

Eating Disorders Services

The clinics that may work with your child and what they do



When your child comes to Children's for help with an eating disorder, the Psychiatry and Adolescent Medicine Clinics work closely together, along with Adolescent Nutrition, to provide thorough, well-coordinated care. Our program is made up of separate outpatient clinics, with individual enrollment procedures, appointments and intake forms.

Your child does not have to enroll in both the Psychiatry and Adolescent Medicine Clinics if being seen by community care providers, such as doctors, therapists or nutritionists. Children's team will work with the other care providers to ensure clear communication about your child's progress.

This handout will help you know what to expect from each clinic.

Adolescent Medicine Eating Disorders Clinic

Our clinic will provide a diagnosis for your child and will evaluate how serious the disorder is. We will decide if your child needs to be admitted to the hospital for care. If hospital admission is not needed, we'll help you with how often your child should come to the clinic as an outpatient. We'll consider how close you live to Children's when deciding on a follow-up visit schedule.

Treatment is best provided by a team. Your child should also be seeing mental health and nutrition providers during outpatient care. We can help with referrals if needed.

Clinical Nutrition/Adolescent Nutrition

The clinical nutritionists have special expertise in working with teens and eating disorders. They assess, treat and evaluate with your teen's developmental needs in mind. Topics that will be covered include:

growth status, food and nutrition needs, physiology of how food works, body image, socio-cultural influences on food choices, meal support for both the teen and the family, and nutrition for activities/sports.

Our nutritionists work closely with the other members of the eating disorder team to provide the most comprehensive, effective care.

Psychiatry Eating Disorders Services

Inpatient or outpatient mental health treatment is available, depending on the severity of your child's eating disorder. Admission to Inpatient Psychiatry Eating Disorders Services is different from admission to the medical floor to help stabilize your child.

Outpatient care can include:

- Individual, family and group therapy
- Meal support training classes
- Orientation to the Inpatient Psychiatry Unit's (IPU) Eating Disorders Services
- Consultation, recommendations and referrals to other outpatient providers or eating disorders programs
- Helping with psychiatric medicines your child may need

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.