AMFT</b> Sarahmarie.mft@gmail.com (951) 595-7133</p>	<p><b>Allyson Ford, MA, LPCC</b> <b>Eating Disorder and OCD Therapy</b> Virtual <a href="https://www.eatingdisorderocdtherapy.com/about">https://www.eatingdisorderocdtherapy.com/about</a> <a href="mailto:allysonfordcounseling@gmail.com">allysonfordcounseling@gmail.com</a> Allyson's podcast: Body Justice <a href="https://www.eatingdisorderocdtherapy.com/bodyjusticepodcast">https://www.eatingdisorderocdtherapy.com/bodyjusticepodcast</a></p>	<p><b>Jordan Frailey, LMFT</b> Rancho Cucamonga, CA 909-295-3045 <a href="https://therapywithjordan.clientsecure.me/#home">https://therapywithjordan.clientsecure.me/#home</a></p>
<p><b>Sara Truitt, LCSW</b> 270 W. 12th St Claremont, CA 91711 (909) 621-7820</p>	<p><b>Bette Ozburn, MFT</b> 411 North Indian Hill Blvd Claremont CA (909) 392-3731 bozburn@roadrunner.com</p>	<p><b>Sarah Jane Thomas</b> Eating Disorder and OCD Therapy Virtual <a href="mailto:allysonfordcounseling@gmail.com">allysonfordcounseling@gmail.com</a> <a href="https://www.eatingdisorderocdtherapy.com/about">https://www.eatingdisorderocdtherapy.com/about</a></p>
<p><b>Alyssa Taylor, LMFT</b> Virtual Therapy <a href="https://www.alisataylorcounseling.com">https://www.alisataylorcounseling.com</a> 909-283-0806</p>	<p><b>Mary Ortenburger, M.S. MFT</b> 219 N Indian Hill Blvd. Suite 201 Claremont, CA 91711 (562)281-7752 <a href="mailto:mary.ortenburger@gmail.com">mary.ortenburger@gmail.com</a> <a href="http://www.maryortenburger.com">www.maryortenburger.com</a> Mary offers therapy &amp; trauma informed yoga classes in the Claremont Village</p>	<p><b>Lesli Maul, MSW, LCSW</b> 110 W Fir St. Suite 3 Brea, CA 92821 (714) 524-0489 <a href="mailto:lamaul@sbcglobal.net">lamaul@sbcglobal.net</a> <a href="http://www.leslimaul.us">www.leslimaul.us</a></p>

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<p><b>Natalie Brooks</b> 232 Harrison Ave. Ste F Claremont, CA 91711 natalie@bemindwell.com (909) 332-2286</p>	<p><b>Lauren Muhlheim, Psy.D., FAED, CEDS-S</b> <a href="https://www.eatingdisordertherapyla.com/about-us/meet-our-team/lauren-muhlheim/">https://www.eatingdisordertherapyla.com/about-us/meet-our-team/lauren-muhlheim/</a> Lauren is one of the very few therapists in LA certified in Family-Based Treatment (FBT) for adolescent eating disorders.</p>	<p><b>Eating Disorder Therapy LA</b> Virtual/ telehealth options available <b>(323) 743-1122</b> <a href="https://www.eatingdisordertherapyla.com/">https://www.eatingdisordertherapyla.com/</a> Eating Disorder Therapy LA is a specialized outpatient eating disorder psychotherapy practice in the heart of Los Angeles California. They offer individual psychotherapy for eating disorders primarily, as well as anxiety and depression. &lt;Meet their therapists: <a href="https://www.eatingdisordertherapyla.com/about-us/meet-our-team/">https://www.eatingdisordertherapyla.com/about-us/meet-our-team/</a></p>
<p><b>BRIDGET WHITLOW M.S., LMFT</b> bridget@bridgetwhitlow.com 415.827.0283 <a href="https://www.bridgetwhitlow.com/about">https://www.bridgetwhitlow.com/about</a> Bridget has clinical expertise in the treatment of anxiety, eating disorders, obsessivecompulsive disorder, LGBTQ, and self-criticism.</p>	<p><b>Jamie Frazier – LMFT</b> Pronouns: He / Him / His 2830 I Street, Suite #305, Sacramento, CA 95816 Phone: (916) 300-4348 Email: <a href="mailto:sculptpsychotherapy@gmail.com">sculptpsychotherapy@gmail.com</a> <a href="https://genderyouthproviders.com/locations/sacramento/?fbclid=IwAR2FcNYnpfnLwESxqvEKIDDxyC1wBoYaeBr_B3Tv7P8H2Le-gio-ZaOhc">https://genderyouthproviders.com/locations/sacramento/?fbclid=IwAR2FcNYnpfnLwESxqvEKIDDxyC1wBoYaeBr_B3Tv7P8H2Le-gio-ZaOhc</a>  Services: Psychotherapy, care management, transition-related support Specialties: Eating disorders, Anxiety Disorders (OCD, GAD, phobias), and Transgender Care</p>	<p><b>Dr. Marianne Miller</b> Virtual Sessions <a href="https://www.drmariannemiller.com/">https://www.drmariannemiller.com/</a> &lt;<a href="mailto:hello@drmariannemiller.com">hello@drmariannemiller.com</a>&gt; &lt;858-699-3754 Dr. Miller works compassionately with people with anorexia, bulimia, binge eating disorder, avoidant-restrictive food intake disorder, emotional eating, and general food and body image issues. Her practice is LGBTQIA+ affirming.  <b>Binge Eating Disorder Program:</b> <a href="https://www.drmariannemiller.com/bingeeating-101-class">https://www.drmariannemiller.com/bingeeating-101-class</a></p>
	<p><b>Stark Therapy Group Virtual</b> <a href="https://starktherapygroup.com/">https://starktherapygroup.com/</a>  California Therapists specialized in treating eating disorders, anxiety &amp; depression, body image issues, and trauma. They are a HAES aligned, LGBTQIA+ Inclusive, fat positive and anti racist group practice. Located in Southern California, serving San Diego, Orange County, and Los Angeles.</p>	

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**On campus programs to help make therapy more affordable**

<p><b>Pomona College:</b>  <a href="https://www.pomona.edu/students/wellness">https://www.pomona.edu/students/wellness</a></p> <p>Off Campus Therapy:</p> <ul style="list-style-type: none"> <li>• Step 1: For Students who have SHIP (Aetna, OA Elect Choice EPO) fill out the Insurance Referral Form in order to obtain the necessary referral by Monsour Counseling Center (909-6218202) this will allow your deductible to be waived.</li> <li>• Step 2: Pomona will reimburse currently enrolled students up to a maximum of \$50 per attended appointment for copayments and co-insurance.</li> </ul> <p>&lt;Reimbursement requests must be submitted with Original/Itemized Receipt. &lt;Receipts for reimbursement must be submitted no later than 30 days from date of your attended therapy appointment.</p>	<p><b>Scripps College:</b></p> <ul style="list-style-type: none"> <li>• Refer to student portal to apply for financial assistance:  <a href="https://cm.maxient.com/reportingform.php?ScrippsCollege&amp;layout_id=4">https://cm.maxient.com/reportingform.php?ScrippsCollege&amp;layout_id=4</a></li> <li>• Will cover up to \$75 per session (insurance copay or session cost), 8 sessions per academic term</li> <li>• If the off-campus therapist believes a student would benefit from additional sessions, the provider and student are able to submit a request for additional coverage.</li> </ul> <p><b>Pitzer College</b></p> <p>&lt;Pitzer has on-campus ARC counseling that is free to students. Students need to email stephanie_hannant@pitzer.edu to get setup.          &lt;For specific needs like eating disorders, they can meet with Stephanie to coordinate care.</p>
<ul style="list-style-type: none"> <li>• Step 3: Contact your provider of choice and call to schedule an appointment.</li> <li>• Step 4: Reimbursement: Email receipts and the reimbursement form to Merryann Bishop at DOS.</li> </ul>	
	<p><b>CMC</b></p> <ul style="list-style-type: none"> <li>• All students recommended to try TimelyCare for free. If students are struggling to find an in-network therapist, please contact Jess Neilson <a href="mailto:Jess.Neilson@ClaremontMcKenna.edu">Jess.Neilson@ClaremontMcKenna.edu</a></li> <li>• Mental Health Resources: <a href="https://www.cmc.edu/dean-ofstudents/cmc-mental-health-resources#dropins">https://www.cmc.edu/dean-ofstudents/cmc-mental-health-resources#dropins</a></li> </ul>

**Local & Virtual Eating Disorder Dietitians\*:**

<p><b>Tholia Davila, RDN Virtual sessions</b>  <a href="https://www.nutritionpeacecounseling.com/">https://www.nutritionpeacecounseling.com/</a>          &lt;tholia@nutritionpeacecounseling.com          &lt;909-330-4710          Tholia (she/her/ella), is a queer, neurodivergent, mixedchicana (not yet Spanish speaking), Registered Dietitian based in Redlands, California. She specializes in guiding people to have a healthier relationship with food, body, and exercise. She also strives to support social justice, equity, and systemic change.</p>	<p><b>Golie Khayef, DrPH, MS, RD, CEDRD</b>          1 N Indian Hill Blvd, Suite D208, Claremont 91711          (909) 282-2867          Drgolierd.com</p>
<p><b>As You Are Nutrition Virtual sessions</b>  <a href="https://www.asyouarenutrition.com/">https://www.asyouarenutrition.com/</a></p>	<p><b>Stefanie Boone, RD, CEDRD</b>          530 Wilshire Blvd Suite 306 Santa Monica 90401          (301)892-6852          www.stefanieboonerd.com <b>Email:</b> steff@stefanieboonerd.com</p>
<p><b>Amara Grace Riparip</b> <a href="http://www.Balancedhealthrd.com">www.Balancedhealthrd.com</a>          hello@balancedhealthrd.com</p>	<p><b>Alyssa Davis</b>          219 N Indian Hill Blvd Suite 102 Claremont, CA 91711  <a href="https://alyssadavisrd.com/">https://alyssadavisrd.com/</a> <b>P:</b> (909)578-0719 <b>E:</b> asdavisrd@gmail.com</p>
<p><b>Lauren Anton, MS, RD, CEDRD-S</b>          Virtual          (323) 369-5940          lauren@laurenantonrd.com          &lt;Lauren specializes in eating disorders, athletes and eating disorders, exercise dependence and avoidance, sports nutrition, and helping those who struggle with their weight find peace with their body.</p>	<p><b>Vaughn Darst, RD</b>          All Gender Nutrition Virtual sessions  <a href="mailto:vaughn@allgendernutrition.com">vaughn@allgendernutrition.com</a>          As a genderqueer transgender nutrition specialist, Vaughn understands the unique challenges facing gender diverse clients in making peace with our bodies, nutrition, and gender identity. Your work shouldn't have to include educating your provider about your gender identity or explaining the reality of living with dysphoria. Your work together will be focused on establishing a healthy relationship to food and your own body. Vaughn aims to support you in your personal goals for recovery, improved body image, and ultimately . . . body liberation.</p>
<p><b>Erike Conte, RD</b>          Virtual  <a href="mailto:contact@bamboonutritionrd.com">contact@bamboonutritionrd.com</a>          Note: when emailing please ask for Erika and mention you are located in California</p>	<p><b>Vickery Wellness</b>          virtual  <a href="http://www.vickerywellness.com">www.vickerywellness.com</a>          -Certified Intuitive Eating Counselor &amp; yoga teacher          - she works with Reimbursify- clients can file their first 5 claims free through her practice          - She is neurodivergent and has an weight inclusive, anti diet approach</p>
<p><b>BIPOC Providers:</b>  <a href="https://docs.google.com/spreadsheets/d/1oo4zMUkDlaZM63nSYqZVlFglj0XC9izfl30ybPtxJsQ/edit#gid=0">https://docs.google.com/spreadsheets/d/1oo4zMUkDlaZM63nSYqZVlFglj0XC9izfl30ybPtxJsQ/edit#gid=0</a></p>	<p><b>EDRDPro Provider Search:</b>  <a href="https://edrdpro.com/professional-directory/">https://edrdpro.com/professional-directory/</a></p>

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## Eating Disorder Physicians\*

<p><b>Dr. Craig Endo</b> LaVerne, CA 909-378-8865 <a href="https://mypvhc.com/team/craig-endo-md/">https://mypvhc.com/team/craig-endo-md/</a></p>	<p><b>Dr. William Casas</b> LaVerne, CA 909-378-8865 <a href="https://mypvhc.com/team/illiam-casas-m-d/">https://mypvhc.com/team/illiam-casas-m-d/</a></p>
<p><b>Dr. Stephanie Bui</b> UCLA Health 310-208-7777 <a href="https://www.uclahealth.org/providers/stephanie-bui">https://www.uclahealth.org/providers/stephanie-bui</a></p>	<p><b>Linda Schack-</b> Torrance, CA 310-325-4353 <a href="https://www.drschack.com/">https://www.drschack.com/</a> Dr. Schack is the Medical Director of Torrance Memorial Medical Center's Medical Stabilization Program for Patients with Eating Disorders.</p>
<p><b>Leslie Kaplan, MD, CEDS</b> Calabasas Pediatrics Wellness Center 818- 914- 4429</p> <p>Dr. Kaplan specializes in the medical care of adolescents and young adults with anorexia nervosa, bulimia nervosa, and related disorders. She is one of only a few doctors in the country with a private practice treating those with eating disorders.</p>	<p><b>Elaine L. Rosen, MD</b> UCLA Developmental-Behavioral Pediatrics 310-825-0867</p>
<p><b>Fat Friendly Docs:</b> <a href="https://fatfriendlydocs.com/usa/us_ca.html">https://fatfriendlydocs.com/usa/us_ca.html</a></p>	<p><b>Allison W. Leung, MD</b> UCLA Health 310-208-7777</p>
<p><b>Asia Sullivan</b> Beverly Hills Specializes in Eating Disorders, LGBT+ care and diabetes <a href="https://www.drvmmedical.com/">https://www.drvmmedical.com/</a></p>	
<p><b>Christopher Welebir</b> <b>Gynecologist</b> Glendale, CA (818) 247-5845</p>	<p><b>Dr. Christopher Lee</b> <b>Gastrointestinal Dr</b> specializing in eating disorders Newport, CA 949-645-6244 <a href="https://hoagmedicalgroup.com/physician/christopher-leemd/">https://hoagmedicalgroup.com/physician/christopher-leemd/</a></p>

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## Eating Disorder Programs\*:

<p><b>Alsana</b> <a href="https://www.alsana.com/">https://www.alsana.com/</a> (866) 884-6139 Mejken Hernandez: <a href="mailto:mejken.hernandez@alsana.com">mejken.hernandez@alsana.com</a></p> <p>&lt;Multiple locations offering both virtual and in person programs</p>	<p><b>Center for Discovery</b> <a href="http://www.centerfordiscovery.com">www.centerfordiscovery.com</a> (844) 545-1741 &lt;Multiple locations offering both in person and virtual options. &lt;residential treatment, a day treatment/partial hospitalization program (PHP), and an intensive outpatient program (IOP) &amp; free support groups.</p>
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<p>&lt;residential treatment, a day treatment/partial hospitalization program (PHP), and an intensive outpatient program (IOP) &amp; free support groups.</p>	
<p><b>Shoreline</b> <a href="https://www.shorelineeatingdisorders.com/">https://www.shorelineeatingdisorders.com/</a>  Long Beach &amp; Orange County Locations  562-268-4369  &lt;Shoreline offers: residential treatment, a day treatment/partial hospitalization program (PHP), and an intensive outpatient program (IOP).</p>	<p><b>Opal</b>  Seattle, WA  <a href="https://www.opalfoodandbody.com/">https://www.opalfoodandbody.com/</a> p: 206-926-9087  e:info@opalfoodandbody.com</p> <p>&lt; Opal is whole-heartedly committed to freeing people from diet culture by offering eating disorder treatment for food, body and exercise concerns  &lt; Opal provides eating disorder treatment in Seattle for adults of all genders ages 18+. We offer partial hospitalization, intensive outpatient and traditional outpatient programming</p>
<p><b>Loma Linda Eating Disorder Program</b>  Loma Linda, CA 909-787-2182  <a href="https://lluh.org/behavioral-health/ourservices/eating-disorder-programs">https://lluh.org/behavioral-health/ourservices/eating-disorder-programs</a></p>	<p><b>The Meadows Ranch</b>  <a href="https://www.meadowsranch.com/">https://www.meadowsranch.com/</a> Admissions:  866-329-7713  Wickenburg, AZ</p> <p>About Meadows: Our sprawling 50-acre ranch is a relaxing retreat where you can focus on regaining your health as you gather the tools needed for a successful recovery. Take a look around and you'll see horses, cacti, outdoor patios with sunshades, citrus and pomegranate trees, a pool, and other amenities.</p> <p>Despite the scenic location, this is serious treatment, but we believe healing can happen faster when you're inspired by your surroundings. So there's no "hospital feel" here at The Meadows Ranch. Our homey, tranquil campus invites you to get back in touch with the person you were before your eating disorder took over and rediscover who you were meant to be.</p>
<p><b>UCSD Eating Disorder Program</b>  <a href="https://eatingdisorders.ucsd.edu/">https://eatingdisorders.ucsd.edu/</a>  San Diego, CA</p> <p>UCSD's treatment programs include three separate clinics: Pediatric, Adolescent, and Adult, offering 10-hour and 6-hour Day Treatment and Intensive Outpatient programs. Staffed with expert physicians and psychologists, the inpatient unit provides medical stabilization of abnormal cardiovascular function and helps those who are severely underweight and require nutritional restoration under expert care. Finally, our</p>	<p><b>McCallum Place</b>  <b>Eating Disorder Centers</b>  <b>Victory Program -Specializing in Athletes</b>  St. Louis, Missouri  <a href="https://www.mccallumplace.com/programs-athletes/">https://www.mccallumplace.com/programs-athletes/</a>  (855) 968-3985  McCallum Place is a nationally acclaimed, comprehensive eating disorder treatment center for pre-adolescents, adolescents, adults, and athletes of all genders.</p>

757 N COLLEGE WAY CLAREMONT CA 91711 | (909) 607-7332 | NUTRITION SERVICES

one-week intensive family therapy programs for adolescents and adults provide 40 hours of psychoeducation, DBT skills, and family based treatment. Ideal for families who are transitioning between levels of care, or are lacking evidence-based practitioners where they live.

**Admissions Department**

<Karlee McGlone, LMFT  
Sr. Manager of Admissions and Outreach  
kmcglone@health.ucsd.edu  
(858) 534-8026

<Alyssa Kauffman, MA LPCC #4673  
Admissions Clinician for Adult Program  
a1kauffman@health.ucsd.edu  
(858) 246-1358

<Andi Drouin, MA, LPCC #2522  
Sr. Admissions Clinician for Pediatric and Adolescent Programs  
aldrouin@health.ucsd.edu  
(858) 822-5701

**UCSD's Eating Disorder/ Athlete Program**  
<https://eatingdisorders.ucsd.edu/resources/athleticsresources.html>

UCSD has a program specific for athletes. They have helped adolescent and adult athletes from around the world to overcome their eating disorders. They work closely with families, coaches, and trainers to help return athletes to their sports.

Sarah Archer, MFT  
Manager of Athlete Program slarcher@ucsd.edu  
(858) 534-7709

Admissions Department  
[Edintake@ucsd.edu](mailto:Edintake@ucsd.edu) (858) 534-8019

**Monte Nido**  
<https://www.montenido.com/>

At Monte Nido programs, state-of-the-art treatment is provided to all genders through a combination of group therapy modalities, nutrition education, meal support, mindfulness training, medical and psychiatric oversight and psychotherapeutic support. Clients work on behavior, mood, relationship, movement, food and weight goals, gaining increased freedom and responsibility for handling recovery challenges. The tools, skills and ongoing support services help clients to become fully recovered and to maintain their recovery. Our Health-at Every-Size (HAES) informed and gender-affirming care is reflected in our programs through:

- Recognition that healthy, recovered people come in all shapes and sizes
- Behavior focused, rather than weight focused philosophies
- Recognition that all bodies deserve to be nourished and experience satiety
- Openness and accessibility of our kitchens and foods in a homelike setting
- Ability to request and be provided more food for nourishment and/or satiety throughout the day

Belief that weight loss attempts and focus are contraindicated for recovery from all eating disorder diagnoses



<p><b>Reasons</b>  <a href="https://reasonsedc.com/">https://reasonsedc.com/</a></p> <p>Reasons Eating Disorder Center offers a full continuum of inpatient, residential and outpatient programs for adults struggling with anorexia, bulimia, binge eating and other eating disorders. They also provide telehealth eating disorder treatment options for our partial hospitalization and intensive outpatient levels of care.</p> <p>Their eating disorder programs address co-occurring disorders such as trauma and stress, substance use disorders, personality disorders, anxiety disorders, compulsive disorders and depression. Located in the San Gabriel Valley in Greater Los Angeles, California, our serene campuses offer a peaceful backdrop for the important work of eating disorder recovery.</p>	<p><b>UCLA</b>  <a href="https://www.uclahealth.org/medicalservices/eating-disorders">https://www.uclahealth.org/medicalservices/eating-disorders</a></p> <p><b>Inpatient &amp; Outpatient</b>  UCLA’s programs address the needs of adolescents and young adults with all types of eating disorders. Whether families come to them for inpatient anorexia treatment or outpatient treatment for avoidant/restrictive food intake disorder (ARFID), they can help.</p>
<p><b>ACUTE: Center for Eating Disorders and Severe Malnourishment</b>  <a href="https://www.acute.org/">https://www.acute.org/</a></p> <p><b>Inpatient</b>  When Life-Saving Medical Care is Needed, Experience Matters  Severe eating disorders are the only mental illnesses regularly accompanied by dangerous, life-threatening medical complications. Significant medical instability results from progressive malnutrition, purging behaviors and blood chemistry abnormalities, and compromises virtually all of the body’s vital organs and systems.</p> <p>ACUTE’s private, hospital-based medical telemetry unit at Denver Health Medical Center in Denver, Colorado only treats these complex medical issues in patients with extreme forms of eating disorders and severe malnutrition.</p>	

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**Free Eating Disorder Support Groups\***

<p><b>CENTER FOR DISCOVERY GROUPS:</b>  <a href="https://centerfordiscovery.com/groups/">https://centerfordiscovery.com/groups/</a></p> <ul style="list-style-type: none"> <li>• Individuals in Recovery</li> <li>• BIPOC individuals in Recovery</li> <li>• Binge Eating Disorder Support Groups</li> <li>• Community Meal Support Group</li> </ul>	<p><b>ALSANA GROUPS</b>  <a href="https://www.alsana.com/programs/online-supportgroup/">https://www.alsana.com/programs/online-supportgroup/</a></p> <ul style="list-style-type: none"> <li>• Weekly Online Eating Disorder Support Group</li> </ul>
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<p><b>FEDUP COLLECTIVE: Fighting Eating Disorders in Underrepresented Populations: A Trans and Intersex Collective</b>  <a href="https://fedupcollective.org/resources">https://fedupcollective.org/resources</a></p> <ul style="list-style-type: none"> <li>• Weekly support group for gender diverse folk</li> <li>• Intersex eating disorder support group</li> <li>• Fat trans+ and intersex eating disorder support group</li> <li>• QTBIPOC, trans femme and caregiver groups</li> </ul>	<p><b>MONTECATINI SUPPORT GROUPS</b>  <a href="https://www.montecatinieatingdisorder.com/about/free-support-groups/">https://www.montecatinieatingdisorder.com/about/free-support-groups/</a></p> <p><b>OPAL</b>  <a href="https://www.opalfoodandbody.com/eating-disorderssupport-groups/">https://www.opalfoodandbody.com/eating-disorderssupport-groups/</a></p> <ul style="list-style-type: none"> <li>• Health at Every Size Support Group Eating Disorder Treatment Group</li> </ul>
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**Other Resources\***

<p><b>Diabetes &amp; Eating Disorders</b></p> <p><b>Self Care for Diabetes</b>  A size-inclusive online learning program and support group  <a href="https://www.selfcare4diabetes.com/slp-self-care-fordiabetes">https://www.selfcare4diabetes.com/slp-self-care-fordiabetes</a></p>	<p><b>PCOS</b></p> <p><b>Julie Duffy Dillon, RD</b>  Free PCOS tools/ resources, course, podcast  <a href="https://julieduffydillon.com/pcos/">https://julieduffydillon.com/pcos/</a></p>
<p><b>Emetophobia</b></p> <p><b>Eating Disorder Therapy LA</b>  Virtual/ telehealth options available  (323) 743-1122 <a href="https://www.eatingdisordertherapyla.com">https://www.eatingdisordertherapyla.com</a>  Article:  <a href="https://www.eatingdisordertherapyla.com/swallowingchoking-and-vomiting-phobias/">https://www.eatingdisordertherapyla.com/swallowingchoking-and-vomiting-phobias/</a></p> <p><b>Ken Goodman, LCSW</b>  Author of The Emetophobia Manual  Virtual Online Office (818)  426-1780  <a href="https://www.kengoodmantherapy.com/">https://www.kengoodmantherapy.com/</a></p>	<p><b>Recovery Coaches</b></p> <p><b>Body Roots Recovery</b>  <a href="https://www.bodyrootsrecovery.com/">https://www.bodyrootsrecovery.com/</a>  Hayden Kapalka (he/him) is a white, trans, queer, neurodivergent, certified eating disorder recovery coach &amp; Body Trust® provider in training. As someone who has had lived experience with an eating disorder, he is dedicated to supporting and providing hope to those who are healing. He focuses on somatic healing and roots his work in an antioppressive, harm reduction, gender-affirming, and traumainformed framework. All of his services are offered virtually.</p> <p><b>Intuitive Eating and Body Image Coaching</b>  <a href="https://starktherapygroup.com/intuitive-eating-bodyrespect-coaching">https://starktherapygroup.com/intuitive-eating-bodyrespect-coaching</a></p> <p><b>Artsy Recovery Coach</b>  <a href="http://www.artsyrecoverycoach.com">www.artsyrecoverycoach.com</a></p>

**FED-UP (Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective)**

<Approved providers & Resources:  
<https://fedupcollective.org/resources>

**FBT (Family Based Therapy)**

**BRIDGET WHITLOW M.S., LMFT**  
**bridget@bridgetwhitlow.com**  
**415.827.0283**  
<https://www.bridgetwhitlow.com/about>

**Lauren Muhlheim, Psy.D., FAED, CEDS-S**  
<https://www.eatingdisordertherapyla.com/about-us/meetour-team/lauren-muhlheim/>  
Lauren is one of the very few therapists in LA certified in Family-Based Treatment (FBT) for adolescent eating disorders.

**UCSD Eating Disorder Program**  
<https://eatingdisorders.ucsd.edu/>  
San Diego, CA  
**Admissions Department**  
<Karlee McGlone, LMFT  
Sr. Manager of Admissions and Outreach  
kmcglone@health.ucsd.edu  
(858) 534-8026

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\*\*\*Can't find what you are looking for? Check out the National Alliance for Eating Disorders Treatment Finder:  
<https://www.allianceforeatingdisorders.com/find-treatment/>