

ILLINOIS DEPARTMENT OF PUBLIC HEALTH
OFFICE OF WOMEN'S HEALTH

Eating Disorders



Referral and Resource Guide

Eating Disorders Referral and Resource Guide

Where do we go from here?



Self-portrait of 16-year-old female with anorexia (4'11", 72 lb.)

Provided by the
Illinois Department of Public Health
Office of Women's Health

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The Office of Women’s Health would like to acknowledge Kate Serwatka, an intern from the University of Illinois at Chicago School of Public Health, for compiling this resource guide.

Where Do We Start...



Adolescence is a time of change. Pre-pubescent children experience significant change in height, weight, shape and, most importantly, body image. This new and important stage of growth brings along with it much stress, doubt and uncertainty. Much to the dismay of those preparing to enter this stage, puberty cannot be controlled or postponed. Adolescents are self-conscious about their change in appearance and have mixed feelings about adjusting to this time in their life.

Puberty is a crucial developmental stage that requires proper nutrition. Hormones fluctuate, bones lengthen, muscles expand and the brain works in overdrive. Between the ages of 9 and 17, boys and girls require more calories. Calories provide the body with the energy necessary for the child to learn and grow. However, when adolescents reject their individual changes during puberty, they tend to become dissatisfied with their body image. It is believed today that a child's body image is determined by age 6.

A negative body image in adolescence can lead to disordered eating patterns, and can begin as early as 8 years old. While these abnormal patterns can develop into full blown eating disorders, 95 percent of pubescent children who experience disordered eating will not progress to an eating disorders. It is the remaining 5 percent who do that must be targeted.

Eating disorders stem from inside the child. Culture, environment, genetics and the media all contribute to the onset of an eating disorder; yet, it is the child's self-esteem and body awareness that affects the way he/she looks at herself. Eating disorders are a mental illness that can be prevented. Prevention must begin by educating adults and health professionals on how to recognize abnormal eating patterns and disordered thoughts and to stop the behavior before it develops into a diagnosable eating disorder.

The Illinois Department of Public Health's Office of Women's Health is taking the first steps toward a statewide initiative to combat adolescent eating disorders. Using a multi-faceted approach, this

effort will strive to dispel common myths and definitions of eating disorders and uncover the mental and physical treatment available for these young children.

Specifically, the initiative's mission is (1) to educate the health professionals of Illinois on how to recognize eating disorders, (2) to provide additional resources and tools to prevent and treat eating disorders, and (3) to create a general public awareness about the problem of adolescent eating disorders in Illinois.

Introduction

Body image develops as appearance changes during adolescence. It is believed today that a child's body image is determined by age 6. A child who has threatening, stressful and confusing thoughts about her/his body image and weight during adolescence can develop disordered eating patterns. These behaviors are characterized by restricted food intake, skipping meals, avoiding certain foods, binge eating and ridding her/himself of food by vomiting or taking laxatives.¹ Recurrent episodes or consistent abnormal eating behaviors can lead to anorexia and bulimia (Obesity, too, signals disordered eating patterns and is becoming an increasingly prevalent problem in the U.S. However, the problem of obesity, which can arise from a number of both psychological and physical factors, is beyond the scope of this referral and resource guide.) **Five to 10 million girls, and another 1 million boys in the United States suffer from eating disorders.** This is more than five times the number of people living with HIV and AIDS in America.²

Eating disorders have many causes. A negative body image is influenced by low self-esteem, feelings of inadequacy, cultural pressures and a history of being teased about weight. Familial issues also play a role. **A 1999 study found that a girl's decision to lose weight was strongly associated with her mother.**³ Troubled family relationships and a history of physical and sexual abuse are also identified risks.

One of the biggest challenges today is teaching children media literacy and the underlying messages in advertisements. **Models are thinner than 98% of American women; the average model is 5'7" and 117 lbs.** Adolescents constantly compare their bodies to media images and "wish they were thinner."²

Illinois adolescents do not fall far from today's norm. According to the 1997 Behavioral Risk Factor Surveillance System (BRFSS), 55 percent of male and female Illinois high school students thought they were overweight, while 81 percent were trying to lose weight. A total of 461 Illinois females versus 24 males were discharged from hospitals in 1998 with a principle or secondary diagnosis of anorexia or bulimia.

(1) U.S. Department of Health and Human Services "Bodywise Handbook"; (2) Eating Disorders Awareness and Prevention; (3) Body Image and Health Inc.

Professionals, educators and parents should be able to recognize an eating disorder and be prepared to help. **Adults need to spend time with adolescents, describe changes during puberty and discourage distorted thoughts of body image.** Teachers need to provide a classroom environment that accepts diverse body types, coaches should learn appropriate approaches to weight management and health professionals ought to learn to assess and screen for these problems.

The Illinois Department of Public Health, Office of Women's Health, has compiled a list of eating disorder specialists across the state. Several areas in Illinois lack sufficient resources to address eating disorders. This list will provide an opportunity for area specialists to collaborate, network and refer to other colleagues in the state. **The treatment for eating disorders is a multi-disciplinary approach** and, with the participation from several professions with experience in the subject, the problem will be more feasible to eradicate. The Department encourages you to use this resource directory as a bridge to your fellow professionals and to collaborate in the fight against eating disorders.

Anorexia

Anorexia nervosa is a psychiatric illness characterized by self-starvation and excessive weight loss. Anorexics have an intense fear of weight gain, and their preoccupation with food and weight often masks other psychological problems. Anorexics have a distorted perception of their body size and shape, and refuse to maintain a healthy body weight. One out of every 100 adolescent girls develop anorexia.

How do I identify anorexia nervosa?

- dramatic weight loss
- preoccupation with weight and food
- refusal to eat certain foods
- comments about feeling “fat” or overweight despite weight loss
- denial of hunger
- loss of monthly periods
- development of food rituals (e.g., breaking food into small pieces, eating foods in certain orders, excessive chewing, rearranging food on plate)
- consistent excuses to avoid mealtimes or situations involving food
- excessive, rigid exercise regimen
- withdrawal from usual friends and activities
- weariness, lethargy
- mild depression, irritability
- dry, thin, lackluster hair
- fine body hair (a.k.a. lanugo)
- cold hands and feet
- ashen or dry skin
- chipping, weak, brittle nails
- bleeding gums
- constipation
- fainting spells

Bulimia

Bulimia nervosa is a disorder in which one has frequent episodes of binge eating followed by purging or ridding the body of food. Bulimics often vomit, use laxatives and diuretics, and/or compulsively exercise. Bulimics are not visibly underweight; yet like anorexics, they use food as a means of coping with psychological problems. Unlike anorexics, bulimics feel out of control and recognize their abnormal behaviors. Two to five young girls out of 100 develop bulimia.

How do I identify bulimia nervosa?

- secretive eating
- disappearance of large amounts of food in short periods of time
- frequent trips to the bathroom after meals
- excessive, rigid exercise regimen
- swelling of the glands in neck and face area
- calluses on the back of hand and knuckles from self-induced vomiting
- discoloration, staining of the teeth
- creation of complex lifestyle schedules/rituals to make time for binge-and-purge sessions
- withdrawal from usual friends and activities
- preoccupation with body weight
- depression
- mood swings
- heartburn
- bloating
- irregular periods
- constipation
- indigestion
- sore throat
- weakness, exhaustion
- bloodshot eyes
- dehydration

The Approach

How do I confront someone with an eating disorder?

You must first have a plan. Ultimately, you need to stress the fact that you are approaching the person because you care about him/her and are concerned for his/her well-being. The overall goal should be to get the person to seek professional help. Here are some tips in how to approach someone:

- Make a plan to approach that person in private, at a time that is appropriate to talk.
- Present what you have observed in a caring but firm and straightforward way.
- The more evidence you have, the harder it will be for the person to brush off the issue.
- Be sensitive to the fact that she/he may be embarrassed or ashamed.
- Give the person time to talk and encourage verbalization of feelings.
- Do not argue over whether or not there is a problem.
- Provide information about resources for treatment.
- Let him/her know you want to help in whatever way you can.
- Offer to do some of the legwork involved (finding referrals and making appointments).
- Do not try to be a hero or a rescuer.
- In lieu of using “you” accusations, express concern using “I” statements.

Don't cast a net of awe and wonder around the existence of an eating disorder. Focus on the results of eating disorders:

Inefficiency

in the fulfillment of academic, familial, occupational and other responsibilities

Misery

in the form of food and weight obsession, anxiety about control, guilt, helplessness, hopelessness and extreme mood swings

Alienation

in the form of social anxiety, social withdrawal, secrecy, mistrust of others and self-absorption

Disturbance

of self and others through loss of control over dieting, body image, eating, emotions and decisions

Tips to Help

Adults have a profound influence on adolescents. To prevent adolescents from forming a negative body image, adults must first look at themselves and evaluate their position as a role model. The following is a list of constructive tips in setting an appropriate example for adolescents.

What are my thoughts about my body?

- Stop talking about your own weight.
- Do not talk about or behave as if you are always dieting.
- Do not criticize your own weight.
- Examine your own belief, attitudes and behaviors about your own body.
- Examine your dreams, goals and expectations for your children.
- Make a commitment to exercise for the joy of feeling your body move.
- Do not avoid activities that draw attention to your shape or weight.
- Take people seriously for what they say and feel not how they appear.
- Expand your self-worth to include attributes other than your looks.
- Notice what you call yourself and what you allow others to call you.
- Throw away the scales.
- Do not compartmentalize your body.
- Give up the fantasy that weight loss will transform your life.
- Bring emotion and self-expression into exercise.
- Create a list of all things your body lets you do.
- Keep a list of 10 positive things about yourself without mentioning appearance.
- Eat when you are hungry.

Professionals, educators, parents and other adults who spend time with children have an impact on preventing eating disorders. Here are some suggestions one can use in influencing a child's thoughts and behaviors about her/himself and her/his relationship with food.

What can I do?

- Educate children about the genetic differences in body types.
- Provide children with real images of human diversity.
- Be aware of advertising and toys aimed at children.
- Talk back to the television, and dispel cultural bias and myths.
- Help children to stand up for themselves.
- Educate boys about violence against women, including weightism.
- Encourage children to be active.
- Do not restrict calorie intake unless advised by a physician.
- Allow all foods in your household.
- Encourage a variety of foods in moderation.
- Encourage eating in response to body hunger.
- Build a child's self-esteem.
- Encourage open communication.
- Encourage critical thinking.
- Do not use food as a reward or punishment.
- Help children to enjoy and accept their bodies.
- Trust children's appetites.
- Empower parents to listen to their children.

Instilling Self-Worth in Children

- Model self-respect and self-care.
- Give a child individual, daily, focused attention.
- Offer frequent verbal, physical and written expressions of your affection.
- Assume the best in a child.
- Use communication techniques that convey respect.
- Ask open-ended questions that encourage dialogue.
- Listen with empathy, acknowledging feelings.
- Apologize and ask forgiveness when appropriate.
- Recognize unique vulnerabilities in children.
- Give children a sense of belonging.
- Foster self-approval by using encouragement more than praise.
- Show an interest in a child's activities.
- Display children's work.
- Help children acquire new skills.
- Give appropriate responsibility.
- Encourage healthy risk-taking.
- Help children learn from mistakes.
- Encourage children to set goals.
- Help children identify obstacles to success and ways to overcome them.
- Avoid excessive protectiveness.
- Set reasonable performance standards.
- Assist children through "no-win" situations.
- Don't compare siblings.
- Express feelings of satisfaction and pleasure.
- Compliment a child.

Errors that Erode Self-Esteem

- Negating a child's feelings
- Dwelling on the negatives
- Using put-downs and derogatory labels
- Typecasting
- Making comparisons
- Using excessive pressure
- Overprotecting and engendering fear
- Tying a child's character or personal worth to their performance or behavior
- Fostering birth order, gender or other stereotypes

Professional Organizations

Academy for Eating Disorders

111 E. 210th St.
Bronx, NY 10467
718-920-6782
<http://www.acadeatdis.org>

American Anorexia Bulimia Association (AABA)

165 W. 46th St., Suite 1108
New York, NY 10036
212-575-6200
<http://aabainc.org>

Anorexia Nervosa and Related Eating Disorders Inc. (ANRED)

P.O. Box 5102
Eugene, OR 97405
541-344-1144
<http://www.anred.com>

Eating Disorders Awareness and Prevention Inc. (EDAP)

603 Stewart St., #803
Seattle, WA 98101
206-382-3587
<http://www.edap.org>

Illinois Psychiatric Society

20 N. Michigan Ave., Suite 700
Chicago, IL 60602
312-263-7391

Illinois Psychological Association

203 N. Wabash Ave., Suite 910
Chicago, IL 60601
312-372-7610
Fax 312-372-6787
<http://members.aol.com/ilpsypage/index.htm>

**International Association of Eating Disorders Professionals
(IAEDP)**

123 NW 13th St., #206
Boca Raton, FL 33432-1618
800-800-8126
<http://www.iaedp.com>

Largesse: The Network for Size Esteem

P.O. Box 9404
New Haven, CT 06534
203-787-1624
<http://www.eskimo.com/~largesse>

**National Association of Anorexia Nervosa
and Associated Disorders (ANAD)**

P.O. Box 7
Highland Park, IL 60035
847-831-3438
<http://www.anad.org>

The National Eating Disorder Information Centre (NEDIC)

CW 1-211, 200 Elizabeth St., M5G 2C
Toronto, Canada
416-340-4156
Fax 416-340-4736
E-mail — nedic@uhn.on.ca
<http://www.nedic.on.ca/>

National Eating Disorders Organization (NEDO)

6655 S. Yale Ave.
Tulsa, OK 74136
703-476-3452
<http://www.kidsource.com/nedo/index.html>

National Eating Disorders Screening Program

1 Washington St., Suite 304
Wellesley Hills, MA 02181
781-239-0071
<http://www.nmisp.org/eat.htm>

Eating Disorder Web Sites

About Face

<http://www.about-face.org>

Adolescent Health On-Line (AMA)

<http://www.ama-assn.org/adolhlth>

American Academy of Child and Adolescent Psychiatry (AACAP)

<http://www.aacap.org>

American Academy of Pediatrics

<http://www.aap.org>

American Dietetic Association (ADA)

<http://www.eatright.org>

American Psychiatric Foundation (APF)

<http://www.psych.org>

American Psychological Association (APA)

<http://www.apa.org>

Body Image and Health Inc.

<http://www.rch.unimelb.edu.au/BIHInc/>

**Center for Disease Control's Department
of Adolescent and School Health**

<http://www.cdc.gov/nccdphp/dash>

Center for Eating Disorders

<http://www.eatingdisorder.org>

Eating Disorders Association

<http://www.uq.net.au/eda/documents/start.html>

Eating Disorders Anonymous

www.eatingdisordersanonymous.org

Eating Disorders Awareness and Prevention

<http://www.edap.org>

Girl Power!

<http://www.healthorg/gpower>

Hunger Pains

<http://www.nisa.net/~lee/>

Mirror Mirror

<http://www.mirror-mirror.org/eatdis.htm>

National Eating Disorders Screening Program

<http://www.nmisp.org/eat.htm>

National Institute of Mental Health

<http://www.nimh.nih.gov/>

National Mental Health Association

<http://www.nmha.org>

The Society for Adolescent Medicine

<http://adolescenthealth.org/>

Something Fishy Website on Eating Disorders

<http://www.something-fishy.org/ed-4.htm>

Therapist Finder.net

<http://www.therapistfinder.net>

Professionals Who Treat Eating Disorders

The information provided in this directory is a public service and is provided by eating disorder specialists and treatment facilities themselves. The Illinois Department of Public Health, Office of Women's Health, does not in any way endorse any of the following eating disorder professionals.

The individuals and their affiliated facilities have not been screened or evaluated. Questions about cost/insurance should be directed to the provider. The following providers are listed alphabetically by city.

A

Masi, Mark, Ph.D.

Allied Clinical Psychologists
3295 N. Arlington Heights Road
Suite 109
Arlington Heights, IL 60004
Phone 847-253-6698
Fax 847-488-9148
Web www.drmasi.com

B

Brett, Alison, Ph.D.

Lakeside Psychology and Counseling
Services
2213 Lakeside Drive
Bannockburn, IL 60015
Phone 847-604-9441
Fax 847-604-9445

Eisenberg, Robin, L.C.S.W.

Lakeside Psychology and Counseling
Services
2213 Lakeside Drive
Bannockburn, IL 60015
Phone 847-604-9441
Fax 847-604-9445

Hines, Linda, Ph.D.

Lakeside Psychology and Counseling
Services
2213 Lakeside Drive
Bannockburn, IL 60015
Phone 847-604-9441
Fax 847-604-9445

Kroll-Rottblatt, Jody, M.S.W., Psy.D.

Lakeside Psychology and Counseling
Services
2213 Lakeside Drive
Bannockburn, IL 60015
Phone 847-432-5530
Pager 708-319-7035

Lidsky, Jerry D., M.S., A.T.R., C.G.P.

Lakeside Psychology and Counseling
Services
2213 Lakeside Drive
Bannockburn, IL 60015
Phone 847-604-9441
Fax 847-604-9445

Corrigan, Corinne, L.C.S.W.

Corrigan Counseling Consultants
25 B Shore Line Road
Barrington, IL 60010
Phone 847-382-4382

Bowley-Bogen, Julie, L.C.S.W.
5642 W. St. Charles
Berkley, IL 60163
Phone 630-375-7069



Darmata, Debra, M.S.
Choices Counseling
303 Army Trail
Bloomington, IL 60108
Phone 847-884-7750

Nesbitt, Sylvia, Psy.D., C.A.D.C.
Choices Counseling
303 Army Trail
Bloomington, IL 60108
Phone 847-884-7750

Dostal, Julie
Food Stuff
P.O. Box 281
Bloomington, IL 61702-0281
Phone 309-663-0711
E-mail jrdostal@aol.com

Stanton, Richard, Ph.D.
Provena St. Mary's Medical Center
475 Brown Blvd., Suite 105
Bourbonnais, IL 60914
Phone 815-937-8204

Mallinger, Jacqueline S., L.C.S.W.
100 Lexington Drive, Suite 202
Buffalo Grove, IL 60089
Phone 847-821-0957

Zager, Kate, M.S., R.D.
Heritage Corridor
60 Shore Drive (Interstate 55 at State
Route 83)
Burr Ridge, IL 60521
Phon 630-789-2134

Denis, Matt, Ph.D.
St. Mary's Good Samaritan Behavioral
Health
35 Albany Road
Carbondale, IL 62901
Phone 618-549-4688

Gill, Lynn
Southern Illinois University Health
Center
Student Health Programs
115 Beimfohr Hall
Carbondale, IL 62901
Phone 618 453-4429

Frisch, Jennifer
Adolescent Health Center
101 S. Wall St.
Carbondale, IL 62901
Phone 618-529-2621

Grater, Simeon, M.D.
St. Mary's Good Samaritan Behavioral
Health
35 Albany Road
Carbondale, IL 62901
Phone 618-549-4688

Hoffman, Virginia, Ph.D.
Southern Illinois University Counseling
Center
Student Health Programs
115 Beimfohr Hall
Carbondale, IL 62901
Phone 618-453-5371

231 West Main, Suite 1 West
Carbondale, IL
Phone 618-529-5694

Lampkin, Shawn

Adolescent Health Center
101 S. Wall St.
Carbondale, IL 62901
Phone 618-529-2621

Modali, Yasoda, M.D.

Southern Illinois University Health
Center
115 Beimfohr Hall
Carbondale, IL 62901
Phone 618-453-4489

Perkins, Rollin, M.D.

Southern Illinois University Health
Center
115 Beimfohr Hall
Carbondale, IL 62901
Phone 618-453-4489

Simmons, Rosemary, Ph.D.

Southern Illinois University
Counseling Center
Woody Hall A302
Carbondale, IL 62901-4715
Phone 618-453-5371

231 W. Main, Suite 1 West
Carbondale, IL
Phone 618-529-5694

Gresco, Jenny, L.C.P.C.

Central DuPage Pastoral Counseling
Center
507 A. Thornhill Drive
Carol Stream, IL 60188
Phone 630-752-9750

**Stenzel, Jennifer, M.A., N.C.C.,
L.P.C.**

Cornerstone Clinical Associates Ltd.
381 Main Place
Carol Stream, IL 60188
Phone 630-871-0770

Larson, Vivian, R.D.

Carle Pavilion
Department of Outpatient Psychiatry
809 W. Church St.
Champaign, IL 61820-3399
Phone 217-373-1850

Lum, Cheryl, L.C.P.C.

Carle Pavilion
Department of Outpatient Psychiatry
809 W. Church St.
Champaign, IL 61820-3399
Phone 217-373-1850

Reeves, Eugenia, L.C.S.W.

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Phone 217-373-1850

Stark, Connie, L.D.

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Champaign, IL 61820-3399
Phone 217-373-1850

Whisenand, James, M.D.

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809 W. Church St.
Champaign, IL 61820-3399
Phone 217-373-1700

**Wilson, Jane, M.S.Ed., R.N.C.S.,
L.M.F.T.**

Carle Pavilion
Department of Outpatient Psychiatry
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Champaign, IL 61820-3399
Phone 217-373-1850

Astrachan-Fletcher, Ellen, M.D.
University of Illinois at Chicago
Eating Disorder Clinic
912 S. Wood St.
Chicago, IL 60612
Phone 312-355-1185

Beller, Ina, L.C.S.W., A.C.S.W.
1300 W. Belmont, Suite 207
Chicago, IL. 60657
Phone 773-465-6742

55 E. Washington, Suite 1601
Chicago, IL 60602

Buckley, Patricia, Ph.D.
333 E. Ontario, 305B
Chicago, IL 60611
Phone 312-266-0861

Burrows, Betty, Ph.D
55 E. Washington, #1601
Chicago, IL 60602
Phone 773-975-8970
E-mail raber@rush.edu

Buss, Susan, L.C.S.W.
53 W. Jackson, Suite 460
Chicago, IL 60604
Phone 708-366-7432

**Butler, Mary B., D. Min., L.C.P.C.,
L.M.F.T.**
Integration Counseling Services
3256 N. Southport Ave.
Chicago, IL 60657
Phone 847-475-1092

Cohen, Holly, L.C.S.W.
Center for Personal Development
28 E. Jackson, Suite 1109
Chicago, IL 60604
Phone 312-362-0491

D'urso-Fischer, Elisa, R.D., L.D.
The Awakening Center
3166 N. Lincoln Ave., Suite 224
Chicago, IL 60657
Phone 773-929-6262

Dworkin, Niquie, Ph.D., C.A.D.C.
The Awakening Center
3166 N. Lincoln Ave., Suite 224
Chicago, IL 60657
Phone 773-929-6262

Evans-Ramsay, Marianne, R.D., L.D.
The Awakening Center
3166 N. Lincoln Ave., Suite 224
Chicago, IL 60657
Phone 773-929-6262

Eisen, Sydney B., M.D., Psychiatrist
676 St. Clair, Suite 1760
Chicago, IL 60611
Phone 312-642-6741
Fax 847-676-3809
E-mail s-eisen@nwu.edu

Fiello, Kate, M.S.W., L.C.S.W.
The Awakening Center
3166 N. Lincoln Ave., Suite 224
Chicago, IL 60657
Phone 773- 929-6262

Gabbert, Gail L., D.Min., L.M.F.T.
Interactions Therapy Center Inc.
2656 W. Montrose Ave. Suite103
Chicago, IL 60618
Phone 773-279-8905
Fax 773-279-8909

Interactions Therapy Center Inc.
4242 N. Cicero Ave.
Chicago, IL 60641
Phone 773-279-8905
Fax 773-279-8909

Grabowski, Amy, M.A., L.C.P.C.

The Awakening Center
3166 N. Lincoln, Suite 224
Chicago, IL 60657
Phone 773-929-6262

Hartt, Phyllis, B.S.N., M.S.W.

525 W. Hawthorne Place
Chicago, IL 60657
Phone 773-929-1330
E-mail pchartt@juno.com

Houck, John B., Ph.D.

Chicago Psychological Services
180 N. Michigan Ave., Suite 2403
Chicago, IL 60601-7415
Phone 773-493-1330
Fax 773-493-1331
E-mail JohnBHouck@aol.com

Pastoral Counseling Service

of Greater Chicago
5236 S. Cornell Ave.
Chicago, IL 60615-4212
Phone 773-493-1330
Fax 773-493-1331

Johnson, David H., L.C.S.W.

Chicago American Whole Health Inc.
990 W. Fullerton, Suite 300
Chicago, IL 60614
Phone 773-296-6700

Legrange, Daniel, Ph.D.

University of Chicago
5841 S. Maryland
Chicago, IL 60637
Phone 773-702-9277

Mayer, Dorothy B., M.A.

Crisis Solutions Inc.
70 W. Burton Place, Suite 1901
Chicago, IL 60610-1472
Phone 312-280-9005
Fax 312-280-9052
E-mail DortyM9005@aol.com
Web www.CrisisSolutions.com

**Mueller, Patricia A., M.D.,
Psychiatrist**

65 E. Wacker Place, Suite 615
Chicago, IL 60601
Phone 312-368-9499

Nakisher, Stephen, Psy.D.

Center for Personal Development
28 E. Jackson, Suite 1109
Chicago, IL 60604
Phone 312-362-0491

Sallas, Angelique, Ph.D.

401 N. Michigan Ave., Suite 818
Chicago, IL 60611
Phone 312-222-9060

**Sylvester, Carrie E., M.D.,
Psychiatrist**

Children's Memorial Hospital
2300 Children's Plaza, #10
Chicago, IL 60614-3394
Phone 773-880-4833
Fax 773-880-4066

VonLehmen, Donna L., L.C.S.W.

Uhlich Children's Home
Midwest Family Resources
217 N. Jefferson
Chicago, IL 60661-1111
Phone 312-575-1280

Wall, Jessica, L.C.S.W.
Chicago Psychotherapy Partners
122 S. Michigan Ave.
Chicago, IL 60603
Phone 312-409-5921

Walter, Heather, M.D., Psychiatrist
Children's Memorial Hospital
2300 Children's Plaza, #10
Chicago, IL 60614-3394
Phone 773-880-4800
Fax 773-880-4860

**Weinstein, Leo S., M.D.,
Psychiatrist**
35 E. Wacker Drive, Suite 1046
Chicago, IL 60601
Phone 312-606-9018
Fax 312-606-9019

Young, Kathleen, Psy.D.
Affirming Alternatives Psychological
Services
2770 N. Lincoln Ave.
Chicago, IL 60614
Phone 773-549-1922
E-mail kyoungpsyd@aol.com

Zeiger, Ilene, Ph.D.
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309-346-1887

**West, Victoria, M.S., N.C.C.,
L.C.P.C.**
Behavioral Health Advantages
410 Fayette St., Suite 201
Peoria, IL 61602
Phone 309-671-3822

Zoellner, Jamie, R.D.
640 W. Washington St.
Pittsfield, IL 62363
Phone 217-285-2113 (ext. 225)

Q

Kath, Sandy, L.C.S.W.
Newman Clinic
P.O. Box 450
Broadway at 14th
Quincy, IL 62301
Phone 217-224-4453

R

Fischer, Jackie

631 N. Longwood St., Suite 203
Rockford, IL 61107
Phone 815-962-6100
E-mail jacqui44@aol.com

Mattison, Kathie, M.S., R.D., L.D.

Eating Experts
1818 Camp Ave.
Rockford, IL 61103
Phone 815-968-8260
E-mail eatexpert@aol.com

S

Johnson, David H., L.C.S.W.

Schaumburg Pape & Associates
2040 E. Algonquin Road, Suite 506
Schaumburg, IL 60173
Phone 847-475-3017

Sigman, Garry, M.D.

9977 Woods Drive
Skokie, IL 60077
Phone 847-663-8352

Alexander, Richard, M.D.

Vine Street Clinic
301 N. Sixth St.
Springfield, IL 62701
Phone 217-528-8425

Klinkenborg, Kay, M.A., L.M.F.T.

1124 S. Fifth St.
Springfield, IL 62703
Phone 217-744-3525
Fax 217-744-3535

Taylor, Deborah, L.C.S.W.

Vine Street Clinic
301 N. Sixth St., Suite 140
Springfield, IL 62701
Phone 217-528-4480

Memorial Medical Center
8220 Hunt Road
Springfield, IL 62707
Phone 217-528-4480
E-mail DLTLCSW@aol.com

Stoklas, Randall R., M.S., Psy.D.

Randall R. Stoklas, M.S., Psy.D., and
Associates
PsychPlus Ltd. Community Services
2210 Dean St., Suite I
St. Charles, IL 60175
Phone 630-665-8230
Fax 630-665-8635

Toburen, Paulette, Ph.D.

24 Mosedale St.
St. Charles, IL 60174
Phone 630-377-3535

W

Danford, Lynn, M.S., L.D.

220 E. Chicago
Westmont, IL
Phone 773-293-1550

Hoover, Mary E., L.C.P.C., C.A.D.C.
200 E. Chicago Ave.
Westmont, IL 60559
Phone 630-455-0050

Casaccio, Gary, M.D.
Summit Clinical
1761 S. Naperville Road
Wheaton, IL 60187
Phone 630-260-0606

Aguzzi, Faith, B.S.N., R.N.
Prairie Path Clinical Services
400 W. Liberty Street, C
Wheaton, IL 60187
Phone 630-933-8330

Eiserloh, Linda, L.C.S.W.
2100 Manchester Road
Wheaton, IL 60187
Phone 630-665-2771

Ali, Fatima, M.D.
DuPage Mental Health Services
1776 S. Naperville Road, B/103
Wheaton, IL 60187
Phone 630-690-2222

Gibson, Dennis, Ph.D.
Wheaton Counseling Associates Ltd.
23 W. 698 Geneva Road
Wheaton, IL 60108-3225
Phone 630-668-3331

Benton, Barbara, M.D.
Genesis Clinical Services
1725 S. Naperville Road
Wheaton, IL 60187
Phone 630-653-6441

Hannon, Iris, R.D., L.D.
Priarie Path Clinical Services
400 W. Liberty St., C
Wheaton, IL 60187
Phone 630-933-8338

Berger, Kim, M.S., R.D., L.D.
1725 S. Naperville Road , Suite 206
Wheaton, IL 60187
Phone 630-653-6441

Kennelly, Patrick J., Ph.D.
Dr. Kennelly and Associates
610 W. Roosevelt Road
Wheaton, IL 60187
Phone 847-310-8578

Bongiorno, Margeret Rohde, Ph.D.
417 W. Roosevelt Road, Suite 10A
Wheaton, IL 60187
Phone 630-744-3450

McKnight, Kristen,
Clinical Psychologist
New Life Clinic
2100 Manchester Road
Wheaton, IL 60187
Phone 630-653-1717

Cariot, Debra A., Psy.D.
Prairie Path Clinical Services
400 W. Liberty St., C
Wheaton, IL 60187
Phone 630-933-8330

Nemeth, Joseph, M.D., Psy, Child Psy.
122 A. South County Farm
Wheaton, IL 60187
Phone 630-690-0977

Orland, Ralph, M.D.
Genesis Clinical Services
1725 S. Naperville Road
Wheaton, IL 60187
Phone 630-653-6441

Power, Cynthia A.
Life Enrichment Services Inc.
2238 Appleby Drive
Wheaton, IL 60187
Phone 630-653-1923
E-mail cpower@interserv.com

Prinz, Steven, M.D.
Genesis Clinical Services
1725 Naperville Road, #206
Wheaton, IL 60187
Phone 630-653-6441

Reninger, Judith E., M.S.
1804 Summit St.
Wheaton, IL 60187
Phone 630-653-2272

Salyer, Margaret, L.C.P.C.
Quest Clinical Services
1776 S. Naperville Road, 104B
Wheaton, IL 60187
Phone 630-260-1933

Sotir, Migdalia Miranda, M.D.
7 Blanchard Circle, Suite 201
Wheaton, IL 60187
Phone 630-653-2300

Stoklas, Randall R., M.S., Psy.D.
Randall R. Stoklas, M.S., Psy.D., and
Associates
PsychPlus Ltd. Community Services
114 N. Hale St., Suite E
Wheaton, IL 60187
Phone 630-665-8230
Fax 630-665-8635
E-mail randy@allways.net

**Wright, Carol, R.N., B.S.N., M.S.,
L.C.P.C., N.C.C.**
New Life Clinic
2100 Manchester Road
Wheaton, IL 60187
Phone 630-653-1717

Rachford, Kady
Almond Tree Counseling
14301 Ryan Court
Woodstock, IL 60098
Phone 815-338-0385
E-mail jcsoon@owc.net

Z

Bailey, Kayla, R.D.
Midwestern Regional Medical Center
2520 Elisha Ave.
Zion, IL 60099
Phone 847-362-0607

Treatment Facilities

The information provided in this directory is a public service and is provided by eating disorder specialists and treatment facilities themselves. The Illinois Department of Public Health, Office of Women's Health, does not in any way endorse any of the following eating disorder treatment facilities. The facilities have not been screened or evaluated. The Office of Women's Health does not take responsibility for the actions or services provided by those listed.

The following are listed alphabetically by treatment facility name.

Adolescent Health Center

101 S. Wall St.

Carbondale, IL 62901

Contact Shawn Lampkin or Jennifer Frisch

Phone 618-529-2621

The Adolescent Health Center provides support group and case management programs for eating disorder patients. The patients go through an initial screening and meet individually at least once a week with a case manager or counselor. The case manager maintains contact with the patient's primary physician and a psychiatrist, if needed, to coordinate care. The center is currently establishing an early intervention program in a local school.

Affirming Alternatives Psychological Services

2501 N. Lincoln Ave., Suite 130

Chicago, IL 60614

Contact Kathleen Young, Psy.D.

Phone 773-549-1922

Fax 773-549-1932

Affirming Alternatives Psychological Services provides professional consultation and supervision specializing in a variety of issues and concerns. Dr. Young has 14 years of experience treating eating disorders and conducts a weekly group that provides additional support.

Alexian Brothers

Behavioral Health Hospital
Eating Disorder Program
1650 Moon Lake Blvd.
Hoffman Estates, IL 60194
Clinical Director John Levitt, Ph.D
Contact Karen Trevithick, M.A.
Phone 847-755-8168

Alexian Brothers eating disorders treatment addresses the psychological and physical effects of these disorders. The facility provides a multi-disciplinary approach along with several support groups and individual care. The day program runs from 8 a.m. to 3 p.m., varying in duration according to the severity of a patient's disorder. Group therapy, skills process, nutrition, expressive therapy and meals are included. Outpatient services are provided as well. For the most severely affected patients, an inpatient program is provided to stabilize the client's health while attending groups.

Alternatives Center for Counseling

5999 New Wilke Road, Suite 213
Rolling Meadows, IL 60008
Phone 847-228-5555

Alternatives Center for Counseling has a team of five eating disorder specialists including a social worker, psychologists and a licensed clinical professional counselor. The center serves both adults and adolescents, working with the family and providing individual therapy. The professionals first test and screen, and use a treatment model of self regulation. The patients are taught to manage themselves and their disorders. Patients are referred to Alexian Brothers for group therapy.

The Awakening Center

3166 N. Lincoln Ave., Suite 224

Chicago, IL 60657

Director Amy Y. Grabowski, M.A., A.T.R.

Phone 773-929-6262

Web www.awakeningcenter.net

The Awakening Center is a cooperative of independent professionals that includes counselors, psychologists, social workers and dietitians. The treatment models used are family systems, cognitive behavioral and psychodynamics. Approaches such as body centered movement and holistic, non-dieting methods are used as well.

Blessing Hospital

Newman Clinic

P.O. Box 450

Broadway at 14th

Quincy, IL 62301

Phone 217-224-4453

Contact Sandy Kath, L.C.S.W.

The Newman Clinic is a mental health center that provides outpatient services to clients, including those with eating disorders. A team of counselors and psychiatric doctors provide individual therapy tailored to each patient's needs. Counselors also may work with medical doctors and dietitians within Blessing Hospital. Inpatient services are provided at Blessing Hospital on the psychiatric unit. Patients stay an average of one to two weeks while individual, group and family therapy is provided.

Bridgeway

2323 Windish Drive

Galesburg, IL 61401

Phone 309-344-2323

Bridgeway is a private outpatient mental health center that has four medical doctors and two licensed clinical pediatric counselors who work with eating disorder patients. It serves six counties in western Illinois. Patients work both on a one-to-one basis or with a group or family members. Bridgeway helps people deal with stress effectively and appropriately cope with life's demands.

BroMenn Health Care

Virginia at Franklin
Normal, IL 61761
Contact Paige Beal, R.D., L.D., C.D.E.
Phone 309-454-1400

BroMenn Health Care is a full-time outpatient nutrition service staffed with dietitians who work with eating disorder patients. The staff require that a patient see a counselor in conjunction with the program. Treatment is individualized and the patients are often seen every two to four weeks.

Carle Pavilion

Department of Outpatient Psychiatry
809 W. Church St.
Champaign, IL 61820-3399
Director Dr. James Whisenand
Phone 217-373-1850

The Carle Pavilion is a behavioral health service treating adults and adolescents. The inpatient program is provided for patients who are medically unstable. The staff conserves a patient's time and moves him/her quickly to partial hospitalization, a day program including meal groups, group therapy and individual work with a case worker and doctor. The patient then proceeds to a continuing care service, a planned 10-hour day of activities taking place on Thursdays. This care includes post meal group therapy and support. The Pavilion had divided eating disorder treatment into three phases: evaluation/stabilization, treatment and discharge planning.

Center for Behavioral Medicine

676 N. St. Clair, Suite 1790
Chicago, IL 60611
Contact Susan Shrifter-Fialkow, L.C.S.W.
Director Dan Kirschenbaum, Ph.D.
Phone 312-751-9610
Web www.chicagocbm.com

The Center for Behavioral Medicine is a private group practice housing clinical psychologists and a social worker. Staff complete an

initial evaluation while the adolescent and parent complete a questionnaire. The professionals do both individual and family therapy and they do their own nutritional counseling. The center uses both behavioral cognitive and family systems modalities.

Center for Counseling

Family Service Agency
14 Health Services Drive
DeKalb, IL 60115
Phone 815-758-8636

The center uses a multi-focused approach to counsel and treat eating disorder patients. A team of social workers, counselors and psychologists work with individuals and families addressing education, stress management and alternative coping mechanisms. Counselors will work closely with local registered dietitians in developing individual patient treatment plans.

Center for Personal Development

28 E. Jackson, Suite 1109
Chicago, IL 60604
Phone 312-362-0491
Fax 312-362-0492
E-mail cpd@chicagotherapist.com
Web www.chicagotherapist.com

The center offers comprehensive psychological services and three individual staff members who specialize in eating disorders. Work with patients is individual and groups are developed as needed. Most work with patients is individual. However, groups are developed as needed, with men and women counseled in separate therapy groups. Individuals become involved in a 12-step program. The center recommends patients to local hospitals and works with individual and private nutritionists and dietitians. In the past, a weight management program has been conducted by a health and nutritional psychologist and a nutritionist.

Chicago Psychotherapy Partners

122 S. Michigan Ave.
Chicago, IL 60603
Contact Jessica Wall, L.C.S.W.
Phone 312-409-5921

1103 Westgate St., Suite 205
Oak Park, IL 60301

3160 N. Lincoln Ave., Suite 210
Chicago, IL 60657

1111 Westgate St.
Oak Park, IL 60301

333 East Ontario St., Suite 2909B
Chicago, IL 60611

803A N. Harlem Ave., Suite 2 N.
Oak Park, IL 60302

1525 E. 53rd St., Suite 722
Chicago, IL 60615

This group houses three eating disorder specialists working with individuals, couples and families. Professionals use analytic treatment, cognitive and family (systems) oriented solutions. Referrals are received from physicians and therapists and by word of mouth. The group works out of multiple locations covering Chicago – Loop, Streeterville, Lakeview and Hyde Park – and locations in Oak Park.

CHOICES

1100 E. Norris Drive
Ottawa, IL 61350
Phone 815-434-4382

Affiliated with Community Hospital in Ottawa, CHOICES provides psychological services to an array of patients. The center provides outpatient psychological services as well as a partial program running Monday through Friday from 9 a.m. to 3 p.m. Therapy can focus on the individual and/or family, while group support and education is also offered in the partial program. The facility is made up of a team of psychologists and therapists; it works with the local hospital for dietetic work.

Clarus Center

1801 N. Mill St., Suite R
Naperville, IL 60563
Contact Lucia LiCavoli, Ph.D.
Phone 630-778-9300

The Clarus Center is a group practice of eight professionals. Staff members have a specialty in eating disorders and the center has had an on-going group for six years. Patients remain in this group for an average of two years, which emphasizes a connection to people instead of food . All staff are psychodynamically trained and have also been trained at the Family Institute. Other areas of treatment include body-focused treatment, EMDR (eye movement desensitization and reprocessing), internal family systems and feminist therapy.

Decatur Memorial Hospital

2300 N. Edward St.
Decatur, IL 62526
Director David Weiss, M.A.
SHORE Eating Disorder Program
Contact David Fletcher, M.D.
Phone 217-423-3100

SHORE, an affiliate of Decatur Memorial Hospital, provides outpatient services to patients with eating disorders. Medical work up, psychotherapy and dietetic work is done. Group is required minimally once a week. Groups are geared toward psychological education, nutrition, normalizing the experience, and information giving. Referrals are usually received from physicians within the hospital.

Edgewood Center

Mercy Medical Center

615 S. New Ballis Road

St. Louis, MO 63141

Contact Diedre Kanakis, Ph.D., Psy.D.

Phone 314-569-6500

Edgewood provides both outpatient treatment and partial hospitalization. Individuals and groups meet from 8 a.m. to 4 p.m. Monday through Friday. Patients work with a multi-disciplinary team of a case manager, dieticians, counselors and psychiatrists. Staff uses the family systems approach with patients.

Heritage Professional Associates

120 E. Ogden Ave., Suite 220

Hinsdale, IL 60521

Phone 630-325-5300

This group provides outpatient services including both individual and group psychotherapy. Eating disorder patients are first evaluated by a registered dietician, a diagnosis is determined, and they are then stabilized. The patient then works weekly with a psychologist or social worker for further treatment.

Highland Park Hospital

Centers for Eating Disorders

718 Glenview

Highland Park, IL 60035

Director Dr. Steven Galston

Contact Dr. Hershy Pappadis

Phone 847-480-2617

Highland Park Hospital offers an outpatient and partial hospitalization program for eating disorders. Outpatient services include nutrition counseling and psychotherapy. Other services include family therapy, support groups, weekly dinner clubs and an alumni group. Partial hospitalization entails a schedule of Mondays through Fridays from 9 a.m. to 6 p.m. for two weeks, three days the third week and two days the fourth week. After-care includes group therapy and dinners from 5 p.m. to 8 p.m.

Genesis Clinical Services

1725 S. Naperville Road
Wheaton, IL 60187
Contact Janet Swartzendruber
Phone 630-653-6441

Genesis Clinical Services provides psychological evaluation, therapy and nutritional counseling to eating disorders patients. Individuals meet weekly with a medical doctor, psychologist and/or registered dietician. Family therapy is provided as needed. Five staff members in the facility specialize in eating disorders. The center hopes to plan a group in the upcoming months.

Hyland Center

10020 Kennerly Road
St. Louis, MO 63128
Contact Deborah Kuehnel, L.C.S.W.
Phone 314-821-7111
Web www.addictions.net

The Hyland Center provides intensive outpatient services to eating disorder patients. In addition to individual sessions, groups meet several times a week. Group therapy plus dietetic work is a flat fee, while individual one-on-one sessions entail an extra fee. The center also provides education to the families of eating disorder patients.

Katherine Shaw Bethea Hospital

403 E. First St.
Dixon, IL 61021
Contact Gail Beck, R.D.
Phone 815-285-5565

Eating disorder patients are referred to the psychiatric unit within the hospital and dietary instruction is designed around individual needs. Staff complete an assessment, work is done individually with the patient and groups take place on the psychiatric unit.

La Montagne

P.O. Box 300

Crystal City, MO 63019

Phone 636-931-3883

Fax 636-937-3351

E-mail LaMontEDTx@aol.com

La Montagne, the only residential eating disorder facility in the Midwest, is located on 114 acres of Missouri countryside. An extensive team is made up of, but not limited to, psychiatrists, psychotherapists, dietitians and recreation specialists. The program consists of support and educational groups, nutritional counseling, meal preparation time, music and art therapy, family therapy, nature walks and physical conditioning.

Linden Oaks Hospital at Edward

Eating Disorder Program

801 S. Washington St.

Naperville, IL 60540

Contact Gail Alexander, M.S.

Phone 630-305-5802

Linden Oaks offers inpatient, partial hospitalization and intensive outpatient level treatment. Services range from National Association of Anorexia Nervosa and Associated Disorders support groups to supervised meals, group therapy, nutrition support, cognitive therapy and body image groups. A multidisciplinary team works with both the individual and family to control eating disorder symptoms and to enhance self esteem. In addition, the weekly schedule makes a time slot for adolescent school within the facility.

Loyola University Medical Center

Contact Dr. Patricia Santucci

Phone 708-216-8777 (ext. 13268)

Loyola University Medical Center offers outpatient services to those suffering from eating disorders. Work with patients include evaluations, cognitive behavioral therapy, psycho-education and nutrition counseling. Severe cases are referred out to inpatient facilities in the area.

Lutheran General Hospital

Eating Disorder Day Hospital
1775 Dempster St.
Park Ridge, IL 60068
Director Kathy Traub, Psy.D., R.N.
Phone 847-723-2210

Lutheran General's eating disorder day program runs Monday through Friday from 8 a.m. to 6 p.m. and is aimed at anorexics, bulimics and binge eaters. A team of 12 psychologists, psychiatrists, nutritionists, social workers and nurses work with individuals and provide group therapy sessions. After-care meets once a week and includes group psychotherapy and dinner. Adolescents are referred to the adolescent medical specialist, Dr. Garry Sigman.

Marion Memorial Hospital

917 W. Main St.
Marion, IL 62959
Contact Cynthia York-Camden, M.S., R.D., L.D.
Phone 618-997-5341 (ext. 398)

Licensed in the state of Illinois as a registered dietician, Cynthia York-Camden takes eating disorder referrals in Marion Memorial Hospital. She will help the patient find counseling with local therapists or assist in locating a facility in which to place more severely affected clients.

McDonough District Hospital

Behavioral Health Services
525 E. Grant St.
Macomb, IL 61455
Contact Sandy Sellers, L.C.P.C.
Phone 309-836-1582

Outpatient services are provided to the eating disordered individual. Group therapy is scheduled for 10 weeks along with individual one-hour-per-week sessions. Psychiatrists conduct the assessments and keep in contact with the physicians completing lab work. Family members are also incorporated into treatment for the individual.

Memorial Hospital

4500 Memorial Drive
Belleville, IL 61455
Contact David Smith, L.C.S.W.
Phone 618-257-5496

Memorial Hospital provides outpatient services including a full medical work up, psychotherapy and dietician referral. The social worker, David Smith, will make referrals to mental health centers in the metro area; however, if the case is severe, patients have to look into St. Louis programs.

Memorial Medical Center

Eating Disorder Clinic
701 N. First St.
Springfield, IL 62781
Contact Debbie Taylor, L.C.S.W.
Phone 217-528-4480

Memorial Medical Center in Springfield houses a full spectrum treatment facility for eating disorders. The inpatient services are conducted in the psychiatric unit. The facility also encompasses day treatment and outpatient services such as evaluation and consultation. A unique aspect of Memorial's program is the transitional home provided for women recovering from eating disorders. This short-term home can accommodate four women at a time moving from the hospital environment to independent living. There is no supervision and women must be 18 years or older.

Mercer County Hospital

Mental Health Center
4600 Third St.
Moline, IL 61265
Contact Robert Young
Phone 309-793-2031

Mercer has a diverse team of psychiatrists and licensed clinical social workers, two of whom specialize specifically in adolescents and children. Services provided include evaluations and individual therapy

for eating disorder patients. Treatment modalities used are cognitive/behavioral and family systems. Nutritional counseling is referred outside the center. More severe cases are referred to the University of Iowa Hospital.

North Central Behavioral Center

727 Etna Road

Ottawa, IL 61350

Contact Laura Johnsons, Psy.D.

Phone 815-434-4727 (ext. 217)

This mental health clinic provides both individual and family therapy to those patients suffering from eating disorders. Patients see a counselor on average once every two weeks. Treatment methods include both cognitive behavioral therapy and family systems. Group therapy is currently being developed at the facility. The center receives referrals from hospitals in the area.

Northwestern Memorial Hospital

Department of Psychiatry

Eating Disorder Specialty

250 E. Superior St.

Chicago, IL 60611

Contact Jennifer Ruzumnah

Phone 312-908-3005

Outpatient services offered at Northwestern Hospital include both group and individual psychotherapy. Assessments are first carried out and therapy can last once a week for six months or more. A diverse team of six staff members is made up of nutritionists, internists, physiologists and psychologists. Northwestern deals with less intensive cases and refers severe cases to day hospitals in the area.

Nutrition and Fitness

2604 E. Dempster St., Suite 310

Des Plaines, IL 60016

Contact Karen Hemzacek, R.D., L.D., or Kathy Schmid, R.D., L.D., M.S.

Phone 847-803-4313

Nutrition and Fitness is privately owned and has been seeing patients for 12 years. Karen Hemzacek and Kathy Schmid, both registered dietitians, provide one-on-one nutritional counseling. They unofficially work with counselors at Alexian Brothers and do not require that the eating disorder patient see a counselor to be treated. They have provided classes for Alexian Brothers in the past.

Oakside Clinic

201 N. Wall St.

Kankakee, IL 60901

Phone 815-933-2240

The Oakside Clinic is a mental health center that works with individuals suffering from eating disorders. It has a staff of three to four, ranging from psychologists to nurses, who assist those with eating disorders. Counseling depends on an individual's needs. Staff have worked with Riverside Medical Center dietitians in a collaborative effort to treat patients.

Omni Youth Services

1111 Lake Cook Road

Buffalo Grove, IL 60089

Contact Cindy Lichterman

Phone 847-541-0190

Omni Youth Services is located at three sites in Lake County and three in Cook County. The mental health center provides youth and family services through a team of psychiatrists, social workers and counselors. The agency works with various problems, including depression, self-esteem and eating disorders.

Richland Memorial Hospital

Department of Psychiatry
800 E. Locust St.
Olney, IL 62430
Contact Ashraf Ahmed M.D.
Phone 618-392-3302

The psychiatric unit provides inpatient, partial and outpatient services provided to patients. Dr. Ashraf Ahmed is the attending physician and believes that the successful treatment of those with eating disorders requires the input and involvement of professionals other than physicians. Activity planners, psychotherapists and dietary consultants are all important to a patient's recovery from an eating disorder. For more severe cases, Dr. Ahmed will refer patients to the Mulberry Center in Evansville, Indiana.

Southern Illinois University Health Center

Student Health Programs
115 Beimfohr Hall
Carbondale, IL 62901
Contact Lynn Gill, R.D.
Phone 618-453-4489

SIU serves primarily university students on campus; however, it will take referrals outside of this community. The center runs an outpatient Eating Disorder Awareness and Prevention program using a multidisciplinary approach incorporating dietitians, psychologists and psychiatrists into treatment. Eating disorder patients are referred to a medical doctor for a one-time physical. The patient then proceeds with treatment, meeting with a dietician every other week and a psychologist once a week for 12 weeks. A support group meets once a week.

St. Francis Medical Center

Eating Disorders Program
530 N. E. Glen Oak Ave.
Peoria, IL 61637
Contact Tim Bromley, L.C.P.C.
Phone 309-655-2738

St. Francis houses a partial hospitalization program and outpatient services. The individual participates in psychotherapy and dietetic work. The partial hospitalization treatment plan is a developed three-to-four-week minimum stay. Group therapy, occupational therapy, dietetic counseling, multi-family work and informative lectures are provided. Aftercare is scheduled based on treatment needs to prevent relapse.

St. Mary's Hospital

Behavioral Health Center
500 Lincoln, Suite D
Herrin, IL 62948
Contact Denise Johnson-Dechow, D.O.
Phone 618-997-0556

35 Albany Road
Carbondale, IL 62901
Contact Simeon Grater, M.D.
Phone 618-549-4688

The Behavioral Health Center, affiliated with St. Mary's Hospital in Centralia, has two remote sites with professionals specializing in eating disorders. The team is composed of psychiatrists, psychologists, social workers and physicians. Individual medication management is done with eating disorder patients. Counseling and therapy is usually referred out to other sites.

University of Chicago

5841 S. Maryland
Chicago, IL 60637
Director Daniel Legrange, Ph.D.
Phone 773-702-9277

The University of Chicago does house a small inpatient psychiatric unit but it is mostly composed of an outpatient team of psychologists, psychiatrists, dieticians and nurses. Programs are individually developed after an appointment with a primary care physician. A

majority of U of C patients are referrals from outside sources, in particular from northern Indiana. Dr. LeGrange is a well known therapist working with adolescent eating disorders.

University of Illinois at Chicago

Eating Disorder Clinic

912 S. Wood St.

Chicago, IL 60612

Director Dr. Ellen Astrachan-Fletcher, psychologist

Contact Maria Sanchez, L.C.S.W.

Phone 312-996-0087

The Eating Disorder Clinic provides outpatient services. Working closely with UIC Hospital, staff members make cross referrals for dietetic counseling and therapy. The clinic houses psychiatrists, social workers and psychologists. Services provided include individual therapy and medication management. A support group for anorexia and bulimia and binge eating is underway. The clinic believes itself to be eclectic in that it is more dynamic and expects patients to take some control during treatment. Inpatient services are considered for severe cases and referred to the Women's Clinic.

Womencare Counseling Center

845 Chicago Ave., Suite 220

Evanston, IL 60202

Contact Amy Steinhauer, L.C.S.W.

Phone 847-475-7003

800-240-8899

Womencare Counseling Center is a private group of psychotherapists providing comprehensive counseling services to individuals, groups, families and couples. It does not provide a group specifically for those with eating disorders, but refers out to National Association of Anorexia Nervosa and Associated Disorders. The center concentrates on body centered, cognitive behavioral and feminist therapy. The professionals do work closely with psychiatrists and medical doctors at Evanston Hospital.

Questions about women's health can be directed to

Women's Health Helpline

888-522-1282

TTY

(hearing impaired use only)

800-547-0466



Illinois Department of Public Health
Office of Women's Health

535 W. Jefferson St.

Springfield, IL 62761

217-524-6088 • www.idph.state.il.us