

PROGRAM STAFF

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Nina Rudnick, MA Pre-Doc Intern
Tawny L. Schaefer, RD, MS, Nutritional Specialist
Mychelle Torres, PsyD, Psychologist
Yong, Zhang M.D.

PROGRAM TIMES

ADOLESCENT PROGRAM

Mondays: 9:30 a.m. to 2:30 p.m.
Wednesdays: 9:30 a.m. to 2:30 p.m.
Thursdays: 6:00 p.m. to 7:30 p.m. (*Multi-Family Group*)
Fridays: 9:30 a.m. to 2:30 p.m.
Plus weekly individual and family therapy

ADULT PROGRAM

Mondays: 9:30 a.m. to 2:30 p.m.
Wednesdays: 9:30 a.m. to 2:30 p.m.
5:00 p.m. to 6:00 p.m. (*Family Support Class*)
Fridays: 9:30 a.m. to 2:30 p.m.
Plus weekly individual therapy

DIRECTIONS

**710 South Broadway, 2nd Floor,
Walnut Creek, CA 94596**

From 680 South

Take first **South Main exit**, follow to **Ygnacio Blvd** and turn left,
continue to **South Broadway** and turn right.
We will be located on your left between Safeway and the Wells Fargo Bank.

From 680 North

Take **Ygnacio Blvd exit** and turn right onto **South Broadway**.
We will be located on your left between Safeway and the Wells Fargo Bank.

DIABLO SERVICE AREA/SUB-REGIONAL PROGRAM



EATING DISORDER INTENSIVE OUTPATIENT PROGRAM

For Adolescents and Adults

710 South Broadway, 2nd Floor
Walnut Creek, CA 94596
(925) 295-6051
(925) 295-6556 (fax)



KAISER PERMANENTE®

“Recovery is not an isolated event that happens suddenly; rather, it is a process that expresses itself in a wide range of subtle changes that occur during treatment.” Hilda Bruch

WHAT IS AN EATING DISORDER?

Anorexia Nervosa is characterized by an intense fear of gaining weight, low body weight, loss of menstruation, distorted body image, and stringently restricted food intake. Individuals with anorexia often exercise intensely to burn calories.

Bulimia Nervosa is characterized by episodes of binge-eating or normal eating followed by various methods to counteract the caloric intake such as vomiting, laxatives, diuretics, enemas, fasting, or excessive exercise.

Individuals with anorexia and bulimia often suffer from low self-esteem, obsessive thinking, and perfectionist behavior that interferes with many aspects of their lives, including personal relationships, work, and school. Eating disorders are often progressive, meaning they tend to get worse over time without treatment.

PROGRAM DESCRIPTION

The purpose of Kaiser’s Eating Disorder Intensive Outpatient Program (EDIOP) is to provide a safe environment for healing, education, and acquiring skills for recovery. The program is intended for individuals with moderate to severe eating disorders. The EDIOP meets 3 times per week for group and individual therapy (see program schedule), which includes medical monitoring, psychological counseling, and nutritional therapy, as well as follow-up care after graduation. Enrollment is limited to 8-10 participants and treatment typically lasts for 6-12 weeks. In addition to medical stabilization, a primary goal of treatment is to help individuals acquire adequate coping skills and address underlying issues that are generally at the core of an eating disorder. One benefit of the program is that treatment is provided in an outpatient group setting where individuals share a meal and 2 snacks as part of the group, helping them to face their food fears together and be able to apply this to their home environment.

PROGRAM DESCRIPTION - Continued

Eating Disorders are complex conditions that require intensive treatment by a multidisciplinary team. Early detection and intervention greatly increase the effectiveness of treatment. Without psychological and medical care, malnutrition, cardiac problems, and other potentially fatal conditions can result. Consistent family and individual participation in treatment is essential, as is the individual’s motivation for treatment.

GOALS FOR THE PROGRAM

- ❖ Learn healthy nutritional habits
- ❖ Increase comfort with food
- ❖ Improve self-esteem/body image
- ❖ Learn healthy ways of expressing and coping with feelings
- ❖ Reduce perfectionism
- ❖ Learn relaxation skills
- ❖ Learn conflict resolution skills
- ❖ Improve family communication patterns
- ❖ Develop a balanced lifestyle
- ❖ Increase comfort with maintaining a healthy body weight

The program philosophy is that with ongoing support and continued practice, these new coping skills can be strengthened and maintained for life, decreasing the likelihood of relapse in the future.

SERVICES OFFERED

- ❖ Complete medical evaluation and review of patient’s medical history
- ❖ Ongoing evaluation of medical status by an MD and nurse
- ❖ Psychological assessment
- ❖ Individual and family therapy
- ❖ Group therapy
- ❖ Weekly nutritional counseling
- ❖ Participation in group meals
- ❖ Medication evaluation by a psychiatrist, if needed
- ❖ Parent and family support groups
- ❖ Follow-up care in a Weekly Transition Group