

Eating Disorders



*The Region's Premier Provider
of Behavioral Health and
Addiction Recovery Services*



Laurelwood
Hospital

What You Should Know About Eating Disorders

Eating disorders affect children, adolescents and adults of all ages and both sexes. In the United States, approximately 8 million people struggle to overcome eating disorders. With the right treatment programs, many people develop the strength and insight they need to lead happy, productive lives.

Signs and symptoms of the most common types of eating disorders include the following:

Anorexia Nervosa

- *Intense fear of gaining weight*
- *Refusal or inability to maintain normal weight*
- *Restricting food intake*
- *Unusual eating habits or rituals*
- *Vigorous or compulsive exercise*
- *Infrequent or abnormal menstrual periods (for females who have reached puberty)*

Bulimia Nervosa

- *Episodes of out-of-control eating*
- *Shame regarding eating and intense fear of gaining weight*
- *Purging behavior (vomiting, laxatives, fasting, intense exercise)*
- *Hoarding, stealing food, going to the bathroom immediately after meals*

Binge Eating Disorder

- *Eating until uncomfortably full*
- *Eating large amounts of food when not hungry*
- *Feeling disgusted, depressed or guilty about overeating*
- *Eating alone most of the time*

Don't suffer in silence.
Call **1-800-GET-HOPE**
(800-438-4673).



Accessing Help

Accessing our services is a simple matter. You may contact us yourself to schedule an assessment and evaluation to determine your treatment needs, or if you are under 18 years of age, a family member may call for you. The telephone number is **1-800-GET-HOPE (800-438-4673)**.

If you are already in treatment with a therapist, psychologist or psychiatrist, Laurelwood accepts patient referrals from them as well. Primary care physicians, social service and community agencies, employee assistance programs and employers, clergy, counselors, schools, courts, hospital emergency rooms and other health care professionals may also refer you for treatment.

As a special outreach service, the multidisciplinary team of eating disorder treatment experts provides consultation and educational programs to schools, community organizations and health care professionals.

Insurance and Financial Arrangements

Many insurance providers, managed care plans and public insurance plans cover treatment at Laurelwood Hospital. We provide assistance in facilitating insurance pre-certification and authorization from health benefits providers. We will also set up payment plans for self-pay clients.

Eating Disorder

Acknowledging The Problem

Eating disorders are biologically-based illnesses. They often have genetic factors, or cultural and social influences. Those individuals who suffer from ED suffer terribly. What they eat, how they eat, how they work, think, feel and act are all tied up in this life consuming disease.

Now there is tremendous hope for those individuals who are diagnosed with these illnesses. Over the past decade, these life-threatening illnesses have shown themselves to be treatable in most people. Scientific literature shows that medication, group therapy, attention to specific behavior, to a healthy weight and when appropriate, family involvement are all essential to successful treatment. Through acceptance and commitment to change and the appropriate therapies, individuals often achieve significant recovery.

What To Expect

The Eating Disorders Program's multidisciplinary treatment team includes a board-certified psychiatrist, psychologist, registered nurse, licensed social workers, professional counselors and milieu and activity therapists as well as a dietician to provide nutritional counseling.

The Laurelwood professional staff understands your concerns, symptoms and problems and is dedicated to providing you with the most effective eating disorders treatment possible in a safe, confidential and supportive environment.

The first step in getting help is a diagnostic assessment that includes a thorough psychological evaluation, as well as consultation with your other health care providers and family members as appropriate. With the results of this comprehensive evaluation, Laurelwood staff develops an individualized treatment plan designed to help you achieve recovery.

Treatment will be provided within our partial hospitalization and intensive outpatient programs created for our clients who suffer from eating disorders. The program is located at our hospital, 35900 Euclid Avenue, Willoughby.

The Laurelwood Treatment Approach

Laurelwood uses a variety of treatment modalities to help you deal with and take control of your unique problems and concerns. Using cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT) as a treatment model, Laurelwood's professional staff assists you in achieving the sense that life is worth living. Some of the goals are:

- *Directing your attention where you want it to be – developing mindfulness.*
- *Handling stressful situations better – distress tolerance.*
- *Coping with your feelings – emotional regulation.*
- *Effectively dealing with other people – interpersonal effectiveness.*

Laurelwood's comprehensive multidisciplinary treatment approach also includes:

- *Medical Management*
- *Nutrition Counseling*
- *Group Therapy*
- *Family Therapy*
- *Individual Meetings*
- *Art Therapy*
- *Stress Management*

Where Can You Find Laurelwood?

With the hospital located in Willoughby and two counseling and outpatient centers located in Mentor and Beachwood, Laurelwood is convenient to many communities in northeast Ohio.



Laurelwood Hospital (Willoughby):

35900 Euclid Avenue, Willoughby, OH 44094

From the West and Cleveland: Take I-90 E to Rte. 2; exit at Rte. 91 [Eastlake]. Turn right on Rte. 91 (SOM Center Rd.) and left on Rte. 20 (Euclid Ave.). Laurelwood Hospital is on right.

From Eastern Cuyahoga Suburbs and the South: Take I-271 N via local lanes to I-90 E; exit at Rte. 91 (Exit 189). Turn right on Rte. 91 (SOM Center Rd.) and right on Rte. 20 (Euclid Ave.). Laurelwood Hospital is on right.

Mentor: 7060 Wayside Drive, Mentor, OH 44060

From Rte. 2 East or West: Exit at Rte. 615 (Center St.). Proceed south on Rte. 615 and turn left onto Rte. 20 (Mentor Ave.). Turn right at Wayside Dr. Counseling center is on right.

From I-90 North or South (use local lanes): Exit at Rte. 615 (Exit 195). Proceed north on Rte. 615 (Center St.) and turn right onto Rte. 20 (Mentor Ave.). Turn right at Wayside Dr. Counseling center is on right.

Beachwood: 23240 Chagrin Blvd. Commerce Park 4, Suite 610, Beachwood, OH 44122

From I-271 North or South (use local lanes): Exit at Chagrin Blvd. Proceed west on Chagrin Blvd. and turn left onto South Green Rd. Commerce Park IV is on left.



800-GET-HOPE (800-438-4673) 440-953-3000
www.laurelwoodhospital.com