

Support Groups

An eating disorder support group meets in the Forest View Hospital Community Room at 7:00 p.m. on the second and fourth Monday of each month. This support group is for anyone struggling with an eating disorder. Family and friends are invited to attend as well. The group is lead by a Registered Dietitian from the Center for the Treatment of Eating Disorders. There is no charge for this group and pre-registration is not required.

Family Housing

Housing is available at the Ronald McDonald House in Grand Rapids for families of patients at Forest View Hospital. Child and Adolescent patients in the Eating Disorder Partial Hospitalization Program may stay with their parents at the Ronald McDonald house. Cost is \$10.00 per night per family and kitchen facilities are available.

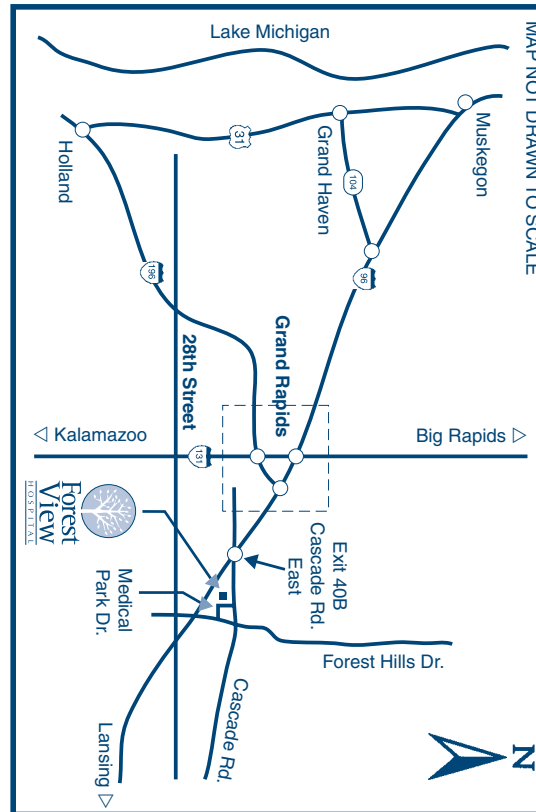
Access to Services

Forest View Hospital, located in Grand Rapids, Michigan, provides assistance 24 hours per day for referrals, assessments, and crisis admissions. We provide free assessments and will assist in obtaining authorization from commercial insurance or managed care plan when treatment is necessary. Eating Disorder Treatment Services at Forest View are covered by most health insurance plans including Medicare. Forest View Hospital is licensed by the State of Michigan and is accredited by JCAHO.

**For further information call
Forest View Hospital
Assessment and Referral Center
1-800-949-8439**

FOREST VIEW HOSPITAL

1055 Medical Park Drive SE
Grand Rapids, MI 49546
616-942-9610
www.forestviewhospital.com



Other Services at Forest View Hospital

- General adult psychiatric program
- General child and adolescent treatment program
- Specialty program for the treatment of psychological trauma
- Dual diagnosis (substance abuse) treatment services
- Free assessments and referrals to all programs.

Eating Disorders Treatment Services



*1055 Medical Park Drive SE
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Eating Disorders Treatment Services at Forest View Hospital

Forest View Hospital's professional reputation in the treatment of Eating Disorders within the Midwest has been developed through eighteen years of experience. The Eating Disorders Treatment Services at Forest View Hospital provide intense, comprehensive treatment for persons of all ages who have been diagnosed with an eating disorder. The primary focus of the treatment is directed toward the diagnostic categories of bulimia and anorexia. Eating Disorders Treatment addresses the psychological, physiological and sociocultural aspects of eating disorders.

The goal at Forest View Hospital is to provide personalized, multidimensional treatment in a safe and supportive environment. Because we believe that each person is unique, all treatment is individually designed to meet the specific needs of the individual. Patients are provided group psychotherapy, family therapy, nutrition education and counseling, individual therapy, psychiatric medical evaluation and counseling, psychoeducational groups, recreational and occupational therapy, and case management services.

Operating with the philosophy that an eating disorder is the external symptom of an internal psychological cause, our treatment addresses both the symptoms and the internal psychological dynamics. Our focus is practical and solution focused with an emphasis on assisting patients on their journey toward health. Treatment is provided as an integrated part of our child, adolescent, and adult general psychiatric programs.

The Treatment Team

The eating disorders treatment team are licensed professionals who specialize in the treatment of persons with eating disorders. The multidisciplinary team consists of the psychiatrist, registered nurse, social worker /therapist, dietitian, occupational or activity therapist, and adjunctive therapy staff.

Group Focus

All patients receiving treatment for an eating disorder participate in specific eating disorder groups as well as general groups addressing related issues. Specific eating disorder group topics may include the following:

- Body Image/Body Awareness
- Relaxation/Stress Management
- Communication Skills/ Assertive Behavior
- Eating Disorder Education
- Nutrition Education
- Meal Planning
- Exercise Education
- Supported Meal

Treatment Options

Acute Inpatient Treatment

- Intense treatment is provided in a safe, structured environment. Structured programming occurs seven days a week with individual, group, and family therapies. Treatment includes the evaluation/monitoring of the patient's physical condition as well as intense therapy.

Partial Hospitalization Program

- Patients participate in six hours of treatment that includes a combination of a compre-

hensive evaluation and individual, family, and group therapy. Treatment is available Monday through Friday and can be scheduled on consecutive or staggered days, depending on the needs of the patient.

Child and Adolescent Services

- In addition to adults, Forest View Hospital provides specialized eating disorders treatment for children and adolescents. Treatment is available in both our acute inpatient setting as well as the partial hospitalization program. Family involvement is an integral part of treatment for children and adolescents.

Warning Signs for Eating Disorders

- Noticeable weight loss or extreme fluctuations
- Making excuses to skip meals
- Unusual eating behavior; ritualistic eating habits.
- Excessive exercising
- Unusual concern about appearance
- Withdrawal from friends and activities
- Preoccupation with food and weight
- Tendency to perfectionism; highly critical of self and others
- Fasting, vomiting, use of laxatives
- Conversations about food, weight, or body shape

The more warning signs an individual has, the higher the probability the individual has or is developing an eating disorder. If you think you or someone you know may have an eating disorder, please call and talk to a mental health professional.