

## Regional Help & Referral Information- Eating Disorders

### About this Document

The purpose of this document is to give the Oregon community a place to find information about eating disorders, including parent/caregiver resources, to help parents and caregivers understand how eating disorders are best dealt with. We have listed treatment centers, private practitioners, and other helpful resources pertaining to eating disorders. We have treatment centers listed by state on the west coast and by the level of care they offer. We have listed some of the private practitioners in Oregon and have “provider finder” resources.

### Billing Medicaid

We have defined, in this document, which Oregon providers and treatment centers can bill Medicaid.

Being able to bill Medicaid depends on which Coordinated Care Organization (CCO) the patient is within, as they manage the Medicaid discernments in those CCOs.

If one is outside those CCOs in which they live, they can still contact nonlocal and out-of-state treatment centers and ask if they can create a “Single Case Agreement” between the patient’s Medicaid providers and the treatment center/provider. This is a frequently used mechanism.

Some treatment centers offer scholarships and financial assistance. In addition, many treatment centers provide advice related to level of care and can help one decide which level of care might work for their family member.

**For help with insurance denials for eating disorder care:** <https://ifedd.org/help-with-insurance-denials>

### Levels of Care

Levels of care for those with an eating disorder refers to how intensive the treatment is, in terms of how much monitoring and oversight is necessary, to reduce and/or eliminate eating disorder behaviors. The level of care is decided upon by the whole treatment team and relates to the severity of illness and risk of harm. Medical stability is determined by a patient’s Primary Care Provider.

**Inpatient/ Medical Stabilization/ Hospitalization:** Sometimes a person with an ED needs to be stabilized medically because they are not well enough to not be in a hospital. Medical stabilization is not treatment, it is being in a hospital because one’s health is too fragile. Close monitoring and treatment are needed to ensure the person’s stability. Hospitalization criteria are established and can be found here: [Hospitalization Criteria](#)

**Residential:** Residential treatment is needed by those who cannot reduce their eating disorder behaviors on their own. Patients live on site and have close monitoring of meals, outings and other activities to ensure the person stays safe and does not engage in eating disorder behaviors.

**Partial Hospitalization Programs (PHP):** Partial Hospitalization programs level of care offers 6 to 8 hours of structured care daily. The patient engages in therapies and group activities during their program, and often most meals and snacks are served and monitored during the program hours. The patient is able to go home after the program and sleep at home.

**Intensive Outpatient programs (IOP):** Intensive outpatient offers 3 to 5 hours of structured care daily or several days per week, with at least 1 meal served and monitored. Individual therapies and group activities are offered. This is for people who can mostly manage their behaviors on their own, or who might have family/friends help with monitoring of eating and exercise activities outside of the program. Less monitoring is needed in order for the person to not engage in eating disorder behaviors.

**Outpatient Care:** Outpatient care, consisting of private practitioners, is where most clients will spend the most time. Sometimes clinic care is done by individual providers. Outpatient care offers ongoing support, therapy, and monitoring of behaviors. Clients do eat on their own or with the support of family and other caregivers.

Some treatment centers offer more than one level of care.

**Virtual Programs** have become more popular and can offer PHP and IOP levels of care as well as outpatient virtual support groups. Evidence is strong that virtual programs are effective, allow people to remain at home, and the program can be structured around a person's work and home life needs.

### **Hospitalization Criteria**

1.  $\leq 75\%$  median BMI for age and sex (percent median BMI calculated as patient BMI/50th percentile BMI for age and sex in reference population)
2. Electrolyte disturbance (hypokalemia, hyponatremia, hypophosphatemia)
3. ECG abnormalities (e.g., prolonged QTc or severe bradycardia)
4. Physiologic instability:
  - a. Severe bradycardia (HR, 50 beats per min daytime; 45 beats per min at night);
  - b. Hypotension (90/45 mm Hg);
  - c. Hypothermia (body temperature, 96°F, 35.6°C);
  - d. Orthostatic increase in pulse (20 beats per min) or decrease in BP (.20 mm Hg systolic or .10 mm Hg diastolic)
5. Arrested growth and development
6. Acute food refusal
7. Uncontrollable binge eating and purging
8. Acute medical complications of malnutrition (e.g., syncope, seizures, cardiac

failure, pancreatitis and so forth)

**9.** Comorbid psychiatric or medical condition that prohibits or limits appropriate outpatient treatment (e.g., severe depression, suicidal ideation, obsessive compulsive disorder, type 1 diabetes mellitus)

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## **Parent and Caregiver Resources**

### **Eva Busby**

Help for parents of children and teens suffering from an eating disorder: practical and emotional support

<https://anorexiafamily.com/>

### **Families Empowered and Supporting Treatment for Eating Disorders (FEAST-ED)**

FEAST-ED walks alongside families as they navigate the challenges of their loved one's eating disorder. We provide parents and caregivers with transformative peer support, education, empowerment, and community through a multitude of top-notch free programs and services.

Family Guide: <https://FEAST-ED.org/feast-family-guides/>

### **National Eating Disorder Parent Tool Kit**

### **Parents Survive to Thrive**

## **Medical Stabilization for Severely Ill Patients**

For patients who are extremely ill, who have not had success in other types of treatment, and who need immediate medical attention, Denver Acute is a highly specialized hospital treating severe eating disorder cases. <http://www.acute.org>

## **Oregon Resources**

### **Medical Stabilization**

**Adolescent Medicine at OHSU** – Patients will be sent to Doernbecher Children's Hospital and will receive coordinated care with providers at Adolescent Medicine.

Age: 10-24

Ph: 503-494-9000

**Medicaid: Yes**

#### **Providence St. Vincent's**

Age: adult and child/adolescent

Address: 9450 SW Barnes Road, Suite 200 Portland, OR 97225

Ph: 503-216-2025

**Medicaid: Yes**

#### **Randall Children's Hospital**

Age: pediatric patients only

2801 N. Gantenbein Avenue

Portland, OR 97227

Ph: 503-276-6500

**Medicaid: Yes**

### **Residential Treatment**

#### **Monte Nido Clementine Lake Oswego**

Age: 11-17

Ph: 971-314-6530

Website: <https://www.montenido.com/locations/monte-nido-clementine-lake-oswego>

**Medicaid: Yes**

#### **Monte Nido Clementine West Linn**

Age: 12-17

Ph: 541-299-9015

Website: <https://www.montenido.com/locations/clementine-oregon-west-linn>

**Medicaid: Yes**

**Monte Nido Portland Residential Treatment**

Age: 18+

Ph: 503-925-3002

Website: <https://www.montenido.com/locations/oregon-portland-residential-treatment>**Medicaid: Yes****Monte Nido Rain Rock**

Age: 18+

Phone: 541-203-9384

Website: <https://www.montenido.com/locations/oregon-eugene-residential-treatment>**Medicaid: Yes****Partial Hospitalization Programs****Monte Nido Eating Disorder Center of Portland**

Age: 11+

Ph: 503-925-3002

Website: <https://www.montenido.com/locations/oregon-portland-day-treatment>**Medicaid: Yes****Center for Discovery**

Age: 10+

Ph: 503-783-8398

Website: <https://centerfordiscovery.com/locations/portland/>**Medicaid: Yes****Providence Adolescent Eating Disorders Program**

Age: 13-18

Ph: 503-216-6220

Website: <https://www.providence.org/locations/or/st-vincent-medical-center/psychiatric-care/adolescent-eating-disorders-program>**Medicaid: Yes****Providence Adult Eating Disorders Program**

Age: 19+

Ph: 503-216-6220

Website: <https://www.providence.org/locations/or/st-vincent-medical-center/psychiatric-care/eating-disorders-treatment-program>**Medicaid: Yes**

### **Monte Nido Eating Disorder Center of Eugene**

Age: 11+

Ph: 541-275-6284

Website: <https://www.montenido.com/locations/oregon-eugene-day-treatment>

**Medicaid: Yes**

### **Kartini Clinic**

Age: Children and adolescents

Ph: 971-319-6800

Website: <https://kartinclinic.com/eating-disorder-treatment/treatment-overview/partial-hospitalization/>

**Medicaid: Yes**

## **Intensive Outpatient Programs**

### **Adolescent Medicine at OHSU**

Age: 10-24

Ph: 503-494-9000

**Medicaid: Yes**

### **Center for Discovery**

Age: 10+

Ph: 877-580-1320

Website: <https://centerfordiscovery.com/locations/portland/>

**Medicaid: Yes**

### **Kartini Clinic**

Age: children and adolescents

Ph: 971-319-6800

Website: <https://kartinclinic.com/eating-disorder-treatment/treatment-overview/intensive-outpatient/>

**Medicaid: Yes**

### **Monte Nido Eating Disorder Center of Portland**

Age: 11+

Ph: 541-275-6654

Website: <https://www.montenido.com/locations/oregon-portland-day-treatment>

**Medicaid: Yes**



### **Prelude**

Age: 13 +

Prelude also offers structured outpatient services

Ph: 541-702-8921

Website: <https://www.preludetorecovery.com/about>

**Medicaid: Yes**

### **Monte Nido Eating Disorder Center of Eugene**

Age: 11+

Ph: 541-275-6284

Website: <https://www.montenido.com/locations/oregon-eugene-day-treatment>

**Medicaid: Yes**

## **Washington Resources**

### **Residential Treatment**

#### **Center for Discovery**

Age: 10-17

Ph: 855-893-9079

Website: <https://centerfordiscovery.com/locations/edmonds/>

#### **Eating Recovery Center of Bellevue**

Age: 8+

Ph: 425-276-4332

Website: <https://www.eatingrecoverycenter.com/>

### **Partial Hospitalization Treatment**

#### **Center for Discovery Edmonds**

Age: 10-17

Ph: 855-893-9079

Website: <https://centerfordiscovery.com/locations/edmonds/>

#### **Center for Discovery**

Age: 12+

Ph: 877-580-1320

Email: [info@centerfordiscovery.com](mailto:info@centerfordiscovery.com)

### **Eating Recovery Center of Bellevue**

Age: 8+

Ph: 425-276-4332

Website: <https://www.eatingrecoverycenter.com/>

### **Opal Food and Body Wisdom**

Ages: 16 +

Ph: 206-538-2305

Website: <https://opalfoodandbody.com/outpatient-eating-disorder-treatment/>

## **Intensive Outpatient Treatment**

### **Center for Discovery**

Age: 12+

Ph: 877-580-1320

Email: [info@centerfordiscovery.com](mailto:info@centerfordiscovery.com)

### **Eating Recovery Center of Bellevue**

Age: 8+

Ph: 425-276-4332

Website: <https://www.eatingrecoverycenter.com/>

### **Opal Food and Body Wisdom**

Ages: 16 +

Ph: 206-538-2305

Website: <https://opalfoodandbody.com/outpatient-eating-disorder-treatment>

## **California Resources**

### **Alsana**

Age: 12+

Levels of Care: Residential, PHP, IOP, Virtual

Ph: 866-375-2059

Website: <https://www.alsana.com>

## **Residential Treatment**

### **Monte Nido Clementine Calabasas**

Age: 11-17

Ph: 818-650-4742

Website: <https://www.montenido.com/locations/clementine-california-calabasas>

**Monte Nido Clementine Malibu Lake**

Age: 12-17

Ph: 818-722-8417

Website: <https://www.montenido.com/locations/clementine-california-malibu-lake>

**Monte Nido Clementine Orange County**

Age: 12-17

Ph: 714-463-6550

Website: <https://www.montenido.com/locations/clementine-california-orange-county>

**Monte Nido East Bay**

Age: 18+

Ph: 925-900-5194

Website: <https://www.montenido.com/locations/california-east-bay>

**Monte Nido Vista**

Age: 18+

Ph: 818-351-7452

Website: <https://montenido.com/locations/california-agoura-hills>

**Center for Discovery Granite Bay**

Ages: 16-26

Ph: 866-871-1566

Website: <https://centerfordiscovery.com/locations/granite-bay>

**Center for Discovery Menlo Park**

Age: 10-18

Ph: 866-871-1566

Website: <https://centerfordiscovery.com/locations/menlo-park>

**Partial Hospitalization Treatment****Center for Discovery Sacramento**

Age: 10+

Ph: 866-871-1566

Website: <https://centerfordiscovery.com/locations/sacramento>

**Eating Recovery Center Irvine**

Age: 8+

Ph: 949-504-4673

Website: <https://www.eatingrecoverycenter.com/recovery-centers/irvine>

### **Eating Recovery Center Sacramento**

Age: 8+

Ph: 916-574-1000

Website: <https://www.eatingrecoverycenter.com/recovery-centers/sacramento>

### **Monte Nido Los Angeles**

Age: 12+

Ph: 310-953-8860

Website: <https://www.montenido.com/locations/california-los-angeles>

### **UCSD Eating Disorders Center**

Ages: all

Ph: 858-534-8019

Website: <https://eatingdisorders.ucsd.edu/about/index.html>

## **Intensive Outpatient Treatment**

### **Eating Recovery Center Irvine**

Age: 8+

Ph: 949-504-4673

Website: <https://www.eatingrecoverycenter.com/recovery-centers/irvine>

### **Eating Recovery Center Sacramento**

Age: 8+

Ph: 916-574-1000

Website: <https://www.eatingrecoverycenter.com/recovery-centers/sacramento>

### **Monte Nido Los Angeles**

Age: 12+

Ph: 310-953-8860

Website: <https://www.montenido.com/locations/california-los-angeles>

### **UCSD Eating Disorders Center**

Ages: all

Ph: 858-534-8019

Website: <https://eatingdisorders.ucsd.edu/about/index.html>

## **Virtual Programs**

These are nationwide

### **Equip**

Age: All

Level of Care: Virtual IOP and PHP

Ph: 855-374-1683

Website: <https://equip.health/our-treatment>

### **Within Health**

Age: 13+

Level of Care: Virtual PHP and IOP

Ph: 866-451-2912

Website: <https://withinhealth.com/>

### **Monte Nido Virtual ARFID Program**

Age: 10-17

Level of Care: Virtual IOP

Ph: 888-228-1253

Website: <https://www.montenido.com/locations/virtual-treatment-arfid>

### **Center for Discovery**

Ages: All

Virtual PHP and IOP

Ph: 866-871-1566

Website: <https://centerfordiscovery.com/treatment-programs/virtual-programming>

### **Monte Nido Virtual Binge Eating Disorder Program**

Age: 18+

Level of Care: Virtual IOP

Ph: 888-228-1253

Website: <https://www.montenido.com/locations/virtual-binge-eating-disorder-treatment>

### **Monte Nido Virtual Family-Based Treatment Program**

Age: 10-18

Level of Care: Virtual PHP and IOP

Ph: 855-307-6452

Website: <https://www.montenido.com/locations/virtual-family-based-treatment#form>

### **Monte Nido Virtual General Programs**

Age: All-separate programs for adolescents and adults

Level of Care: Virtual PHP and IOP

Ph: 888-228-1253

Website: <https://montenido.com/locations/virtual-treatment-php-iop>

### **Private Practices**

Most are in Oregon, but some are virtual so can treat from a distance

### **Columbia River Eating Disorder Network**

CREDN is a non-profit and provides information and education. And other resources related to eating disorders. It has a member directory of providers.

Website: <https://credn.org/member-directory/>

### **National Eating Disorder Association**

Finding Providers: <https://www.nationaleatingdisorders.org/get-help>

### **Gemma Hobbs, RD, LD, CNSC**

at Nutrition Therapy & Wellness Co.

All-virtual practice.

Website: <https://nutritionandwellnessco.com/>

### **Elke Schleiss, RD, LD, CD.** Licensed in Oregon & Washington

Ph: 503-893-8249

Website: <http://portlandrd.com>

### **Charlotte Thomas LCSW (CA, NY, OR), LICSW (WA)**

Pacific Premier Group, PC

Linehan Board of Certification, Certified DBT Clinician™

Ph: 503-278-5665

Website: [www.pacificpremiergroup.com](http://www.pacificpremiergroup.com)

### **Jocelyn Roche MS, RD, LDN**

Virtual

Email: [jocelyn@lutzandalexander.com](mailto:jocelyn@lutzandalexander.com)

Practice name: Lutz, Alexander & Associates Nutrition Therapy

### **Mortensen Psychotherapy**

State: California and Virtual

Website: <https://mortensenpsychotherapy.com/services>

## **Bend**

### **Abby Haeg, RDN**

Ph: 503-851-8772

Website: <https://www.bendoregondietitian.com>

### **Rose Mattson Nutrition MS, RDN, LD**

Ph: 458-206-3404

Website: [rosemattsonrd.com](http://rosemattsonrd.com)

### **Synergy Health and Wellness**

A group practice specializing in a variety of conditions, including eating disorders.

Ph: 541-323-3488

Website: <https://www.synergyhealthbend.com>

## **Corvallis**

### **Kimberly Iszler, RDN, LD**

Enlighten Nutrition and Wellness, LLC

Ph: 541-216-4490

### **Katharine Middendorf, PhD, treats adults with eating disorders**

Email: [info@drkatiemiddendorf.com](mailto:info@drkatiemiddendorf.com)

Ph: 541-714-3335

Also

### **Dr. Katharine Middendorf**

Samaritan Mental Health

Ph: 541-768-5235

## **Eugene**

### **Peterson Nutrition Consulting (group of eating disorder RDNs)**

Ph: 541-600-4464

Website: <https://petersonnutritionconsulting.com>

### **Hannah Saffold, MS, RDN, LD**

Ph: 458-239-9899

Website: <http://www.hannahsaffoldnutrition.com>

**Shira Evans, MS, RDN, LD, CSSD**

Age: 10+

Ph: 541-632-3738

Website: [www.ShiraEvansRD.com](http://www.ShiraEvansRD.com)

**Taryn Hand MS, RDN, LD, CSSD**

Nutrition by Hand

Ph: 541-525-0162

Website: <https://www.nutritionbyhand.com/>

**Casey Wallner RD, LD**

Ph: 541-579-1823

Website: <https://www.yourfriendlydietitian.com>

**Tok-Hui Yeap, RD, LD, CSP-**

specializing in pediatric nutrition

Ph: 458-205-6543

Website: <https://www.kindernutrition.com/>

**Bloom Health and Wellness Promotion**

Group practice treating a variety of eating disorders

Ages: 14 +

Website: <https://bewellatbloom.com>

**Newport:****Alesha Orton RD, LD**

Outpatient RDN with Samaritan in Newport

Email: [aorton@samhealth.org](mailto:aorton@samhealth.org)

Ph: 541-265-0402

**Casey Wallner RD, LD**

Ph: 541-579-1823

Website: <https://www.yourfriendlydietitian.com>

**Salem****Amanda Birkhead MS, RDN, LD**

Ph: 503-877-9871

Website: <https://www.amandabirkheadnutrition.com/>



**Lizette DuBay Courtney RDN, LD**

Email: [Lizette@Damzil.com](mailto:Lizette@Damzil.com)

Ph: 503-457-4923

**Whitney Lundy MS, RDN, LD**

Ph: 503-551-4072

Website: [newleaffamilynutrition.com](http://newleaffamilynutrition.com)

**Sandra Moreno MBA, RDN, LD, CNSC, CDCES (Bilingual, Spanish)**

Ph: 503-395-8890

Website: <https://www.nutrisandrard.com/en/contacto>

## **FREE Resources**

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

A non-profit, 501 (c)(3) organization providing free, peer support services to anyone struggling with an eating disorder.

<https://anad.org/get-help/about-our-support-groups/>

ANAD support groups for all

**FEDUP**

Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective

<https://fedupcollective.org/>

**Mortensen Psychotherapy**

Free Spanish resources for ARFID

<https://mortensenpsychotherapy.com/store>

**Multiservice Eating Disorders Assn (MEDA)**

<https://www.medainc.org/get-help/medas-therapy-groups/>

Ph: 617-558-1881

**Project Heal**

A non-profit organization whose mission is to break down systemic, healthcare, and financial barriers to eating disorder healing.

<https://www.theprojectheal.org/>