

An Evening with an Eating Disorders Expert

Mark your calendar now for the
1st Thursday of each month.

Location: Lindner Center of HOPE Gymnasium/
Conference Center (Lobby check-in)

Contact: Scott K. Bullock at 513-536-0722 or
scott.bullock@lindnercenter.org for details.
RSVP is not required.

Read more about Lindner Center of HOPE, visit
www.lindnercenterofhope.org

Eating disorders are biologically based, devastating illnesses that can have potentially life-threatening consequences.

They affect a person's emotional and physical health, productivity and relationships. The Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE is launching a monthly health series addressing the multitude of issues surrounding eating disorders.

Doctors and clinicians share their knowledge, therapies, research and nutritional expertise to facilitate successful diagnosis and outcomes.

An Evening with an Eating Disorders Expert offers the opportunity for primary care physicians, mental health specialists, school counselors, coaches and family members to learn about the emotional and health consequences affecting over 11 million individuals.

Don't miss this occasion to ask a question.



SCHEDULE:

October 6, 6:30 pm - 7:45 pm

Food and the Family: First Line Evidence-Based Treatment for Treating Anorexia Nervosa

Scott K. Bullock, MSW, LISW-S, *Family Therapist and Eating Disorders Intake Coordinator, Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE*

Objective: Participants will understand the rationale and the scientific support for Family-Based Treatment for adolescent eating disorders.

November 3, 6:30 pm - 7:45 pm

Introduction to Eating Disorders Treatment

Anne Marie O'Melia, MS, MD, *Medical Director, Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE*

Objective: Participants will improve their screening and diagnostic skills related to assessment of eating disorders in children and adolescents.

December 1, 6:30 pm - 7:45 pm

The Application of Dialectical Behavior Therapy to Eating Disorders

Sarah Lavanier, PsyD, *Licensed Clinical Psychologist, Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE*

Objective: Participants will learn the basics of DBT and how it is used in eating disorders treatment.

January 5, 2012, 6:30 pm - 7:45 pm

Binge Eating Disorder and Obesity

Anna Guerdjikova, PhD, MSW, LSW, CCRC, *Associate Research Director, Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE*

Objective: Participants will be able to perform an appropriate clinical screening for Binge Eating Disorder.

Feb 2, 2012, 6:30 pm - 7:45 pm

Eating Disorders Awareness Week

Panel of Experts

March 1, 2012, 6:30 pm - 7:45 pm

The Role of Nutritional Therapy in Eating Disorders Treatment

Ellen Young, RD, LD & Jessica Barth, MA, RD, LD *Dietitians, Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE*

Objectives: Understand the physiologic and psychological consequences of undernutrition and how they are relevant to the clinical presentation of Anorexia Nervosa.



The Harold C. Schott Foundation

Eating Disorders Program

at Lindner Center of HOPE

Patients who choose treatment at the Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE are provided with a plan for combating the eating disorder.

The plan may include a combination of Family-Based Therapy, individual and group psychotherapy, meal planning and support, nutritional education and counseling, medical monitoring and exercise assessment, control interventions, and psychiatric management, to support the patient throughout treatment, equipping the patient with the tools and support he or she needs for continued success at home.

Lindner Center of HOPE effectively treats a range of eating disorders, including anorexia nervosa; bulimia nervosa; binge eating disorder; overeating and obesity; and compulsive exercising.

Cincinnati Children's at Lindner Center of HOPE encompasses the inpatient and partial hospitalization programs for adolescents at Lindner Center of HOPE. These programs treat all adolescent mental health diagnoses, but offer a specialized track staffed by the Harold C. Schott Eating Disorders Treatment Team for treating teens with eating disorders.

Look for future events on:

April 5, 2012 / May 3, 2012 /

June 7, 2012 / July 5, 2012 /

August 2, 2012 / September 6, 2012

RESOURCES:

Learn more about treatment for eating disorders by visiting:
www.lindnercenterofhope.org/PatientsFamilies/Disorders/EatingDisorders/Library

CARE FOR EATING DISORDERS IS AVAILABLE AT:

- Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE: Adult inpatient services and adolescent and adult outpatient services
- Cincinnati Children's at Lindner Center of HOPE Partial Hospitalization & Inpatient Treatment: Serving patients ages 12-17
- Sibcy House: A BOLD Approach to comprehensive diagnostics and intensive short-term residential treatment for adults

STATISTICS:

- 3 out of 4 Americans believe eating disorders should be covered by insurance companies
- Approximately 10 million adolescents and adults in the United States suffer from eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder, overeating and obesity, or compulsive exercising.
- Over one-half of teenage girls and one-third of teenage boys use unhealthy weight control behaviors
- 91% of women surveyed on a college campus had attempted to control their weight through dieting
- The incidence of Bulimia Nervosa in women 10-39 tripled between 1988-1993
- Eating Disorders are treatable
- Family-Based Therapy and Dialectical Behavior Therapy Models can successfully treat those suffering with an eating disorder

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