

Plymouth State University  
New Hampshire Eating Disorders  
Resource Directory 2007



the changing face of eating disorders

Funding provided by  
Plymouth State University  
and  
*HNHfoundation*

# From the Plymouth State University Eating Disorders Institute

April 25, 2007

The following is a resource guide of eating disorder providers (including mental health providers and nutrition therapists) located in New Hampshire, Maine, Vermont and northern Massachusetts. This guide serves as a tool to assist school personnel, families and health care providers in understanding signs and symptoms of eating disorders and then making appropriate referrals when necessary. There are various approaches and levels of eating disorder treatment. Frequently patients will have co-existing mental health issues such as depression, substance abuse issues, obsessive compulsive disorder, anxiety disorders and/or trauma to be addressed.

Eating disorder treatment has the most value and increased chance of recovery when there is a combination of mental health, nutritional support, and a medical provider involved in the team. Group and family counseling is frequently needed because the treatment often involves changing the family and relational dynamics.

Eating disorder experts have found that prompt intensive treatment significantly improves the chance of recovery. Therefore, it is important to be aware of the signs of: anorexia nervosa, bulimia nervosa, binge eating disorder, other unusual behaviors around food and exercise and body-image issues; then promptly make appropriate referrals.

Grant funding for this guide was provided by the HNH *foundation*. It was compiled by Laura Remick, a graduate student in the Plymouth State University's Eating Disorders Institute Program. Additional copies of this guide can be downloaded off the Plymouth State University Web site, [plymouth.edu/graduate/eatingdisorders](http://plymouth.edu/graduate/eatingdisorders).

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Plymouth State University Eating Disorders Institute, 2007



# Eating Disorders Institute



The Eating Disorders Institute (EDI) is designed to provide participants with the knowledge and skills necessary to work with clients/students affected by eating disorders. Participants focus their programs on the development of educational and outreach opportunities for delivery in school systems or communities. Licensed health professionals will be able to specialize in eating disorders to counsel clients.

Educators, health care professionals, and mental health professionals such as counselors, social workers, nurses, and dieticians, who wish to specialize in eating disorders, may enroll in a 15-credit certificate program. This allows students to integrate the EDI with a self-designed Master of Education (M.Ed.) in Health Education or Counselor Education.

Plymouth State University offers one of the few graduate programs with a focus on Eating Disorders in the country, and is the only one of its kind in the Northeast.

The Eating Disorders Institute program provides:

- Advanced knowledge and skills in eating disorders counseling, education and outreach.
- An increased understanding of the changing face of eating disorders.
- Small classes in intensive weekend/institute format for working professionals.
- Experienced faculty who are current practitioners in the field of eating disorders.
- The ability to incorporate the EDI into a self-designed M.Ed.
- An approved site to offer a 12-credit eating disorder core curriculum which satisfies the International Association of Eating Disorders Professionals (IAEDP) requirement towards future certification.

Candidates for the master's programs must complete the education core courses which focus on diversity, philosophy and research. Candidates for the professional certification must possess a master's degree in order to apply for admission.

Students completing the 15-credit EDI graduate certificate program or the M.Ed. with a focus on the EDI will receive a certificate of completion. Mental health professionals, dieticians, and other IAEDP approved professionals who demonstrate clinical expertise through education, experience and a rigorous examination may be eligible to seek a national certification after completing the Plymouth State EDI program. Candidates must fulfill educational competencies and accumulate hours in the area of eating disorders.

The EDI program can be completed in approximately one year by taking two courses during the fall and spring terms and completing a 120-hour clinical experience. The program may be completed in two years through enrollment in one course per term and completing the clinical experience.

<b>Specialization Component</b>		<b>Credits</b>
CO/HL 5160	Eating Disorders: Awareness Prevention and Education	3
CO/HL 5190	Medical and Physiological Aspects of Eating Disorders*	3
CO/HL 5180	Nutrition: Education and Counseling*	3
CO/HL 5170	Treatment Modalities for Eating Disorders*	3
CO/HL 5150	Eating Disorders Clinical*	3
<b>Total for EDI Certification</b>		<b>15</b>

\* CO/HL 5160 is a prerequisite

### For More Information

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### Graduate Programs

Graduate programs at PSU are based on the key components of *reflective practice* and *support for professional development*. *Reflective practice* is encouraged through the core graduate courses as well as professional portfolio development, collaborative inquiry and individual research. *Support for professional development* is addressed through internship and practica, projects, collaborative action research, partnerships at various schools and agencies, cohort groups at many off-campus sites and ongoing research and inquiry.

### Accreditation

Plymouth State University is accredited by:

- New England Association of Schools and Colleges (NEASC)
- National Council for Accreditation of Teacher Education (NCATE)
- New Hampshire State Board of Education
- Health Education program by the Society for Public Health Education and the American Association for Health Education
- Athletic Training program by the Commission on Accreditation of Athletic Training Education (CAATE)
- Master of Business Administration and undergraduate degrees in business by the Association of Collegiate Business Schools and Programs (ACBSP)
- Master of Education in Counselor Education, School Counseling and Mental Health Counseling concentrations by the Council for the Accreditation of Counseling and Related Educational Programs (CACREP)

### Graduate Faculty

Over 300 faculty, both full time and adjunct, teach in the graduate programs at Plymouth State University. The majority of the faculty hold doctoral or other terminal degrees from various distinguished institutions of higher education. Each graduate student is assigned a faculty member as an advisor who assists the student in planning coursework to meet personal and professional goals.

### Admission and Application Information

The College of Graduate Studies considers applications on a rolling admission basis. Students may apply at any time of the year and may take up to 12 graduate credits before being officially admitted to the program. Applicants to the M.Ed. programs must have a 3.0 or higher GPA in the academic major; program-specific requirements may also exist.

Applications must be submitted to the College of Graduate Studies with a non-refundable application fee of \$75. A complete application package includes the completed application form, application fee, official transcripts of undergraduate degree, official transcripts for additional coursework (if any) that may be important for consideration, three recommendations on the forms provided, official GRE scores for the quantitative, verbal and analytical writing components or the Miller's Analogies Test (MAT) scores, résumé, and statement of interest. CAGS candidates must submit a professional writing sample which may include publications or scholarly papers, and schedule an admissions interview.

### Financial Aid

The Financial Aid program is intended to assist qualified students who are unable to meet their entire educational expenses from their own and their family's resources. Graduate students may be eligible for up to \$8,500 in subsidized (need based) Stafford loans. They may also qualify for \$10,000 in non-need based, unsubsidized additional loans for a maximum of \$18,500 for the academic year. Graduate students must have their FAFSA filed at least one month prior to the term for which financial aid is needed. Students must be admitted to a degree or certificate program at PSU before a financial aid application will be considered.

### Graduate Assistantships and Teaching Fellowships

A limited number of graduate assistantships and teaching fellowships are available to graduate students who are fully accepted in a graduate program at Plymouth State University. Assistantships and fellowships are awarded on a fiscal year basis beginning no earlier than July 1 and ending no later than June 30. Students holding probationary status are not eligible.

  
**Plymouth State**  
UNIVERSITY

COLLEGE OF GRADUATE STUDIES  
MSC 11, 17 High Street, Plymouth, NH 03264-1595  
1-800-FOR-GRAD [forgrad@plymouth.edu](mailto:forgrad@plymouth.edu)

# Index

I. Introduction.....	p. 1
II. Signs and symptoms of eating disorders.....	p. 1-3
III. Steps for helping a student with an eating disorder.....	p. 3
IV. Eating disorder treatment providers and centers.....	p. 3-24
V. Insurances and treatment .....	p. 24-25
VI. Additional Web site resources.....	p. 25-27
VII. About the Plymouth State University Eating Disorders Institute Program....	p. 28

## **Referral Disclaimer**

This resource serves as a referral guide consisting of mental health providers and nutrition therapists who treat eating disorder patients. Patients and their families are responsible for interviewing and seeking a suitable provider for their treatment and should talk with their provider concerning specific insurance coverage. Plymouth State University does not personally endorse any particular one of the listed facilities or providers.

Grant funding for this resource guide was provided by the HNH *foundation*. It was compiled by Laura Remick, a graduate student in the Plymouth State University Eating Disorders Institute Program, coordinated by Dr. Mardie Burckes-Miller, (603) 535-2515, [margaret@plymouth.edu](mailto:margaret@plymouth.edu).

## Introduction

This resource guide is a tool to assist school personnel, families and health care providers in understanding signs and symptoms of eating disorders and making appropriate referrals when necessary. There are various approaches and levels of eating disorder treatment. These range from outpatient services to residential and hospital based programs. Frequently patients will have co-existing mental health issues such as depression, substance abuse issues, obsessive compulsive disorder, anxiety disorders and/or trauma to be addressed.

Some of the questions patients and families need to ask when they are searching for a therapist are:

1. How long have you been treating eating disorders?
2. What are your licenses and credentials?
3. Do you provide family counseling?
4. Do you work with other medical professionals as part of a multidisciplinary team of treatment?

Eating disorder treatment has the most value and increased chance of recovery when there is a combination of mental health, nutritional support, and a medical provider involved in the team. Group and family counseling is frequently needed because the treatment often involves changing the family and relational dynamics.

## Signs and Symptoms of an Eating Disorder

In the United States as many as 10 million females and 1 million males are fighting a life or death battle with an eating disorder such as anorexia nervosa or bulimia nervosa. Approximately 25 million more are struggling with binge eating disorder. Because of the secretiveness and shame associated with eating disorders, many cases are probably not reported. In addition many individuals struggle with body dissatisfaction and sub-clinical disordered eating attitudes and behaviors. Binge eating disorders occur in about one-third of obesity cases. Males make up about 40% of the binge eating population.

Eating disorder experts have found that prompt intensive treatment significantly improves the chance of recovery. Therefore, it is important to be aware of the signs of: anorexia nervosa, bulimia nervosa, binge eating disorder, other unusual behaviors around food and exercise and body-image issues; then promptly make appropriate referrals.

**Anorexia nervosa** is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

### Symptoms include:

- Resistance to maintain body weight at or above a minimally normal weight for age and height
- Intense fear of weight gain or being “fat,” even though underweight
- Disturbance of body weight or shape, undue influence of weight or shape on self-evaluation, or denial of the seriousness of low body weight
- Loss of menstrual periods in girls and women post-puberty

### Warning signs of anorexia nervosa:

- Dramatic weight loss
- Preoccupation with weight, food, calories, fat grams, and dieting
- Refusal to eat certain foods, progressing to restrictions against whole categories of food (e.g. no carbohydrates, etc.)
- Frequent comments about feeling “fat” or overweight despite weight loss
- Anxiety about gaining weight or being “fat”

- Denial of hunger
- Development of food rituals (e.g. eating food in a certain order, excessive chewing, rearranging food on a plate)
- Consistent excuses to avoid mealtimes or situations involving food
- Excessive, rigid, exercise regimen—despite weather, fatigue, illness, or injury, the need to “burn off” calories taken in
- Withdrawal from usual friends and activities
- Behaviors and attitudes indicating that weight loss, dieting, and control of food are becoming primary concerns

**Bulimia nervosa** is a serious life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting, laxative abuse or fasting designed to undo or compensate for the effects of binge eating. The recurrent binge-and-purge cycles can damage the entire digestive system and purging behaviors can lead to electrolyte and chemical imbalances in the body that affect the heart and other major organ functions. People struggling with bulimia nervosa usually appear to be of normal body weight or slightly overweight. Symptoms of depression and changes in areas of one’s relationships are often present. Bulimia nervosa affects 1 – 2 % of adolescents and adults. Approximately 80 % of those with bulimia are women.

Symptoms include:

- Regular intake of large amounts of food accompanied by a sense of loss of control over eating behavior
- Regular use of inappropriate compensatory behaviors such as self-induced vomiting, laxative or diuretic abuse, fasting, and/ or compulsive exercise
- Extreme concern with body weight and shape

**Warning signs of bulimia nervosa:**

- Evidence of binge eating, including disappearances of large amounts of food in short periods of time or the evidence of wrappers and containers indicating the consumption of large amounts of food
- Evidence of purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics
- Excessive, rigid exercise regimen—despite weather, fatigue, illness, or injury, the need to “burn off” calories taken in
- Unusual swelling of the cheeks or jaw area
- Calluses on the back of the hands and knuckles from self-induced vomiting
- Discoloration or staining of the teeth
- Creation of lifestyle schedules or rituals to make time for binge-and purge sessions
- Withdrawal from usual friends and activities
- Behaviors and attitudes indicating that weight loss, dieting, and control of food are becoming primary concerns

**Binge eating disorder (BED)** is a type of eating disorder characterized by recurrent binge eating without regular use of compensatory measures to counter the binge eating. It is estimated that BED affects 1-5% of the general population. About 60% of this population are female and 40% male. People with BED can be of normal weight or heavier than average weight. People struggling with BED often feel distress, shame and guilt over their eating behaviors. Health consequences of BED or those most commonly seen with obesity include: high blood pressure, high cholesterol, heart disease, diabetes, and gallbladder disease.

**Symptoms include:**

- Frequent episodes of eating large quantities of food in short periods of time
- Feeling out of control over eating behaviors
- Feeling ashamed or disgusted by the behavior
- Eating when not hungry and eating in secret

### **Eating Disorders Not Otherwise Specified:**

This is a category of eating disorders that does not meet the criteria of any specific eating disorder. Examples of this include:

- For females, all the symptoms for anorexia nervosa except for regular periods
- All of the symptoms for anorexia nervosa except (even with a large weight loss) the person is of normal weight
- All of the symptoms of bulimia nervosa except purging or fasting is less often and/or involves smaller amounts of food at one sitting
- Repeatedly chewing and spitting out, but not swallowing large amounts of food

*\*revised from the National Eating Disorders Association Web site, [nationaleatingdisorders.org](http://nationaleatingdisorders.org)*

## **Steps for Helping a Student Who May Have an Eating Disorder**

1. Have a written school policy for handling students suffering from eating disorders.
2. Be aware of students who appear to be losing or have lost an excessive amount of weight. Also, note substantial weight gain. Notify the guidance counselor or school nurse so they can observe the student further. Talk with other school faculty (coaches, lunch supervisors, nurses, etc.) who interact with the student.
3. Notify the school counselor or school nurse if you see any unusual habits concerning food, expressions of unhealthy, extreme feelings toward food and body image, or if a student approaches you to share a concern about a friend.
4. The counseling department or school nurse should inform the student of the concern and need for further evaluation. Then, contact the student's family to talk about the problem and next appropriate steps.
5. Should the student need to connect with treatment resources, it is ideal if one member of the school serve as a contact within the school to keep school personnel informed as needed.
6. Include prevention and education on promoting healthy body image for both staff and students.

*\*adapted from the Massachusetts Eating Disorder Association (MEDA), [medainc.org](http://medainc.org)*

## **Eating Disorder Treatment Providers and Treatment Centers**

**All of the providers listed below have identified themselves to be specialists in eating disorders.** Plymouth State University and the Eating Disorders Institute do not endorse any particular provider or type of treatment. Patients and families need to work with their medical provider to determine their own treatment plan and consult with their insurance provider for specifics of their coverage.

### **Maine Providers**

#### **Dietitians**

**Amy Clark Dye, RD, LD**  
200 High Street  
Portland, ME 04101  
Telephone: (207) 774-0244

#### **Treatment Details**

**Description of Services:** Amy Clark Dye is a registered dietitian providing nutritional therapy for clients with all types of eating disorders. She sees males and females of all ages and also works at the Mercy Hospital eating disorder program.

**Payment****Accepts Medicaid or Medicare:** No

Accepts most insurances

**Pamela Stuppy, RD, LD**

PO Box 251

York Harbor, ME 03911

Telephone: (207) 363-8392

**Treatment Details****Description of Services:** Pamela Stuppy is a registered dietitian providing nutritional therapy for clients with various types of eating disorders including; anorexia nervosa, bulimia nervosa, binge eating disorder and compulsive overeating. She sees males and females of all ages and works with other therapists to provide comprehensive treatment. She works with schools also to provide education and intervention.**Payment****Accepts Medicaid or Medicare:** No

Accepts most insurances

**Outpatient Therapists****Linda J. Cooke, LICSW**

83 Portland Road, Suite 4

Kennebunk, ME 04043

Telephone: (207) 467-9092 Fax: (207) 985-4623

**Treatment Details****Description of Services:** Linda Cooke is a licensed social worker specializing in adolescents 13 years and older; both male and female. She treats for all types of eating disorders using a body-oriented, talk therapy approach along with Eye Movement Desensitization and Reprocessing Therapy (EMDR).**Payment****Accepts Medicaid or Medicare:** No

Most insurances, HMO's Will consider sliding scale fee

**Risa Moon LICSW, MEd**

260 Western Avenue

S. Portland, ME 04106

Telephone: (207) 712-4034 Fax: (207) 774-0414

**Treatment Details****Description of Services:** Risa Moon is a licensed social worker who has 20 years experience helping individuals and family members. She provides outpatient counseling in a private practice for adults with anorexia nervosa, bulimia nervosa and obesity. She also sees men with eating disorders. She does not see children.**Payment****Accepts Medicaid or Medicare:** No

Call for information on insurances

**Drusilla Myers, LADC, NCACII, CCS**

Food Addiction Chemical Dependency Consultants, LLC

650 Main Street, Suite 103

South Portland, ME 04106

Telephone: (207) 774-4564 Fax: (207) 774-0006

[facdc@conversent.net](mailto:facdc@conversent.net)**Treatment Details****Description of Services:** Drusilla Myers is a licensed alcohol and drug counselor providing outpatient treatment for people of all ages with mental health, abuse or food issues and their families. Special populations include trauma, sexual abuse and addiction. She sees those with all types of eating disorders including anorexia nervosa, bulimia

nervosa, binge eating disorder and obesity. Her population includes children and men with eating disorders. Individual therapy, group, family and couples therapy offered. Nutritional counseling also provided.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Call for information on insurances

**Shenaugh W. Tripp, LICSW**

200 High Street

Portland, ME 04101

Telephone: (207) 671-7285

Fax: (207) 774-3949

[Shenaugh@verizon.net](mailto:Shenaugh@verizon.net)

**Treatment Details**

**Description of Services:** Shenaugh Tripp is a licensed social worker providing outpatient clinical therapy for men, women, and children struggling with food related issues. Ms. Tripp provides treatment for trauma, sexual abuse and depression. She serves patients with anorexia nervosa, bulimia nervosa, or binge eating disorder; ages 10 or older and men. Individual, group, family, and couples therapy provided. Fluent in Spanish.

**Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

## Residential/ Inpatient Treatment Centers

**Mercy Hospital**

**Lorria Briggs or Jean Kouba**

**Program Managers**

144 State Street

Portland, ME 04101

Telephone: (207) 879-3795

[mercyhospital.com](http://mercyhospital.com)

**Treatment Details**

**Description of Services:** Mercy Hospital offers a comprehensive inpatient and day treatment program for the spectrum of different eating disorders. Nutritionists, therapists, physicians and nurses provide treatment. Group therapy, family therapy and education is also available.

**Payment**

**Accepts Medicaid or Medicare:** Medicaid most of the time

Call for information on insurances

## Northern Massachusetts Providers

### Dietitians

**Ellen Byron, RD, LD, CDE**

215 Summer Street, Suite 8

Haverhill, MA 01830

Telephone: (978) 373-6809

Fax: (978) 373-6808

**Treatment Details**

**Description of Services:** Ellen Byron is a dietitian and certified diabetes educator providing nutrition education for all types of eating disorders including compulsive overeating. She sees both males and females from young adolescents to adults.

**Payment**

**Accepts Medicaid or Medicare:** No

Major insurances accepted

### **Nancy Clark, MS, RD – Sports Nutrition Services**

Healthworks

1300 Boylston Street

Brookline, MA 02467

Telephone: (617) 795-1876

[nclarkrd@rcn.com](mailto:nclarkrd@rcn.com)

Fax: (617) 795-1876

[nancyclarkrd.com](http://nancyclarkrd.com)

#### **Treatment Details**

**Description of Services:** Nancy Clark is a dietitian providing nutrition education and support in an outpatient private practice to help change food fears into positive fueling. Special populations served include: athletes, exercisers, runners, tri-athletes and dancers. Nancy Clark treats adult men and women with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity.

#### **Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

### **Nutrition Therapy and Coaching Practices**

**Lisa Pearl, RD, LD**

**Maria Walazek, RD, LD**

**Heather Bell, RD, LD**

**Amy Aubertin, RD, LD**

**Robyn Vogel, RD, LD**

**Martha Kurland, LICSW**

**Marilyn Ritholz PhD**

33 Bedford Street, Suite 20

Lexington, MA 02420

Telephone: (781) 674-1189

#### **Treatment Details**

**Description of Services:** Nutritional and psychological counseling provided for all types of eating disorders from children through adults; both male and female.

#### **Payment**

**Accepts Medicaid or Medicare:** Check with provider

A variety of insurances accepted

### **Rhys Wyman, RD**

63 Park Street

Andover, MA 01810

Telephone: (978) 474-4478

#### **Treatment Details**

**Description of Services:** Rhys Wyman, a registered dietitian, provides nutritional therapy for those with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. His specialty areas also include nutritional therapy for diabetes, and cholesterol management.

#### **Payment**

**Accepts Medicaid or Medicare:** Nutritional therapy not covered under Medicaid

Call for information on insurances

## **Outpatient Therapists**

### **Susan E. Allen, EdD**

One Merrimac Street, Suite 16

Newburyport, MA 01950

Telephone: (978) 462-7107

Fax: (978) 462-9007

[susan.e.allen@verizon.net](mailto:susan.e.allen@verizon.net)

#### **Treatment Details**

**Description of Services:** Dr. Allen is a licensed psychologist and professional coach. Her approach includes:

cognitive behavioral, psychoeducational and interpersonal therapy. She serves patients with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Children thirteen and older are seen along with men. Teleconferencing groups and workshops for families, parents and loved ones are available. "Moving On" groups are offered for those moving on from the most acute stages of bulimia or binge eating.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Call for information on insurances

**Margaret Babbott, PhD**

PO Box 961

Northhampton, MA 01061

Telephone: (413) 586-9922

**Treatment Details**

**Description of Services:** Dr. Babbott treats patients with bulimia nervosa and compulsive overeating in an outpatient setting. She specializes with college students but also sees midlife adults.

**Payment**

**Accepts Medicaid or Medicare:** No

Accepts Blue Cross General, and Pioneer Health

**Dayna Belluardo, MEd, LMHC**

21 Central Street

Andover, MA 01810

Telephone: (617) 347-9751

**Treatment Details**

**Description of Services:** Dayna Belluardo is a licensed mental health counselor treating patients of all ages with a full spectrum of eating disorders. Her specialty includes early interventions along with parent education and family support. In addition she collaborates with schools and helps families with education and information to support their needs.

**Payment**

**Accepts Medicaid or Medicare:** No

Private pay, talk with provider directly for more information

**Kathleen Burns Kingsbury, LMHC**

44 Greenleaf Street

Quincy, MA 02169

Telephone: (617) 773-2344 Fax: (617) 773-0907

[kbk@weightwisdom.net](mailto:kbk@weightwisdom.net) [weightwisdom.net](http://weightwisdom.net)

**Treatment Details**

**Description of Services:** Kathleen Burns Kingsbury is a licensed mental health counselor providing individuals and couples with outpatient psychotherapy. Professional, community training and outreach programs are available. Consultation and supervision also provided. She treats patients with anorexia nervosa, bulimia nervosa, binge eating disorder, and obesity. She does not see children or men but includes family counseling for parents and loved ones. Ms. Burns Kingsbury is co-author of the book, *Weight Wisdom: Affirmations to Free You From Body Concerns*. She is an adjunct Professor in the Eating Disorders Institute graduate program at Plymouth State University.

**Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

**Center for Anxiety and Related Disorders**

648 Beacon Street, Sixth Floor

Kenmore Square

Boston, MA 02215

Telephone: (617) 353-9610

**Treatment Details**

**Description of Services:** Comprehensive services in an outpatient setting provided for adolescents seven years and older and adults; male and female. Cognitive-Behavioral treatments for anorexia nervosa, bulimia nervosa and other eating disorders in association with anxiety disorders are provided in a multidisciplinary team approach.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Most insurances, sliding fee

**Lisa-Claudia Brown, LICSW**

307 Ayer Road

Harvard, MA 01451

Telephone: (978) 772-0009

[Lisa@Bluewillowmoons.com](mailto:Lisa@Bluewillowmoons.com)     [BlueWillowMoons.com](http://BlueWillowMoons.com) or [IntuitiveBody.com](http://IntuitiveBody.com)

**Treatment Details**

**Description of Services:** Lisa-Claudia Brown is a licensed social worker with twenty years of experience treating women and adolescents. She specializes in trauma, addictions, depression and anxiety. Her outpatient therapy involves supportive, collaborative techniques for clients to reconnect with their body, their intuition, power and voice. Guided relaxation and writing is included. Phone and home-study programs are available. She serves populations with bulimia nervosa and obesity; treating children ages 12 and older and men with eating disorders. Group support and nutritional counseling is also provided.

**Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

**Joan Carroll-Cronin, LICSW**

41 Davis Court

Concord, MA 01742

Telephone: (978) 371-3456

**Treatment Details**

**Description of Services:** Joan Carroll-Cronin is a licensed social worker in private, outpatient practice, treating women and men with anorexia nervosa, bulimia nervosa and binge eating disorder, from ages 12 years and older. She also treats those with dual-diagnosis.

**Payment**

**Accepts Medicaid or Medicare:** Medicare – pending; no Medicaid

Takes all major insurances

**Louisa Chase, LICSW**

76 Bedford Street, Suite #25

Lexington, MA 02420

Telephone: (781) 862-7840 ext. 2

[louisachase@mindspring.com](mailto:louisachase@mindspring.com)

**Treatment Details**

**Description of Services:** Louisa Chase is a licensed social worker treating adolescents, young adults and families; drawing from many theories. She works with other providers as a treatment team also providing family therapy. She sees patients with anorexia nervosa, bulimia nervosa and binge eating disorder; treating females only ages 12 and older.

**Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

**Jodi Galin, PhD**

Five Raymond Street

Lexington, MA 02421

Telephone: (781) 861-1211  
[jr.galin@verizon.net](mailto:jr.galin@verizon.net)

**Treatment Details**

**Description of Services:** Dr. Galin is a licensed psychologist providing a cognitive behavioral, relational, psychodynamic, team approach for treating those with anorexia nervosa, bulimia nervosa, and binge eating disorder. She sees children ages 15 and older and men with eating disorders. Individual and group therapy offered.

**Payment**

**Accepts Medicaid or Medicare:** No  
Call for information on insurances

**Ellen R. Glovsky, PhD, RD**

Coaching for Nutrition & Weight Management  
85 Lincoln Woods Road  
Waltham, MA 02451  
Telephone: (781) 890-1618 Fax: (781) 890-7886  
[elglov@aol.com](mailto:elglov@aol.com) [nutrition-coach.com](http://nutrition-coach.com)

**Treatment Details**

**Description of Services:** Dr. Glovsky is a registered dietitian providing individual outpatient nutrition therapy; specializing in weight management, eating disorders, and preventive nutrition for women and men. She sees adults with bulimia nervosa, binge eating disorder, and obesity.

**Payment**

**Accepts Medicaid or Medicare:** No  
Call for information on insurances

**Suzanne Goldberg, LICSW**

5 Market Square, Suite 206  
Amesbury, MA 01913  
Telephone: (978) 388-0606

**Treatment Details**

**Description of Services:** Suzanne Goldberg is a licensed social worker providing outpatient counseling for adolescents 13 and over and adults with anorexia nervosa, bulimia nervosa and compulsive overeating. Cognitive behavioral therapy is provided along with healthy self-concept and skills development interventions. She works with a team including a nutritionist and a psycho-pharmacologist when needed.

**Payment**

**Accepts Medicaid or Medicare:** No  
Most HMO's

**Laura Goodman MEd, LMHC**

63 Park Street, 3rd Floor  
Andover, MA 01810  
Telephone: (978) 475-1617

**Treatment Details**

**Description of Services:** Laura Goodman is a psychotherapist specializing in the treatment of the full spectrum of eating disorders in children, adolescent and adults; male and female. She is also a regional and national speaker on eating disorders and author of several books. Ms. Goodman provides in-service trainings, consultation, supervision and speaking engagements.

**Payment**

**Accepts Medicaid or Medicare:** No  
Accepts most insurances

**Emily W, Gordon, PsyD**

1330 Beacon Street, Suite 324

Brookline, MA 02446

Telephone: (617) 278-9990 Fax: (617) 278-9990

[Emily\\_gordon@hms.harvard.edu](mailto:Emily_gordon@hms.harvard.edu)

**Treatment Details**

**Description of Services:** Dr. Gordon is a licensed clinical psychologist providing individual therapy, family therapy and consultation for adolescents and adults with eating disorders in a private outpatient setting. Populations served include; anorexia nervosa, bulimia nervosa and binge eating disorder. Dr. Gordon also sees men and children ages 12 years and older.

**Payment**

**Accepts Medicaid or Medicare:** No

Accepts most insurances

**Beth Mayer, LICSW**

56 Westover Street

West Roxbury, MA 02132-1342

Telephone: (617) 325-1013

**Treatment Details**

**Description of Services:** Beth Mayer is a licensed clinical social worker with over 20 years experience providing individual therapy, family therapy and couples therapy for adolescents and adults with eating disorders in a private outpatient setting. She sees adolescents and males in her practice. Her therapy includes the Maudsley method.

**Payment**

**Accepts Medicaid or Medicare:** No

Accepts most out of network insurances

**Nanci Pradas, LICSW, PhD**

14 Red Acre Road

Stow, MA 01775

Telephone: (978) 897-5201

Fax: (978) 567-9989

[npradas@myselfhelp.com](mailto:npradas@myselfhelp.com)

[myselfhelp.com](http://myselfhelp.com)

**Treatment Details**

**Description of Services:** Dr. Pradas is a licensed social worker utilizing behavioral techniques while working psychodynamically on the underlying issues and relationships. She provides treatment for those with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity in an outpatient setting. Populations seen include: male and female adolescents and adults with eating disorders. Family therapy and couples therapy is also provided.

**Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

**Alice Rosen, MEd, LMHC**

Concord, MA 01742

Telephone: (978) 369-1385

[theconsciouscafe.org](http://theconsciouscafe.org) [alice@theconsciouscafe.org](mailto:alice@theconsciouscafe.org)

**Treatment Details**

**Description of Services:** Alice Rosen is a licensed mental health counselor treating women and men ages 16 and over with anorexia nervosa, bulimia nervosa, and binge eating disorder. Her approach includes internal family system therapy.

**Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

**Elizabeth Smith, PhD**

99 East Central Street

Natick, MA 01760

Telephone: (781) 235-6493

Fax: (781) 235-5557

**Treatment Details**

**Description of Services:** Dr. Smith offers integrative bio-psychosocial treatment for children and females in an outpatient setting; seeing patients with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Individual therapy, family therapy and couples therapy are provided. She does not treat men with eating disorders.

**Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

**Paula Vass, MSW, LICSW**

89 Sherbourne Place

Waltham, MA 02453

Telephone: (339) 927-1304

Fax: (781) 890-9199

[vassrpjj@comcast.net](mailto:vassrpjj@comcast.net)

**Treatment Details**

**Description of Services:** Paula Vass is a licensed social worker providing integrative bio-psychosocial treatment for children and females in an outpatient setting. Cognitive behavioral techniques are utilized while working on the underlying issues for the behaviors. She sees patients with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Individual therapy, family therapy and couples therapy are provided along with nutrition therapy.

**Payment**

**Accepts Medicaid or Medicare:** No

Most insurances

**Mona Villapiano, PsyD**

727 Centre Street

Newton, MA 02458

Telephone: (617) 965-9702

Fax: (617) 965-9702

[mwillapiao@rcn.com](mailto:mwillapiao@rcn.com)

**Treatment Details**

**Description of Services:** Dr. Villapiano, a licensed psychologist, provides outpatient treatment to individuals and families with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Dr. Villapiano sees children ages 16 and older and men with eating disorders. She has been in practice since 1984 and has written several publications.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Most insurances

**Michelle Wilson, MA, LMHC**

63 Park Street, 3rd Floor

Andover, MA 01810

Telephone: 978-475-1617

**Treatment Details**  
**Description of Services:** Michelle Wilson is a licensed mental health counselor providing outpatient services for those with anorexia nervosa, bulimia nervosa and binge eating disorder. She sees both males and females; including adolescents.

**Payment**

**Accepts Medicaid or Medicare:** No

Various forms of Blue Cross and others

## Residential and Inpatient Treatment Centers

### Cambridge Eating Disorder Center

Seda Ebrahimi, PhD, Director

Three Bow Street

Cambridge, MA 02138

Telephone: (617) 547-2255 ext. 222

Fax: (617) 547-0003

[EatingDisorderCenter.org](http://EatingDisorderCenter.org)

#### Treatment Details

**Description of Services:** The Cambridge Eating Disorder Center offers residential, partial hospitalization, intensive outpatient and inpatient programs for adolescents over 12 and adults: both male and female. The treatment team offers comprehensive services in the treatment of anorexia, bulimia, binge eating disorder and related mental health concerns. Depending on each individual's unique needs, a treatment team may consist of a therapist, a registered dietitian, a psychiatrist and a primary care physician. Family and group therapy along with a support group is also offered.

#### Payment

**Accepts Medicaid or Medicare:** Yes

Most insurances

### The Klarman Eating Disorders Center at McLean Hospital

115 Mill Street

Belmont, MA 02478

Toll Free Number: (800) 333-0338 Telephone: (617) 855-3410

Fax: (617) 855-3409

[klarmancenter@mclean.org](mailto:klarmancenter@mclean.org)

[mclean.harvard.edu/patient/child/edc.php](http://mclean.harvard.edu/patient/child/edc.php)

#### Treatment Details

**Description of Services:** The Klarman Eating Disorders Center endorses a balanced, comprehensive approach to treatment. Goals include; developing a healthy relationship with food and body, enhancing self-image and insight into underlying issues. Clinicians treat females ages 13-23 with anorexia nervosa and bulimia nervosa including treatment of substance abuse, depression, trauma, anxiety and other co-morbid psychiatric conditions. Group and family therapy is provided and nutrition counseling is included in treatment.

#### Payment

**Accepts Medicaid or Medicare:** Yes

Call for information on insurances

### Laurel Hill Inn

PO Box 368

Medford, MA 02155-0004

Telephone: (781) 396-1116

Fax: (781) 391-8820

[lhi@laurelhillinn.com](mailto:lhi@laurelhillinn.com)

[laurelhillinn.com](http://laurelhillinn.com)

#### Treatment Details

**Description of Services:** Laurel Hill Inn provides residential, day and evening programs emphasizing cognitive behavioral therapy with strong Dialectical Behavioral Therapy (DBT) focus, education and practice components. The center serves adult females with anorexia nervosa and bulimia nervosa in individual, group, couples and family therapy. Nutrition counseling included.

#### Payment

**Accepts Medicaid or Medicare:** No

Most insurances

### Germaine Lawrence, Inc.

18 Claremont Ave.

Arlington, MA 02476

[shamilton@germainelawrence.org](mailto:shamilton@germainelawrence.org)

[germainelawrence.org](http://germainelawrence.org)

Telephone: (781) 648-6200

**Treatment Details**

**Description of Services:** Germaine Lawrence is a treatment center for adolescent girls in an inpatient setting using cognitive behavioral therapy to address symptoms of eating disorders and the underlying causes. Population served includes female adolescents with anorexia nervosa and bulimia nervosa. Individual therapy, group therapy and family therapy as well as nutrition counseling is included.

**Payment**

**Accepts Medicaid or Medicare:** No  
Most insurances

**Walden Behavioral Care, LLC**

9 Hope Avenue, Suite 500

Waltham, MA 02453

Telephone: (781) 647-6700

Admissions Telephone: (781) 647-6727

[info@waldenbehavioralcare.com](mailto:info@waldenbehavioralcare.com)

**Treatment Details**

**Description of Services:** Walden Behavioral Care is one of the first hospitals in the country to offer a full continuum of care for eating disorders including; inpatient care, residential care, partial hospitalization, and intensive outpatient care. The continuum of care approach is designed to match the patient's need at any point in time adjusting to relapses as well as breakthroughs. Adolescents, males and females are seen for medical, nutritional, behavioral and psychiatric treatment. Specialty areas include: anorexia nervosa, bulimia nervosa and diabetics with eating disorders. Some patients with obesity are seen. Individual, group and family counseling are provided.

**Payment**

**Accepts Medicaid or Medicare:** Yes  
Most insurances accepted

## New Hampshire Providers

### Dietitians

**Marilyn Donnelly, RD, LD**

Center for Integrative Medicine

171 Pleasant Street

Concord, NH 03301

Telephone: (603) 228-7600

Fax: (603) 228-7320

**Description of Services:** Marilyn Donnelly is a registered dietitian providing nutrition therapy since 1995 for those with all types of eating disorders. She also sees children and men with eating disorders.

**Payment**

**Accepts Medicaid or Medicare:** No  
Accepts most insurances

**Susan D. Engle, MOE, RD, LD**

1 Hampton Road, Suite 303

Exeter, NH 03833

Telephone: (603) 658-0440

[susan.engle@comcast.net](mailto:susan.engle@comcast.net)

**Description of Services:** Susan Engle is a registered dietitian providing medical nutrition therapy for those with eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder and eating disorders not otherwise specified. She also sees children and men with eating disorders.

**Payment**

**Accepts Medicaid or Medicare:** Nutritional therapy not covered under Medicaid  
Most insurances will accept medical nutritional therapy, sliding scale available.

**Margaret L. Hayner, MS, RD, LD**

Seacoast Nutritional Services  
PO Box 817  
Portsmouth, NH 03802-0817  
Telephone: (603) 431-7523

**Treatment Details**

**Description of Services:** Margaret Hayner, a registered dietitian, provides medical nutritional therapy for eating disorders patients.

**Payment**

**Accepts Medicaid or Medicare:** No

Provider for Anthem Blue Cross/Blue Shield, Cigna, Harvard Pilgrim

**Marcia Herrin, EdD, MPH, RD, LD**

Hanover Road  
Professional Center  
367 Route 120, Suite B-8  
Lebanon, NH 03766  
Telephone: (603) 643-7677

**Treatment Details**

**Description of Services:** Dr. Herrin is a registered dietitian providing medical nutritional therapy for all types of eating disorders including anorexia nervosa, bulimia nervosa and binge eating disorder. She treats all ages including children and men with eating disorders. She works effectively to match a patient with a physician and therapy team.

**Payment**

**Accepts Medicaid or Medicare:** No

Accepts most insurances

**Leigh LaGrange, RD, LD**

Outpatient Dietitian  
Wentworth Douglas Hospital  
789 Central Avenue  
Dover, NH 03820  
Telephone: (603) 740-2647      Fax: (603) 740-2487  
[dill@wdhospital.com](mailto:dill@wdhospital.com)

**Treatment Details**

**Description of Services:** Leigh LaGrande is a registered dietitian providing medical nutritional therapy for male and female patients of all ages with anorexia nervosa.

**Accepts Medicaid or Medicare:** No

Accepts all Wentworth Douglas Hospital insurances or private pay

**Maria Larkin, RD, LD**

20 Madbury Road  
Durham, NH 03824  
Telephone: (603) 969-0017

**Treatment Details**

**Description of Services:** Maria Larkin is a registered dietitian providing medical nutritional therapy for male and female patients of all ages and for all types of eating disorders. She also specializes in childhood obesity. She coordinates with other providers in the area for the medical and counseling components as needed.

**Payment**

**Accepts Medicaid or Medicare:** No

Accepts most insurances

**Marilyn Mills, MS, RD, LD, CDE**

The Elliot Hospital  
One Elliott Way  
Manchester, NH 03103  
Telephone: (603) 663-DIET ( -3438)  
[mmills@elliott-hs.org](mailto:mmills@elliott-hs.org)

OR

Hannaford Supermarket  
John E. Devine Drive  
Manchester, NH 03103  
Telephone: (603) 626-4567  
[mmills@hannaford.com](mailto:mmills@hannaford.com)

**Treatment Details**

**Description of Services:** Marilyn Mills is a registered dietitian providing one-on-one private counseling and group classes for male and female patients of all ages and all types of eating disorders. She sees eating disorder patients also with diabetes and celiac disease. Marilyn also works as a nutrition coordinator at Hannaford Supermarket and sees people for free shopping tours. She previously worked at the Center for Eating Disorder Management, Inc.

**Payment**

**Accepts Medicaid or Medicare:** No

Accepts all insurances accepted at Elliot Hospital

**Gita Patel, MS, RD, CDE, LD**

7 Partridge Road  
Etna, NH 03750  
Telephone: (603) 643-3930      Fax: (603) 653-0222

**Treatment Details**

**Description of Services:** Gita Patel is a dietitian providing nutritional therapy for those with eating disorders and binge eating disorder. Her special treatment focus is disordered eating patterns. She sees men, women and children of all ages.

**Payment**

**Accepts Medicaid or Medicare:** No

Takes most types of insurances and self pay

**Claudette Peck, NCMHC, RD, LD**

Dartmouth College  
7 Rope Ferry Road  
Hanover, NH 03755  
Telephone: (603) 359-8424

**Treatment Details**

**Description of Services:** Claudette Peck is a registered dietitian and a licensed mental health counselor. She sees students at Dartmouth College and is an adjunct Professor with Plymouth State University's Eating Disorder Institute program. She also has a private practice where she provides nutritional therapy and mental health counseling for clients with various types of eating disorders including: anorexia nervosa, bulimia nervosa, binge eating disorder and obesity.

**Payment**

**Accepts Medicaid or Medicare:** No

Accepts most insurances and a sliding scale fee

**Melissa Snow, RD, LD**

Pease International Trade Port  
1 New Hampshire Avenue, Suite 125  
Portsmouth, NH 03801  
Telephone: (603) 766-0472      Fax: (603) 766-1966

**Treatment Details**

**Description of Services:** Melissa Snow is a registered dietitian providing nutritional counseling for clients with various types of eating disorders including: anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. She sees males and females of all ages. Her approach involves teaching intuitive eating and establishing a healthier relationship with food.

**Payment****Accepts Medicaid or Medicare:** No

Accepts most insurances

**Pamela Stuppy, RD, LD**

2299 Woodbury Avenue

Newington, NH 03801

Telephone: (603) 431-6677

**Treatment Details****Description of Services:** Pamela Stuppy is a registered dietitian providing nutritional therapy for clients with various types of eating disorders including; anorexia nervosa, bulimia nervosa, binge eating disorder and compulsive overeating. She sees males and females of all ages and works with other therapists to provide comprehensive treatment. She also works with schools to provide education and intervention.**Payment****Accepts Medicaid or Medicare:** No

Accepts most insurances

**Hilary Warner, RD, LD**

18 North Main Street, Suite 304

Concord, NH 03301

Telephone: (603) 223-8119

**Treatment Details****Description of Services:** Hilary Warner is a registered dietitian providing nutritional therapy for clients with compulsive eating, binge eating disorder and obesity. She sees adolescents to adults: both males and female. Her treatment emphasizes appropriate eating and exercise for all shapes and sizes.**Payment:****Accepts Medicaid or Medicare:** No

Accepts Harvard, Cigna, Anthem and others

## Outpatient Therapists

**Arlene Brewster, PhD**

Chestnut Hill Counseling

16 Fifth Street

Dover, NH 03820

Telephone: (603) 749-4462 ext. 22

[arlbrew@yahoo.com](mailto:arlbrew@yahoo.com)**Treatment Details****Description of Services:** Dr. Brewster is a licensed psychologist providing therapy in a private, outpatient setting for adolescent girls over age 15 and women. Her specialty areas are anorexia nervosa and bulimia nervosa. Individual, couple and family therapy offered. She works closely with the patient's primary care physician and with a nutritionist.**Payment****Accepts Medicaid or Medicare:** Medicare yes

Most private insurances accepted

**James Cameron, MA, LCMHC**

Center for Adolescent &amp; Family Services

25 Pork Hill Road

Ossipee, NH 03864

Telephone: (603) 539-1700

Fax: (603) 539-1701

[camerondoc@aol.com](mailto:camerondoc@aol.com)**Treatment Details****Description of Services:** James Cameron is a licensed mental health counselor providing outpatient treatment of

those with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. He also sees children and men with eating disorders. Individual, group, family and couples therapy is provided. He works with a nutritionist from the area hospital to cover nutrition therapy.

**Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

**Jennifer Casey, MD**

383 Central Suite 318

Dover, NH 03820

Telephone: (603) 749-9900 Fax: (603) 749-9901

**Treatment Details**

**Description of Services:** Dr. Casey is a licensed psychiatrist providing private outpatient treatment of those with; anorexia nervosa, bulimia nervosa, binge eating disorder and eating disorders not otherwise specified. She sees male and female adolescents and adults 16 years and over.

**Payment**

**Accepts Medicaid or Medicare:** No

Most insurances accepted

**Center for New Beginnings**

229 Cottage Street

Littleton, NH 03561

Telephone: (603) 444-6465 Fax: (603) 444-6233

**Treatment Details**

**Description of Services:** Licensed psychologists, mental health counselors and social workers provide therapy for all ages and types of eating disorder patients in an outpatient clinic. Trauma and domestic violence associated with the eating disorder is incorporated into the therapy when needed. Both males and females are seen.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Most insurances accepted

**Chris Chance, PhD**

Chestnut Hill Associates

16 Fifth Street

Dover, NH

(603) 749-4462

**Treatment Details**

**Description of Services:** Dr. Chance is a licensed clinical psychologist who treats those with anorexia nervosa and bulimia nervosa when there are not severe complicating medical factors and the patient is seeing an existing medical team including a nutritionist.

**Payment**

**Accepts Medicaid or Medicare:** No

Most insurance accepted

**The Center for Eating Disorders Management, Inc.**

**Laura Clauss, ARNP-C, CEDS, President and CEO**

**Mary Ellen Brooks, MD Internal Medicine Consultant**

**Andrea Paquette, ARNP**

**Elizabeth Frescoln, LICSW**

**Kathleen Corkley, LICSW**

**Dena Shields, RD**

360 Route 101, Unit 10

Bedford, NH 03110

Telephone: (603) 472-2846 Fax: (603) 472-2872

[cedm-inc.com](http://cedm-inc.com)

[laura.clauss@cedm-inc.com](mailto:laura.clauss@cedm-inc.com)

**Shirley Cartwright, ARNP**

**Jason Butler, LICSW**

**Treatment Details**

**Description of Services:** The Center for Eating Disorders Management provides a multidisciplinary outpatient treatment for those with anorexia nervosa, bulimia nervosa, binge eating disorder, atypical eating disorder and obesity. Children ages 4 and older and men with eating disorders are treated. Laura Clauss is a family nurse practitioner and certified eating disorder specialist with over 30 years experience in the field. Medical treatment, nutritional counseling, eating disorder recovery groups for clients and families, and individual and group counseling for clients and families are all provided at the treatment center.

**Payment**

**Accepts Medicaid or Medicare:** Yes  
Most insurances

**Hilary Coons, PhD**

7 Allen Street  
Hanover, NH 03705  
Telephone: (603) 643-9717

**Treatment Details**

**Description of Services:** Dr. Coons is a psychologist in a private outpatient clinic seeing patients from 12 years and older with various eating disorders including; binge eating disorder, anorexia nervosa, bulimia nervosa and other weight disorders. She treats for other co-occurring conditions including; substance abuse, self-injury and trauma issues.

**Payment**

**Accepts Medicaid or Medicare:** No  
Out of network insurances; contact provider directly for details

**Cindy Corracio, LICSW**

New England Center for Comprehensive Counseling  
4 Bud Way  
Nashua, NH 03063  
Telephone: (603) 886-5565

Cindy Corracio is a licensed social worker providing therapy for those with all spectrums of eating disorders including gastric bypass surgery. She sees males and females of all ages. Her therapy is a combination of approaches, including cognitive behavioral therapy and art therapy. Treatment is geared towards other related conditions like depression, bipolar disorder and post traumatic stress disorder that eating disorder patients often experience.

**Payment**

**Accepts Medicaid or Medicare:** Yes  
Accepts most insurances

**Heidi Fishman, EdD**

367 Route 120, Unit B8  
Lebanon, NH 03766  
Telephone: (603) 643-6663  
[heidifishman.com](http://heidifishman.com)

**Treatment Details**

**Description of Services:** Dr. Fishman is a psychologist seeing patients with all types of eating disorders including psychological evaluations for bariatric surgery. She treats older adolescents to adults; both male and female. Her therapy involves a combination of modalities that draw from a psychodynamic and feminist background.

**Payment**

**Accepts Medicaid or Medicare:** No  
Insurances: in network with CBA and DSGHP; other out of network with other providers

**Christine Frydenborg, PhD**

75 Gilcreast Road, Suite 200  
Londonderry, NH 03053  
Telephone: (603) 437-3393

**Treatment Details**

**Description of Services:** Dr. Frydenborg is a licensed psychologist providing outpatient counseling for those with anorexia nervosa, bulimia nervosa, and binge eating disorder. She sees children and men with eating disorders. Group counseling sessions provided for women ages 16 and over.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Most insurances

**Janice George, LCMHC**

233 Union Street  
Portsmouth, NH 03801  
Telephone: (603) 436-3653

**Treatment Detail**

**Description of Services:** Janice George is a licensed mental health counselor providing outpatient counseling for those with anorexia nervosa, bulimia nervosa and binge eating disorder: female and male adults only. Treatment focus is psychodynamic and psychoanalytical. She refers out for medical and nutritional components of therapy.

**Payment**

**Accepts Medicaid or Medicare:** Yes

All types of insurance

**Dr. Deborah Hamilton, DEd, LICSW**

3 Woodchuck Lane  
Somersworth, NH 03875-2822  
Telephone: (603) 692-4060

**Treatment Details:**

**Description of Services:** Dr. Hamilton is a licensed social worker providing individual, couple and family therapy for those with obesity, bulimia nervosa, compulsive overeating and those in preparation for gastric bypass surgery. She sees males and females ages 12 years and older. Her therapy modalities include: Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems, Sensorimotor psychotherapy and supervision.

**Payment**

**Accepts Medicaid or Medicare:** No

Most insurances and sliding scale for self-pay

**Andrea Heitzman, MSW**

35 South Street  
Hanover, NH 03755  
Telephone: (603) 643-3414

**Treatment Details**

**Description of Services:** Andrea Heitzman is a master's level social worker providing private outpatient counseling for anorexia nervosa and some bulimia nervosa cases without trauma or substance abuse related issues. She sees females; many college age but also older women. She uses a variety of counseling techniques to meet the client's needs and works with others in nutritional therapy and psycho-pharmacology.

**Payment**

**Accepts Medicaid or Medicare:** No

Not a network provider but accepts insurances and private pay

**Michael Knight, MD**

Hampstead Hospital  
218 East Road  
Hampstead, NH 03841  
(603) 329-5311

**Treatment Details**

**Description of Services:** Dr. Knight is a psychiatrist seeing eating disorders patients exclusively for medication

management. He works frequently with other therapists to manage the psycho-pharmacological component of treatment and is consulted by insurance companies for consultation of therapy sessions.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Most insurances

**Kimberly Lawrence Kol, PsyD**

PO Box 351

Thetford, VT 05075

Telephone: (603) 208-9980

**Treatment Details**

**Description of Services:** Dr. Kol sees adult eating disorder patients with anorexia nervosa, bulimia nervosa, compulsive overeating and body image disorders; both male and female. She is licensed in Vermont and New Hampshire and sees patients one day a week in Hanover, NH.

**Payment**

**Accepts Medicaid or Medicare:** VT Medicaid

Out of provider network insurances

**Joanne Lindbom, MSW, LICSW, ACSW**

20 Ladd Street, Fourth Floor

Portsmouth, NH 03801

Telephone: (603) 433-7291

**Treatment Details**

**Description of Services:** Joanne Lindbom is a licensed social worker providing outpatient therapy for male and female adult patients for a variety of eating disorders. Her specialties include binge eating disorder and overeating.

**Payment**

Call for information on insurances

**Nancy Maiello, LICSW**

Great Bay Mental Health Association

35 Second Street

Dover, NH 03820

Telephone: (603) 742-9200

**Treatment Details**

**Description of Services:** Nancy Maiello is a licensed clinical social worker with over 20 years experience providing outpatient therapy for male and female patients from age 8 and up for a variety of eating disorders. She uses a variety of therapy methods including: talk therapy, writing exercises and connections with community supports. She works with a nutritionist and medical provider to manage the nutrition and medical concerns of the patient.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Most private insurances

**Mary Jo Martin, PhD**

Associates in Psychology

4 Back River Road

Dover, NH 03820

Telephone: (603) 742-1746

**Treatment Details**

**Description of Services:** Dr. Martin is a licensed psychologist providing outpatient therapy for all men and women with an eating disorder diagnosis. She works mostly with adults; but also sees some teenagers 16 years and older. Individual and group work offered. Groups include; women, college students, binge eaters and sometimes families. Dr. Martin has specialized in eating disorder treatment since 1986 and has been in private practice since 1991. Her

therapy orientation is dynamic/relational and uses a multidisciplinary approach, collaborating with other providers in the area to cover the nutrition and medical components.

**Payment**

**Accepts Medicaid or Medicare:** No

Takes most insurances

**Carolyn Morgan, PhD**

**Center for Counseling and Human Awareness**

154 Broadway Suite 15-17

Nashua, NH 03060

Telephone: (603) 880-9880

**Treatment Details**

**Description of Services:** Dr. Morgan is a psychologist treating adolescents 12 years and older with compulsive overeating or bulimia nervosa (medically stable) in a private outpatient setting. She sees both males and females.

**Payment**

**Accepts Medicaid or Medicare:** No

Takes Cigna and most Anthem insurances

**Pat Myers, LICSW**

PO Box 184

Rollingsford, NH 03869

Telephone: (603) 742-9300

**Treatment Details**

**Description of Services:** Pat Myers is a licensed social worker providing outpatient therapy for males and females with eating disorders. She sees those with anorexia nervosa, bulimia nervosa and binge eating disorder. She also treats other addictions.

**Payment:**

**Accepts Medicaid or Medicare:** No

Accepts insurances and sliding scale fee

**Monika Ostroff, LICSW**

99 Water Street

Exeter, NH 03833

Telephone: (603) 775-7777

**Treatment Details**

**Description of Services:** Monika Ostroff is a licensed social worker providing therapy in an outpatient setting for those 12 years and over with all types of eating disorders including anorexia nervosa, bulimia nervosa and binge eating disorder. She offers family therapy to those younger than 12. A variety of different treatments are used to best meet the needs of the patient. Ms. Ostroff also co-authored the book "Anorexia Nervosa: A Guide to Recovery" and was a contributing author to "Self-Harm Behavior and Eating Disorders" (John Levitt, Randy Sansone, and Leigh Cohn). She is also an adjunct Professor in Plymouth State University's Eating Disorders Institute graduate program.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Accepts most insurances

**Jody Ransom, PsyD**

127 Water Street

Exeter, NH 03833

Telephone: (603) 772-3386

**Treatment Details**

**Description of Services:** Dr. Jody Ransom is a licensed psychologist who sees patients in outpatient therapy for all types of eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder and overeating.

Dr. Ransom treats primarily adolescents through adults and occasionally, children. She offers group sessions emphasizing the non-dieting approach to weight control and the importance of dealing with underlying issues related to the eating disorder.

**Payment**

**Accepts Medicaid or Medicare:** No  
Accepts most insurances

**Beth Schwenzfeier, PhD**

PO Box 684  
Durham, NH 03824  
Telephone: (603) 868-5166

**Treatment Details**

**Description of Services:** Dr. Schwenzfeier provides outpatient therapy for those 18 and over with anorexia nervosa, bulimia nervosa and obesity that are medically stable and have an established relationship with a primary care provider and psychiatrist.

**Payment**

**Accepts Medicaid or Medicare:** Yes  
Accepts some insurances and sliding scale fee

**Donna Steinberg, PhD**

6 East South Street  
Hanover, NH 03755  
Telephone: (603) 643-7226

**Treatment Details**

**Description of Services:** Dr Steinberg is licensed psychologist treating male and female adolescents 13 and older and adults for anorexia nervosa, bulimia nervosa and binge eating disorder. She also sees patients with gastric bypass surgery. She works both at Dartmouth College and in private practice. Her therapy includes psycho-education and cognitive behavioral therapy.

**Payment**

**Accepts Medicaid or Medicare:** No  
Accepts Dartmouth College student plan and other insurances out of network

**Tina Zorger, PsyD**

30 Mirona Road Ext.  
Portsmouth, NH 03801  
Telephone: 603-373-6668  
[tp727@yahoo.com](mailto:tp727@yahoo.com)

**Treatment Details**

**Description of Services:** Dr. Zorger is a licensed psychologist providing outpatient therapy for all types of eating disorders including: anorexia nervosa, bulimia nervosa and binge eating disorder. She sees females and males from age 12 and over.

**Payment**

**Accepts Medicaid or Medicare:** Yes  
Accepts most insurances

## Vermont Providers

### Dietitians

**Mary Anne Kyburz-Ladue RD, CD, CDE**

Burlington Primary Care  
789 Pine Street  
Burlington, VT 05401  
Telephone: (802) 864-0693

**Treatment Details**

**Description of Services:** Mary Anne Kyburz-Ladue is a registered dietitian providing nutritional counseling for those with all types of eating disorders including: anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. She also sees children with eating disorders.

**Payment**

**Accepts Medicaid or Medicare:** Yes

All plans accepting medical nutritional therapy

**Outpatient Therapists****Burlington Eating Disorder Center**

**Jyoti Daniere, MA, LMHC**

3 Main Street

Burlington, VT 05401-5216

Telephone: (802) 863-7055

**Treatment Details**

**Description of Services:** Jyoti Daniere is a licensed mental health counselor providing therapy for a full spectrum of eating disorders including; anorexia nervosa, bulimia nervosa, binge eating disorder, compulsive overeating and related co-occurring conditions like depression and post-traumatic stress disorder. Her therapy focuses on cognitive behavioral therapy and narrative work. She collaborates with other members of the eating disorder team including dietitians, psychiatrists and primary care providers.

**Kimberly Lawrence Kol, PsyD**

PO Box 351

Thetford Center, VT 05075

Telephone: (603) 208-9980

**Treatment Details**

**Description of Services:** Dr. Kimberly Lawrence Kol is a clinical psychologist licensed in NH & VT. Her therapy focuses on education and empowerment. She sees patients in an outpatient private practice with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. Children ages 12 and over and men with eating disorders are served. She is not currently doing group therapy.

**Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

**Elena Ramirez, PhD**

**The Vermont Center for Cognitive Behavior Therapy**

1 Kennedy Drive

Suite U-7

South Burlington, VT 05403

Telephone: (802) 651-8999 ext. 2 Fax: (802) 651-8997

[elena.ramirez@uvm.edu](mailto:elena.ramirez@uvm.edu)

**Treatment Details**

**Description of Services:** Dr. Ramirez focuses on cognitive behavioral therapy for eating and weight related concerns provided in a private, outpatient therapy setting. She serves patients with anorexia nervosa, bulimia nervosa, binge eating disorder and obesity. She also sees children of all ages and men with eating disorders. Support groups offered.

**Payment**

**Accepts Medicaid or Medicare:** Yes

Call for information on insurances

## **Retreat Healthcare**

**Sandra T. Campbell, MD Director of Eating Disorder Services**

PO Box 803

Anna Marsh Lane

Brattleboro, VT 05301

Telephone: (800) RETREAT or (802) 257-7785

[retreathealthcare.org](http://retreathealthcare.org)     [scampbell@retreathealthcare.org](mailto:scampbell@retreathealthcare.org)

### **Treatment Details**

**Description of Services:** Outpatient services for treatment of anorexia nervosa, bulimia nervosa, binge eating disorders and consultation for gastric bypass surgery. This includes outpatient psychotherapy services as well as psychiatric consultation and nutrition counseling.

### **Payment**

**Accepts Medicaid or Medicare:** Yes, both

Works with most health insurances

## **Residential and Inpatient Treatment Centers**

### **Crossroads**

**Jodie Bisson, MA Director**

15 Pinecrest Drive

Essex Junction, VT 05452

Telephone: (802) 288-1087

### **Treatment Details**

**Description of Services:** An intensive outpatient or partial hospitalization program for males and females ages 12 and greater with the primary focus of Dialectical Behavioral Therapy. Family and group therapy provided along with nutritional services.

### **Payment**

**Accepts Medicaid or Medicare:** No

Insurances and sliding scale

### **Green Mountain at Fox Run**

**Marsha Hudnall, MS, RD, CD**

**Program Director**

PO Box 164

Fox Lane

Ludlow, VT 05149

Telephone: (800) 448-8106 or (802) 228-8885     Fax: (802) 228-8887

[fitwoman.com](http://fitwoman.com)

### **Treatment Details**

**Description of Services:** A women's retreat center, emphasizing healthy living without dieting. The center serves women 17 years and older struggling with overeating, binge eating or compulsive eating. The center is designed for those with weight issues but not having a diagnosed eating disorder.

### **Payment**

**Accepts Medicaid or Medicare:** No

Call for information on insurances

## **Insurances and Treatment**

### **Assess the Problem**

The first step in working with insurance companies for an eating disorder is to get a complete evaluation to properly diagnose and assess any related physical or mental health problems. The assessment should be done by a health care provider with training and experience in eating disorders. They can best make treatment recommendations.

A complete assessment will rule out any other physical causes for the symptoms, assess the impact of the illness to

date, and determine if immediate medical intervention is needed. Common physical symptoms associated with eating disorders may include: osteoporosis (thinning of the bone), health problems (especially irregular heart rhythms from electrolyte imbalance), kidney problems (from the dehydration and starving or purging behavior), and brain problems (from the starvation). Constipation, diarrhea, acid reflux, nausea and heartburn are also common gastrointestinal problems.

There are often co-occurring health issues related to the eating disorder like depression, anxiety, obsessive-compulsive disorder, social phobias, post-traumatic stress disorder, alcohol and drug problems.

### **Deciding on the Right Treatment**

The second step is to decide what level of treatment is needed. Outpatient, inpatient, partial hospitalization, residential, or intensive outpatient treatments are available and are best determined by the provider assessing the eating disorder. The level and intensity of the treatment will depend upon the severity of the symptoms. A treatment team may include a therapist, psychiatrist, primary care provider and nutritionist.

Check to see if your insurance covers “biologically based benefits.” In New Hampshire this means that the parity laws will cover for a diagnosis of Anorexia Nervosa or Bulimia Nervosa and benefits cannot be limited unless the employer is a self-funded group. Insurers can still limit visits to get around parity laws.

### **Check your Insurance or Medicare/Medicaid**

If you have coverage, check your policy for mental health benefits and the details. Many hospitals and treatment centers do accept Medicaid and Medicare. If a mental health center is partially funded by county, state or federal funds, you can sometimes get reduced treatment costs. Check to see if they have staff knowledgeable on eating disorders. Private practitioners may also see people on a sliding fee scale or at no charge. Scholarships are sometimes available and services may be free or reduced in exchange for participating in a research study.

### **For College Students**

Many colleges and universities have a counseling or student health center that includes eating disorders treatment. Students pay a small fee for these services as part of their tuition.

For more information on coverage and dealing with problems related to treatment costs see the National Eating Disorders Association fact sheet *Eating Disorder Survival Guide* on their Web site at [NationalEatingDisorders.org](http://NationalEatingDisorders.org) or contact their information and referral helpline at (800) 931-2237.

\*Revision from the *Eating Disorders Survival Guide*, 2005 National Eating Disorders Association.

## **Additional Web Site Resources**

### **Academy of Eating Disorders**

[aedweb.org](http://aedweb.org)

Professional organization that promotes effective treatment, develops prevention initiatives, stimulates research, and sponsors international conferences and regional workshops.

### **American Anorexia/Bulimia Association, Inc.**

[aabainc.org](http://aabainc.org)

Information for everyone from people suffering to family, friends and professionals. Includes information for males, risk factors and upcoming events.

### **Anorexia Nervosa and Related Eating Disorders**

[anred.com](http://anred.com)

Dedicated to providing reliable information on eating disorders.

### **Body Positive**

[bodypositive.com](http://bodypositive.com)

Site dedicated to boosting body image at any weight by looking at ways we can feel good in the bodies we have. Provides information on children and weight, facts about body image and dieting, links to other sites, forums and professional resources.

### **Body Wise**

[girlpower.gov/girlarea/bodywise/Index.htm](http://girlpower.gov/girlarea/bodywise/Index.htm)

A part of Girl Power – the national public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and motivate 9 to 14 year-old girls to make the most of their lives.

### **Caring Online**

[caringonline.com](http://caringonline.com)

A great website packed with information, articles, insurance information, pen pals, message boards.

### **Dads and Daughters**

[www.dadsanddaughters.org](http://www.dadsanddaughters.org)

Organization dedicated to making the world a safer, fairer place for our daughters. Media watchdog campaigns, books and newsletter all targeted toward fathers.

### **Eating Disorders at Mental Health**

[eatingdisorders.mentalhelp.net](http://eatingdisorders.mentalhelp.net)

Provides basic information, links to online resources and support, research and treatment information.

### **Eating Disorders Coalition**

[eatingdisorderscoalition.org](http://eatingdisorderscoalition.org)

Nonprofit organization dedicated to advancing the federal recognition of eating disorders as a public health priority.

### **Eating Disorder Referral and Information Center**

[edreferral.com](http://edreferral.com)

This website provides referrals to licensed professional eating disorder specialists, treatment facilities and support groups, while also offering general information about the treatment and prevention of eating disorders.

### **Family Resources for Education on Eating Disorders (FREED)**

[home.comcast.net/~rpike20625/freed/](http://home.comcast.net/~rpike20625/freed/)

A parent-founded, non-profit, organization committed to educating the community about anorexia, bulimia, and binge eating disorders. Information about recognizing and treating disorders as well as resources for support.

### **Gurze's Books**

[bulimia.com](http://bulimia.com)

Book publisher carrying a wide range of books on eating disorders, self-esteem and body image. Gurze carries nonfiction, fiction, self-help books, journals, treatment manuals, audio and video tapes, curriculums, etc. This site also contains information about eating disorders, a list of and links to treatment centers around the country. Links to other eating disorders sites and organizations are also available.

### **Harvard Eating Disorders Center**

[hedc.org](http://hedc.org)

Dedicated to expanding knowledge about eating disorders, their detection, treatment, and prevention – and promoting the healthy development of children, women and all at risk.

### **Healing Connections, Inc.**

[healingconnections.org](http://healingconnections.org)

Dedicated to education, prevention, intervention, advocacy and financial assistance for people suffering from Anorexia and Bulimia.

### **Hugs International**

[hugs.com/index.html](http://hugs.com/index.html)

Promotes not dieting. Information on international no diet day, chat lines, and messages; programs for adults and teens.

### **International Association of Eating Disorder Professionals**

[iaedp.com](http://iaedp.com)

For professionals, offering certification, symposium, education and newsletter.

### **Laurie Daily**

[lauriedaily.com](http://lauriedaily.com)

Featuring music for eating disorder awareness, focusing on prevention and recovery. Listen to clips from her CD and links to other Web sites.

**MEDA, Inc.**

[medainc.org](http://medainc.org)

Nonprofit organization dedicated to the prevention and treatment of eating disorders. Offers referral network, local support groups and support services for parents.

**Men with Eating Disorders**

[menwithed.healthyplace2.com](http://menwithed.healthyplace2.com)

A site for men suffering or recovering from eating disorders. Information for women also available. Contains information related to advocacy and legislative reform. Links to many other sites, information on books, etc.

**Mirror-Mirror**

[mirror-mirror.org/eatdis.htm](http://mirror-mirror.org/eatdis.htm)

A great website full of information for everyone from those struggling to parents and friends. Information on symptoms, relapse, abuse, adolescents, athletes, children, set point, finding a therapist, treatment centers, survivor walls, letters of hope and more.

**My Self Help.com**

[myselfhelp.com](http://myselfhelp.com)

An online interactive self-help program to support and enhance therapy. Funded in part by the National Institute of Mental Health and staffed by a team of highly experienced health professionals devoted to helping people improve the quality of their lives.

**National Association of Anorexia and Associated Disorders (ANAD)**

[anad.org](http://anad.org)

Offers free hotline counseling, and an international network of support groups for those struggling and their loved ones. Offers referrals both nationally and internationally.

**National Center for Overcoming Overeating**

[overcomingovereating.com](http://overcomingovereating.com)

Addresses dieting disorders; frequently asked questions, personal stories, email discussion group, newsletter, chat group information; therapist and support group list.

**National Eating Disorders Association**

[nationaleatingdisorders.org](http://nationaleatingdisorders.org)

National nonprofit organization and sponsor of the National Eating Disorders Awareness Week in February. Services include annual conference, quarterly newsletter, referral network and media watchdog program.

**National Eating Disorder Screening Program**

[nmisp.org/eat.htm](http://nmisp.org/eat.htm)

The National Eating Disorders Screening Program materials focus on the three main types of eating disorders – anorexia nervosa, bulimia nervosa and binge eating disorder. The goal of the program is to raise the level of awareness about eating disorders and to encourage people who may be suffering from eating disorders to seek further help and treatment.

**Positive Voices**

[ednewsletter.com](http://ednewsletter.com)

A newsletter dedicated to families who have a member battling an eating disorder.

**Something Fishy**

[something-fishy.org](http://something-fishy.org)

Site on eating disorders for clients, families and professionals. Offers online support and treatment referrals.

**Weight Wisdom**

[weightwisdom.net](http://weightwisdom.net)

Kathleen Burns Kingsbury, LMHC is the co-author of *Weight Wisdom: Affirmations to Free You from Food and Body Concerns*. She is a therapist who also does consulting and clinical training.

## About the Plymouth State University Eating Disorders Institute Program

Plymouth State University offers one of the few graduate programs in Eating Disorders in the country and the only one in the Northeast. This 15-credit program is unique in that a capstone experience in the clinical area or education/prevention is required. The Institute is designed to provide knowledge and skills to a wide range of professionals seeking to further their knowledge and expertise in the area of eating disorders. All health care professionals, mental health professionals, and educators (i.e. counselors, psychologists, dietitians, nurses, physicians, dentists, et al.) who work with students/clients will benefit from the knowledge and skills. All courses may be taken for Health Education or Counselor Education credit toward a self-designed Masters program in Health Education or Counselor Education, or a Certificate of Graduate Studies (CAGS) self-design with an eating disorders focus.

For more information, go to: [plymouth.edu/graduate/eatingdisorders](http://plymouth.edu/graduate/eatingdisorders) or contact the director of the program:

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