

Santa Rosa Child & Family Eating Disorders Program

Does my child have an Eating Disorder?

Eating Disorders are complex, life-threatening conditions that require multi-disciplinary, intensive treatment. Early identification and treatment can prevent the condition from becoming more severe and chronic. Without psychological and medical treatment, growth deficiencies, heart problems, increased risk for bone fractures, and fatal complications can result.

The Child and Family Eating Disorder Program at Kaiser Permanente Santa Rosa provide:

- Comprehensive family and individual evaluation
- Coordinated medical monitoring with your child's primary care provider or, once in the program, direct observation from our dedicated eating disorders child medical team
- Individual, Group, and Family therapy
- Nutritional initial assessment and ongoing consultations
- Weekly Group therapy for teenagers with diagnosed eating disorders
- Parent Education and weekly support group
- Medication evaluation and ongoing treatment by a child psychiatrist, as needed

We offer medically necessary outpatient services for children and adolescents diagnosed with a wide variety of eating disorders. We have an "Enhanced Outpatient" level of care that involves additional appointments for adolescents and families who need more support. Please note that we focus on providing Family-Based Treatment, based on the empirical research of the most efficacious treatments for anorexia and bulimia. Our program is continually integrating the results of ongoing research and development in the treatment of child and adolescent eating disorders. Early intervention is essential and involves a commitment from our participants to attend weekly medical, nutrition, and child psychiatry appointments to make a significant difference early in the course of this, often life threatening, condition. Consistent family and individual participation in treatment is essential, and may involve your child or teenager missing school and/or other activities. We do our best to design services on an outpatient basis that will be a minimally disruptive to your child and family's many responsibilities involved in running a busy life. We will do our best to be as accommodating as possible; however recovery from an eating disorder takes a large amount of time and committed effort from your child and family to make a significant change in the disease trajectory.

Children and adolescents who are not making sufficient progress in our outpatient program may need to be referred to an appropriate higher level of care. Kaiser Permanente's Eating Disorder Intensive Outpatient Programs are located in a number of areas throughout the San Francisco Bay Area. Residential treatment facilities contracting with our program that specialize in the treatment for eating disorders may also be a helpful resource in providing successful treatment

planning for your child's treatment. Inpatient medical and psychiatric hospitalizations may also be needed.

Goals for our program include: Restore your child to a healthy weight, reduce/eliminate problem eating behaviors, develop healthy eating habits and balanced lifestyle for your child and family, develop healthy coping strategies, improve your child's ability to better manage his or her emotional life, and improve self-esteem and body image.

Parents and adolescents may be either referred by the child's pediatrician or through self-referral. To schedule a consultation, please call **707-571-3778** to speak with a therapist briefly about your concerns and to request an appointment with a clinician on the Eating Disorders treatment team.

Contact your child's pediatrician **immediately** for following symptoms:

- Dizziness upon standing
- Extreme restricted eat
- Excessive vomiting
- Daily use of diuretics/laxatives
- Fainting
- Rapid weight loss

Santa Rosa Child and Family Treatment Team Providers

Medical Staff

Kathryn A. Brown, MD (Medical Director)

Kathy Haas, NP Ann Hicks, RN Gail Prosser, RD (Dietician)

Mandy Weltman, MFT (Health Educator)

Psychiatry Staff

Alicia Duenas, MD (Psychiatrist)

Heather Sutherland, MFT (Adult and Child Eating Disorder Services Director)

Ann Kyser, Ph.D. (Child Team Eating Disorders Coordinator)

Alaina Cantor, LCSW Marjorie Stornetta, MFT

Caitlyn Maus, MFT Theresita Solomon, Ph.D.