

Child and Adolescent Eating Disorder Program

A brief summary of services for
young people, parents, teachers,
coaches and counselors.



**Evaluation, treatment and care
coordination for young people with:**

- Anorexia nervosa
- Bulimia nervosa
- Early signs of eating disorders or
irregular eating patterns



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

MEDICINE of THE HIGHEST ORDER

Child and Adolescent Eating Disorder Program: Comprehensive, Proven Treatment Methods

More than 25 years ago, Strong Memorial Hospital began a program for children and adolescents with two common eating disorders – anorexia nervosa and bulimia nervosa. Today, this superior program based at Golisano Children’s Hospital at the University of Rochester Medical Center in Rochester, New York, serves young people in Upstate New York, reaching north to Watertown, south into Pennsylvania, west toward Buffalo and east to Albany.

OUR EATING DISORDER PROGRAM SETS THE STANDARD FOR EXCELLENCE

Our nationally recognized team of adolescent health professionals comprehensively assesses young people at Golisano Children’s Hospital at URMC – and develops and implements effective, individualized treatment plans.

- For over a quarter century, our interdisciplinary team has been treating young people with eating disorders and their families using the biopsychosocial approach, with excellent outcomes. Greater than 80% of patients admitted for treatment of anorexia nervosa are still in recovery 4 or more years after treatment.

- Since 2005, we have been a core center for the New York State Comprehensive Care Center for Eating Disorders of Western New York. We are looked to as a model for a statewide integrated, coordinated system of care.
 - We have been involved in the development of treatment guidelines for the American Psychiatric Association and the Society for Adolescent Medicine.
- Drawing on – and developing – the most up-to-date, proven methods of treatment, Golisano Children’s Hospital helps young people and their families move toward wellness and a healthy adulthood.

OUR CHILD AND ADOLESCENT EATING DISORDER PROGRAM INCLUDES AN INTERDISCIPLINARY TEAM OF PROFESSIONALS SPECIALIZING IN:

- **Adolescent medicine** – Physicians who are experts in adolescent medicine are responsible for the overall care of patients, providing or supervising the medical and nutritional, as well as the individual, group and family services on a daily basis.
- **Creative arts therapy** – Provided by a licensed, board-certified music therapist and music/art therapy interns, creative arts therapy allows patients to gain valuable self-awareness and express themselves
- **Psychiatry and psychology** – Professionals specializing in child and adolescent psychiatry and psychology provide mental health evaluation and treatment for patients and their families, as needed.
- **Social work** – A certified social worker provides services such as group and family therapy, as well as coordinates care with insurance companies and other providers. In addition, our social worker assists with discharge planning.



in ways that may not be possible through more traditional therapies. Individual and group sessions are offered as part of the inpatient treatment plan.

- **Nursing** – Registered nurses and nurse practitioners devoted to adolescent health care deliver nursing services tailored to each young person’s individual needs. They carry out the nursing care plan each day on the inpatient unit and also provide a significant amount of the outpatient health care services.
- **Nutrition** – A registered dietitian with special training and experience in adolescent eating disorders offers regular nutrition education and meal planning, with emphasis on meal planning at home.
- **Supportive meal therapy** – Specially trained patient care technicians and other staff members on the Adolescent Unit supervise meals during the hospital stay. This helps assure that patients experience healthy eating behaviors in a supportive, controlled environment with the goal of making these behaviors life-long habits.
- **Teen life** – Specialists in teen life help patients develop their daily schedules and engage in therapeutic leisure activities that focus on personal growth and development. They also coordinate tutoring and schoolwork, as well as fun group activities, while patients are in the hospital.

Both Outpatient and Inpatient Services Are Offered

Outpatient

Since young people often show greater improvement when in a familiar environment surrounded by family and friends, Golisano Children's Hospital emphasizes outpatient treatment. In fact, the majority of the children and adolescents we see annually are treated as outpatients. Before a treatment plan is put in place, patients receive a full health evaluation that includes:

- A detailed medical history, physical examination and laboratory tests that help provide a full diagnostic picture
- An in-depth evaluation of nutritional intake and requirements
- An assessment of individual and family strengths, and any areas of special sensitivity or vulnerability
- Determination of coping styles, mood, anxiety and sources of stress

During family-centered outpatient treatment, Golisano Children's Hospital offers comprehensive, coordinated care that includes medical monitoring and treatment, education about the illness and methods of treatment, nutritional counseling, support group information and outpatient group therapy. Mental health therapy for the individual and family, which is fundamental to the treatment of eating disorders, is provided. Connections to specialists within the community are also facilitated.

Inpatient

If a young person is severely malnourished, has chemical or fluid imbalances, is unable to control dieting or vomiting or becomes medically unstable, hospitalization may be required. Inpatients are admitted to Golisano Children's Hospital, the only dedicated pediatric Adolescent Unit in New York State north of New York City – and are closely monitored and moved incrementally toward taking greater responsibility for their own health. Tutoring and contact with school is maintained throughout the hospitalization so that patients keep up with academics. We also build strong relationships with parents, who are actively involved in their child's treatment from admission to discharge from the hospital. This entire process helps lead to a successful outcome.



Family-Centered; Community-Focused

Family members, friends, teachers, coaches, clergy and other significant people in a young person's life can be part of the solution to recovery and are included, as needed. Golisano Children's Hospital works with families to identify supportive behaviors within the family unit. Community resources that can enhance a young person's well-being are also utilized.

The full range of comprehensive, coordinated and integrated pediatric eating disorder services available has made Golisano Children's Hospital the only pediatric unit designated by the New York State Department of Health as a Comprehensive Care Center for Eating Disorders.



Be Sure to Ask Questions

Having a family member with an eating disorder can result in all sorts of feelings – as well as ups and downs. Our program at Golisano Children’s Hospital helps families move through these difficult times with a focus on a positive, healthy future. Never hesitate to ask a question or to seek additional support, guidance or reassurance. Our eating disorders team is here for YOU.

You can turn to the Child and Adolescent Eating Disorder Program at Golisano Children’s Hospital for answers to questions that are frequently asked by young people, parents, teachers, coaches and counselors including:

Q: How do you determine whether or not a young person has an eating disorder?

The signs of an eating disorder can be subtle at first. Young people and their families should come to our facility as soon as they have any concern about a family member’s eating and exercising patterns, even just an inkling that something might be wrong. The earlier an eating problem – even if it’s not yet a full-blown eating disorder – is recognized and treatment begins, the better.

Q: How serious is an eating disorder?

An eating disorder is potentially life threatening. Eating disorders have one of the highest death rates of any mental health condition.

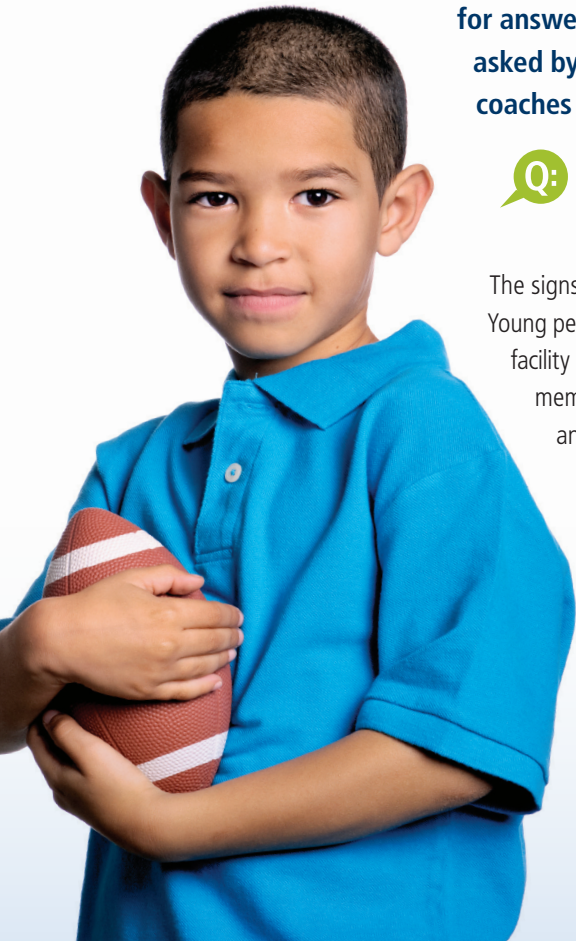
Q: What are some of the symptoms of an eating disorder?

- Intense dieting or preoccupation with food
- Hiding/discarding food
- Counting calories, grams of fat in the diet
- Rapid or excessive weight loss
- Feeling tired, cold and weak
- Lack of energy
- Cold and blue hands and feet
- Dizziness or fainting
- Hair loss
- Slow heart rate
- Absent or irregular menstruation
- Excessive facial/body hair
- Binge eating
- Vomiting or taking laxatives
- Swollen salivary glands
- Compulsive or excessive exercise
- Self-worth determined by weight or shape

Some of these may also be symptoms of other illnesses. That’s why a full evaluation at Golisano Children’s Hospital is so important.

Q: Which young people are most at risk?

- Adolescent females who are high-achieving and perfectionistic
- Young people who have a low self-worth or are depressed, anxious or sad
- Youth involved in athletic or artistic endeavors that emphasize thinness (e.g., running, ballet or gymnastics)
- Teens dealing with family stress, transition or loss
- Children and adolescents who are teased about their weight



Q: Who are patients of the Golisano Children's Hospital Child and Adolescent Eating Disorder Program?

The Golisano Children's Hospital program is designed for young people from 10 to 21 years of age. Although most patients with anorexia or bulimia are females, we also treat males with these eating disorders. Every socio-economic level is affected, though young people in middle- to upper-income families are particularly susceptible. We serve all patients, regardless of gender, race, socio-economic or other factors.

Q: Is the treatment for an eating disorder offered right at Golisano Children's Hospital?

Yes. When a child or adolescent can be helped on an outpatient basis, care is offered at our outpatient clinic. Most young people are helped in this way. Behavioral health resources within the community and the patient's personal physician are relied on as well.

If a young person's medical condition requires hospitalization, she or he is treated by our same team of specialist physicians, nurse practitioners and nurses within the pediatric Adolescent Unit at Golisano Children's Hospital.

Q: What is the length of time it might take to attain a healthy eating/living pattern?

Because anorexia and bulimia are complex disorders, there is considerable individual variation in how long it takes to become healthy. A young person might be in treatment from a few months to 2 years or more. The standard inpatient treatment protocol is 17 days, but the length of stay for hospitalized patients depends on a number of factors. At times, inpatients need to take part in our affiliated residential treatment or partial hospitalization program prior to being discharged home for good. At Golisano Children's Hospital, treatment plans are designed to meet the specific needs of each patient and family.

Q: What are the success rates?

Success is proven. Based on follow-up studies, more than 80% of our inpatient eating disorder patients eventually attain and maintain a healthy eating pattern. There is substantial evidence that Golisano Children's Hospital outpatients also recover in the vast majority of cases.

Young People or Their Families May Wish to Consult the Following Organizations for Information and Support

COMPREHENSIVE SERVICES:

**CHILD AND ADOLESCENT EATING DISORDER PROGRAM
GOLISANO CHILDREN'S HOSPITAL
UNIVERSITY OF ROCHESTER MEDICAL CENTER**
601 Elmwood Avenue, Box 690 | Rochester, New York 14642
585-275-2964 | 585-242-9733 (fax)

www.Golisano.URMC.edu/EatingDisorders

INFORMATION:

**NEW YORK STATE COMPREHENSIVE CARE
CENTERS FOR EATING DISORDERS**
Eating Disorders Recovery Center of Western New York
800-700-4573 (toll free)

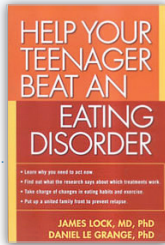
www.nyeatingdisorders.org

NATIONAL EATING DISORDERS ASSOCIATION
603 Stewart Street, Suite 803 | Seattle, Washington 98101
206-382-3587

www.nationaleatingdisorders.org



Some Recommended Readings:

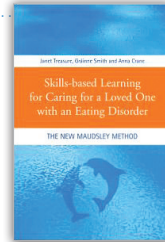
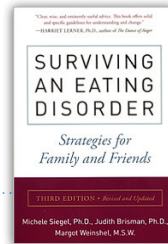


HELP YOUR TEENAGER BEAT AN EATING DISORDER

James Lock, MD, PhD; Daniel Le Grange, PhD

SURVIVING AN EATING DISORDER: STRATEGIES FOR FAMILY AND FRIENDS

Michele Siegel, PhD; Judith Brisman, PhD; Margot Weinschel, MSW



SKILLS-BASED LEARNING FOR CARING FOR A LOVED ONE WITH AN EATING DISORDER: THE NEW MAUDSLEY METHOD

Janet Treasure, MD

The strengths of the Child and Adolescent Eating Disorder Program at Golisano Children's Hospital include:

- An asset-based, family-centered, community-focused approach
- A thorough patient evaluation
- A comprehensive, evidence-based treatment plan
- A nationally recognized interdisciplinary, professional team
- On-site medical and nutritional monitoring
- Ongoing care coordination by our eating disorders staff in conjunction with services provided by the young person's primary care physician and other professionals in the patient's local community

THE VAST MAJORITY OF YOUNG PEOPLE WITH AN EATING DISORDER WHO SEEK HELP AT GOLISANO CHILDREN'S HOSPITAL RECOVER.

Our Team:

The Child and Adolescent Eating Disorder Program resides in the Division of Adolescent Medicine, Department of Pediatrics, at Golisano Children's Hospital at URM.

Our professionals work closely with colleagues across New York State to identify and facilitate referral to appropriate treatment options and settings for patients. These options include the only residential treatment facility for children and adolescents with eating disorders at *Harmony Place* in Rochester, as well as the only partial hospitalization program in the Finger Lakes Region at *The Healing Connection* in Fairport.

DIRECTOR

Richard Kreipe, MD, FAAP, FSAM, FAED, the founding Director of the Child and Adolescent Eating Disorder Program, is a board-certified pediatrician and adolescent medicine specialist, as well as a Fellow of the Academy for Eating Disorders. His professional focus for the last 30 years has been on pediatric eating disorders, having published numerous research studies, articles, book chapters, position papers and reviews on the topic. Dr. Kreipe is a consultant to the American Psychiatric Association regarding diagnostic criteria for eating disorders in young people. He is the founding Medical Director of the Western New York Comprehensive Care Center for Eating Disorders, which forms a coordinated, integrated network of care across the full range of services and settings required for the treatment of eating disorders. In addition, Dr. Kreipe devotes much time to in-person and web-based continuing education of professionals to encourage earlier recognition and treatment of eating disorders, as well as community-based prevention efforts.

PHYSICIANS

Meera Beharry, MD Mandy Coles, MD Cheryl Kodjo, MD, MPH
O.J. Sahler, MD Susan "Shellie" Yussman, MD, MPH

Please visit www.Golisano.URMC.edu/EatingDisorders for information about our additional team members.



GOLISANO

CHILDREN'S HOSPITAL

FOR FURTHER INFORMATION OR TO REQUEST A
CONSULTATION, PLEASE CONTACT:

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