

EATING DISORDERS REFERRALS AND RESOURCES MIAMI UNIVERSITY, OXFORD, AND REGION

List updated by Jennifer Browne, Ph.D. 6/12/09

NOTE: Depending on the severity and chronicity of an individual's problems with ED, the following professionals may or may not be able to offer treatment services. Some individuals will be referred for more intensive forms of treatment.

ASSESSMENT AND COUNSELING SERVICES:

+ Student Counseling Service, Miami University - (513) 529-4634 to schedule 195 Health Services Center, Oxford, OH 45056

- SCS offers eating disorder evaluations (i.e. initial evaluations), referrals to ED-related services, individual psychotherapy, consultation to friends/family/faculty/coaches, specialized eating/body image outreaches, and the Images Eating/Body Image psychotherapy group

+ Oxford, Ohio area therapists in private practice who work with students with ED:

Susan Callan, MSW, LISW, (513)523-0677, 103 West Walnut St., Suite B, Oxford, OH 45056
(Treats all types of ED except AN)

Barbara Chenault, MSW, LISW, (513)523-5897, 10 North Locust St., Suite B3, Oxford, OH 45056

Jan Elzey, MS, LPC, (513)523-7612, 25 Hidden Creek, Oxford, OH 45056

Roger Knudson, Ph.D., (859)866-3962, 115 West Walnut St., Oxford, OH 45056

Eric Limegrover, M.A., M.S., LPCC, (513)280-0561, 33 West Walnut St., Oxford, OH 45056

Debra Freehauf McFadden, LPCC, LICDC, CEAP, (513) 794-1667 x2 or (888) 257-8109
[in Oxford on Thursdays, in Blue Ash (Cinci) the other days of the week, inc. Sat.]
10 North Locust St., Suite B, Oxford, OH 45056
(Treats all types of ED except AN)

Susan Vallade, MSW, LISW, (513)523-4929, 33 West Walnut St., Oxford, OH 45056

+ Cincinnati-area therapists in private practice who work with students with ED:

Lynn Haley, Psy.D. (Treats all types ED except AN) (513) 984-2200

Ann Kearney-Cooke, Ph.D. (513) 588-9431

Christine Kidwell, Ph.D. (513) 793-7974

Teri Role-Warren, Ph.D. (513) 588-9432

Debjani Sinha, Ph.D. (513) 793-7974

+ Miami University Psychology Clinic – 39 Psychology Building (529-2423)

- Fee-for-service counseling services (fees are reduced) available for students and community residents; therapists are students in the doctoral program in clinical psychology

MEDICAL MANAGEMENT/PHYSICAL HEALTH:

- ✚ **Student Health Services, Miami University - (513) 529-3000 to schedule
421 South Campus Avenue, Health Services Center, Oxford, OH 45056**
 - Medical professionals provide individualized physical health examinations to assess eating and weight-related health consequences
 - Eating disorder-related physical health assessments and ongoing medical management available
 - Appointments only; call (513) 529-3000 to schedule; indicate eating/weight/nutrition concerns
 - Call by 10 am for same day appointments; only 8 – 10 am appointments scheduled ahead
 - Follow-up appointments can be scheduled ahead with the medical professional
 - Initial appointments are 45 minutes; follow-ups are 15 minutes
 - Previous medical records should be faxed to (513) 529-1892
 - Two full-time medical professionals are available:
 - Deb Richardson, M.D. (Physician)
 - Tammy Gustin, C.N.P. (Nurse Practitioner)

NUTRITIONAL COUNSELING:

- ✚ **Clinical Nutrition Services, McCullough-Hyde Hospital – (513) 524-5555 to schedule
110 North Poplar Street, Oxford, OH 45056-1292**
 - Clinical dieticians provide individualized assessments and advice re: nutrition/dietetics
 - Ongoing nutritional counseling available
 - Appointments only; call (513) 524-5555 to schedule; indicate eating problem-related concerns
 - Initial appointments are 1 hour; follow-ups are 30 minutes
 - Two part-time dieticians are available:
 - Lisa Swanson, M.Ed., R.D., L.D.
 - Available Mondays, Wednesdays, Fridays 9 am – 5 pm
 - E-mail address: lswanson@mhmh.org; (513) 524-5692 is direct line
 - Nancy Schmidt, M.Ed., R.D., L.D.
 - Available Mondays, Tuesdays, Thursdays 9 am – 5 pm
 - E-mail address: nschmidt@mhmh.org; (513) 524-5691 is direct line

REFERRAL AND PROGRAMMING INFORMATION:

- ✚ **Leslie Haxby McNeill – Office of Health Education (529-5047)**
Coordinator of HAWKS, peer health education programming
HAWKS offer peer programming with content on nutrition and eating disorders
- ✚ **Jennifer Browne, Ph.D. – Student Counseling Service (529-4634)**
Clinical Psychologist who coordinates eating disorder training, programming, and group therapy
- ✚ **Rhonda Jackson – Women’s Center (529-1510)**
Administrative Assistant who provides referrals to resources relevant to women’s issues

INTENSIVE OUTPATIENT AND DAY TREATMENT OPTIONS IN OHIO:

- ✚ **Body Truth Center for Wellness, 9403 Kenwood Road, Suite A120, Cincinnati, OH 45242**
 - Website is www.bodytruthcenter.com
 - Located in Blue Ash, OH (northern suburb of Cincinnati)
 - Intersection of Ronald Reagan Highway and Kenwood Road
 - Intensive Outpatient Program (IOP) for adults with eating disorders
 - Only such program in Cincinnati/Dayton/Oxford region
 - Coordinators of IOP are Jennie Wade, MEd, RD, LD and Amy Bellamah-Daniel, RN, RD, LD
 - Contact information: Erin Hooper (ehooper@cinci.rr.com or 513-794-0019) or 513-794-0019
 - IOP meets 9 hours per week of structured treatment *in the evenings* for 10-week long program
 - Group therapy, family/couples therapy, nutrition education and counseling, experiential groups and movement therapy groups
 - Multidisciplinary treatment team includes dietitians, clinical psychologist, social worker, family therapist, personal trainer

- ✚ **Cleveland Center for Eating Disorders, 25550 Chagrin Blvd., Chagrin Richmond Plaza, Suite 200, Beachwood, OH 44122**
 - Website is www.edcleveland.com
 - Located in suburb of Cleveland, OH (northeast OH)
 - Day Treatment Program (DTP) and Intensive Outpatient Program (IOP) for adults with ED
 - Directors of DTP are Lucene Wisniewski, Ph.D. and Mark Warren, M.D.
 - Contact Intake Coordinator at 216-765-0500
 - DTP meets up to 30 hours a week: 5 days a week, 6 hours a day
 - IOP meets 9 hours a week: 3 days a week, 3 hours per day
 - Cognitive-behavioral and Dialectical Behavior Therapy treatment model
 - Multidisciplinary treatment team offers assessment, psychotherapy (individual, group), structured eating, nutritional counseling, medical management, and psychiatric services

- ✚ **The Center for Balanced Living, 445 East Granville Rd., Building N, Worthington, OH 43085**
 - Website is www.TheCenterForBalancedLiving.org
 - Located in suburb of Columbus, Ohio (central OH)
 - Intensive Outpatient Program (IOP) for eating disorders
 - Director of IOP is Amy Honsberger, LISW (614-293-9550 for intake screening)
 - IOP meets 9 hours a week: M and W 5:30 – 8:00 pm and Sat 9:45 am – 1 pm
 - Multidisciplinary treatment team offers assessment, psychotherapy (individual, group, family), structured eating, nutritional counseling, and psychiatric services
 - Formerly called The Center for Eating Disorders and Psychotherapy

- ✚ **Laurelwood Hospital Eating Disorder Services, 35900 Euclid Ave., Willoughby, OH 44094**
 - Website is www.laurelwoodhospital.com
 - Located northeast of Cleveland, Ohio (northeast OH)
 - Intensive Outpatient Program (IOP) for adults (18+) with eating disorders
 - Program Manager of IOP is Gail Kopelowitz, LISW (440-602-8176)
 - IOP meets 9 hours a week: M, W, Thur 5:30 – 8:30 pm
 - Cognitive-behavioral and Dialectical Behavior Therapy treatment model
 - Multidisciplinary treatment team offers assessment, psychotherapy (individual, group, family), nutritional counseling, medical management, and psychiatric services

INPATIENT TREATMENT IN THE REGION:

- + **Lindner Center of Hope, 4075 Old Western Row Road, Mason, OH 45040**
 - Website is www.lindercenterofhope.org (click on Eating Disorders link)
 - Located in Mason, OH (northeastern suburb of Cincinnati ~45 minute drive from Miami University)
 - New facility opening 8/18/08
 - Inpatient Program for women and men with eating disorders; include co-morbid conditions
 - Adolescent Inpatient unit treats people ages 13 to 18; 16 bed unit
 - Adult Inpatient unit treats people ages 18 to 64; 16 bed unit
 - Dialectical Behavior Therapy treatment model
 - Intake/referral line: 513-536-0536
 - Weekly psychotherapy is available but partial hospitalization/day treatment is not currently
 - Multidisciplinary treatment team offers full range of services

- + **Western Psychiatric Institute and Clinic, Center for Overcoming Problem Eating (COPE), 3811 O'Hara Street, Pittsburgh, PA 15213-2593**
 - Website is wpic.upmc.com/EatingDisorderSvcs.htm
 - Located in Pittsburgh, PA (~300 miles, 5 hours away from Miami University)
 - Inpatient Program for adults with eating disorders; 20-bed unit
 - Length of stay is individualized
 - Contact COPE at 412-647-9329
 - Cognitive-behavioral, interpersonal, and Dialectical Behavior Therapy treatment model
 - Full spectrum of services includes Partial Hospitalization Program (PHP; 32 hours per week of treatment) and Intensive Outpatient Program (IOP; 9 hours per week of treatment)
 - Multidisciplinary treatment team offers assessment, psychotherapy (individual, group, family), structured eating, nutritional counseling, medical management, and psychiatric services

- + **Renfrew Center of Philadelphia, 475 Spring Lane, Philadelphia, PA 19128 (1-800-RENFREW)**
 - Website is www.renfrewcenter.com
 - Located in Philadelphia, PA
 - Residential Program for adults with eating disorders; also available in Coconut Creek, Florida
 - Spectrum of services includes Intensive Outpatient Program (IOP)
 - Multidisciplinary treatment team offers full range of services and Creative Arts therapies