

Eating Disorders Services at Children's Hospital

The Eating Disorders Services at Children's provide full-scale services for teens and their families who need treatment for anorexia and bulimia. Our team approach is to develop a relationship with your adolescent, not the eating disorder. We offer inpatient (hospital-based) or outpatient (clinic-based) treatment that includes:

- An initial meeting with your teen and family to get to know each other, give information about eating disorders and treatment options, find common ground and agree on a plan of action
- A thorough psychiatric evaluation
- A team approach to treatment from the doctors, dieticians, mental health professionals and counselors

Inpatient program (hospital-based)

If an inpatient program is best for your teen, the program offers:

- Medical care to check vital signs, weight and electrolytes
- Teaching on the physical effects of eating disorders to teens and parents
- Nutrition assessment, treatment and counseling

- Meal support that includes modeling, setting expectations for normal eating, reducing anxiety and emotion coaching
- Teaching on meal support techniques to use at home
- Individual, family and group therapy
- Other therapies, such as yoga and warm water floating for relaxation and body awareness
- Encouraging teens to support each other in the process of recovery
- A hospital-based school program to keep your teen from falling behind
- Medication evaluation and trial, if needed
- Psychological testing, if needed
- Discharge planning with outpatient providers to share the treatment plan, goals that were accomplished in the hospital and more recommendations for treatment



Continued

Outpatient program (clinic-based)

If the outpatient program is best for your teen, the program offers:

- Medical care to check vital signs, weight and electrolytes
- Teaching on the physical effects of eating disorders to teens and parents
- Nutrition assessment, treatment and counseling
- Teaching on meal support techniques to use at home (optional; there is a cost)
- Individual, family and group therapy
- Medication evaluation and follow-up, if needed
- Psychological testing, if needed
- Planning with other providers to share the treatment plan and goals for coordinated care

FOR MORE INFORMATION

Children's Eating Disorder Services:

- General Questions - Adolescent Medicine, (206) 987-3005
- Medical and Nutrition Management – Adolescent Medicine, (206) 987-2028
- Child and Adolescent Psychiatry, (206) 987-2760
- To enroll for Adolescent Medicine Eating Disorders Services (including Adolescent Nutrition), please have your primary care doctor call Children's Scheduling Center at (206) 987-2028, option 1, to make a referral. Or, your doctor can fill out a New Appointment Referral Form (NARF) online at www.seattlechildrens.org

Children's will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205. This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.

Disclaimer: The inclusion of any Web site link (or resource accessed through this link) does not imply endorsement by Children's Hospital and Regional Medical Center. Seek the advice of your child's health care provider before you act or rely upon any information from these resources.