

Resources for Families Dealing With an Eating Disorder

Different levels of care are available for your child depending on how medically stable they are and their readiness to recover. Children do best when families are involved in their recovery. Below you will find a list of resources to help your family. Levels of support, from least intensive to most intensive, include:

Education and Home Support: Materials to help your family learn about eating disorders and how to support your child's recovery. This is essential for all levels of care.

1. **Outpatient Support:** Eating disorders affect both the mind and the body. It is important to have support from both a therapist and a nutritionist who specialize in disordered eating and/or body dysmorphism. This level of care is for patients who are medically stable and either mild or well-controlled in their recovery and consists of meeting with your specialists usually once per week.
2. **Intensive Outpatient Programs (IOP):** Coordinated program with nutrition and therapy for several hours per weekday. This level of care is for patients who are medically stable but require more intensive support while living at home.
3. **Partial Hospitalization Programs (PHP):** For patients who just discharged from an inpatient program or require a high level of multi-disciplinary support but are safe to sleep at home.
4. **Inpatient Options:** For patients who are medically unstable and/or at risk for complications as refeeding starts.

Education & Home Support:

[SCH Eating Disorder Books and Resources](#)

(seattlechildrens.org/globalassets/documents/for-patients-and-families/pfe/pe456.pdf)

[PAL Eating Disorder Resources](#)

(seattlechildrens.org/globalassets/documents/healthcare-professionals/pal/family/family-eating-disorder-resources.pdf)

Outpatient Support:

There are an ever-changing number of individual therapists who have expertise in eating disorders. It can be difficult to find one who takes your insurance, has openings, and is convenient. Contact your insurance company or Employee Assistance Program for help finding specialists. Below are websites to help search:

Therapists:

- [BDD](http://bdd.iocdf.org/) (bdd.iocdf.org/)
- [Teen Counseling](http://teencounseling.com/) (teencounseling.com/)
- [Psychology Today](http://psychologytoday.com/us) (psychologytoday.com/us)

Nutritionists:

- [HealthPros](http://healthpros.com/us/nutritionists-dietitians/eating-disorders/wa/bellevue) (healthpros.com/us/nutritionists-dietitians/eating-disorders/wa/bellevue)
- [ED Referral](http://edreferral.com/nutritionist-near-me-for-eating-disorder-help) (edreferral.com/nutritionist-near-me-for-eating-disorder-help)

Some programs we work with in the community:

THIRA (Bellevue)

- Female only
- (425) 336-0406 or <https://www.thirahealth.com/>

Evidence Based Treatment Center (Seattle)

- (206) 374-0109 or <http://ebtseattle.com/ewdc.html>

Equip (Virtual)

- (855) 933-2438 or <https://equip.health>

Seattle Children's Adolescent Clinic (Seattle) (*need a referral from PCP)

- (206) 987-2028 or www.seattlechildrens.org/clinics/eating-disorders/

Creating Peace with Food (Bellevue or Kent)

- Pediatric and family nutrition appointments in person or telehealth
- (425) 209-0593 or <https://creatingpeacewithfood.com>

Cassandra Kotlarchik, LMFT, FEDS (Bothell)

- In person or telehealth for 13y+
- (425) 405-2837 or www.cassandrakotlarchikcounseling.com

Opal: Food + Body Wisdom (Seattle)

- Range of care from outpatient to IOP/PHP for 18y+, male & female
- (206) 926-9087 or www.opalfoodandbody.com

Intensive Outpatient Programs:

Emily Program (Seattle) *Adolescent and young female adults*

- In person or virtual
- (866) 614-4558 or <https://emilyprogram.com>

Eating Recovery Center (Bellevue)

- In person or virtual
- Ages 12-17; 18y+, male & female
- (877) 825-8584 or www.eatingrecoverycenter.com

Ryther (Seattle)

- In person; IOP for 12-18y and PHP for 8-16y, male & female
- (206) 525-5050 or <https://www.ryther.org/ed-iop>

Opal: Food + Body Wisdom (Seattle)

- Range of care from outpatient to IOP/PHP for 18y+, male & female
- (206) 926-9087 or www.opalfoodandbody.com

Center for Discovery

- Bellevue Facility: ages 10+, male & female, in person
- Tacoma Facility: ages 10+, male & female, in person

Immediate Medical Management:

Seattle Children's Hospital: Admit through emergency room

Immediate Resource:

National Eating Disorders Association Helpline: 24-Hour National Helpline

- (877) 825-8584 or <https://www.bulimia.com/topics/eating-disorder-hotline/>

***Please note:** Unfortunately, there is more demand than capacity in our area and many groups have variably long waiting lists to be accepted for care.