More information

Contact the Eating Disorders Program at Goryeb Children's Center at 908-522-5757.

The Eating Disorders Program at Goryeb Children's Center
Overlook Medical Center
99 Beauvoir Avenue
Summit, NJ 07901

The Eating Disorders Program at Goryeb Children's Hospital
Morristown Medical Center
100 Madison Avenue
Morristown, NJ 07960

atlantichealth.org
is help

Eating disorders Program at Goryeb Children’s Center.

prehensive treatment and assessment services for its suffering from eating disorders and for those concerned about eating disorders and its effect on patients and families. The program is part of the Adolescent/Center for Health, which is located at Goryeb Children’s Center at both Morristown Medical Center and Summit Medical Center in Summit.

s affected?

Millions of Americans, male and female, with eating disorders suffer from these illnesses. They can cause a variety of serious medical issues and, if left untreated, can even be fatal.

They often impair an individual’s ability to function at work or school. In addition, eating disorders can affect social and family relationships. They have a profound impact on mental health and quality of life. People who suffer from these illnesses can experience poor self-esteem and problems such as anxiety or depression.

Treatment philosophy and staff

Eating disorders are complex and typically involve psychological, family, social, nutritional and medical issues. To be effective, treatment must address all of these. Services provided by the Eating Disorders Program at Goryeb Children’s Center are based on the belief that the treatment of eating disorders requires a multidisciplinary approach. As such, the Eating Disorders Program at Goryeb Children’s Center is comprised of highly experienced physicians, nurses, psychologists, nutritionists, psychiatrists, social workers and child life specialists.

Goals of the Eating Disorders Program

- Provide education, assessment and treatment services for patients with eating disorders and related problems
- Provide support for families whose children have eating disorders
- Offer community programs, group sessions and workshops aimed at improving self-esteem, body image, and the health of at-risk individuals
- Assist schools, camps, athletic programs and the community with resources that facilitate prevention and early intervention

Services provided include:

- Comprehensive assessment for new patients
  - Medical
  - Psychosocial
  - Nutritional
- Patients are triaged to appropriate level of care
- Resources and educational materials

Intensive Outpatient Program

- Meets 8 hours per week
- Therapeutic groups
- Supervised meals and snacks
- Multifamily therapy group

Partial Hospitalization Program

- Meets 40 hours per week
- Medical monitoring daily
- Medical appointments with adolescent medicine physician
- Psychiatric assessment and ongoing management
- Supervised meals and snacks
- Nutrition counseling
- Therapeutic groups
- Individual and family psychotherapy
- Multifamily therapy group
- Parents’ skills group
- Creative art therapy and yoga
At the Eating Disorders Program at Atlantic Health System, we strongly believe that the family is an important treatment resource. Therefore, we offer outpatient Family-Based Treatment (FBT, a.k.a. Maudsley Method). For those who require more intensive treatment, we also offer partial hospitalization (PHP; 40 hrs/week) and intensive outpatient (IOP; 8 hrs/week) programs that are based on FBT principles, via our Family-Focused Track.

**Family-Focused Track**

The Family-Focused Track is built seamlessly into our PHP and IOP levels of care. It encourages caregivers to take charge of their child’s eating habits, with the goal of interrupting eating disorder symptoms, in order to quickly and effectively restore their child’s health. The Family-Focused Track includes the following:

- Parent orientation session in the first week of treatment
- Therapist-Monitored Family Meal for all PHP families (as needed for IOP families)
- Weekly Parents’ Skills Group
- Weekly consultation with FBT therapist for PHP families (as needed for IOP families)
- Weekly parent consultation with nutritionist

At the Eating Disorder Program at Atlantic Health System, we believe that families are an essential resource in the treatment of children with eating disorders. All of our levels of care are informed by Family-Based Treatment (FBT, a.k.a., The Maudsley Method), in which parents take charge of their child’s eating and interrupt maladaptive behaviors regarding food. All members of our team have been trained in FBT.

Consistent with our treatment philosophy, parents will be actively involved in the treatment of their children as they attend the C-PHP. Often, children of this age afflicted with eating disorders must seek residential care far from home. The goal of treatment in the C-PHP is to allow a child with an eating disorder to remain at home while our treatment team and the child’s parents collaborate to rapidly interrupt eating disorder symptoms to restore health. Moreover, our C-PHP programming was designed by a child psychologist with the goal of addressing the specific needs of this age group.
Outpatient Family-Based Treatment

Family-Based Treatment is an outpatient treatment where parents play an active role in weight restoration and/or reduction of eating disorder behaviors, with the goal of quickly returning the afflicted child/adolescent to his/her appropriate social, academic and family life. With the therapist acting as a consultant, families will progress through three phases of treatment, over approximately 20 sessions.

- **Phase I** involves weight restoration for individuals with anorexia, or interrupting the pattern of binge/purge behaviors for individuals with bulimia. This is achieved by parents taking complete responsibility for their child’s nutrition and eating also with the FBT therapist’s weekly guidance and support.

- **Phase II** involves gradually transitioning the affected individual back to independent eating.

- **Phase III** addresses more general concerns of adolescent development, with a focus on relapse prevention.

FBT has ample data supporting its effectiveness in treating child/adolescent eating disorders. Please contact our program to see if FBT can help your family overcome the devastating effects of an eating disorder.

---

**Services provided in the C-PHP will include:**

- 39.5 hours of program per week
- Medical monitoring daily by PHP nurse
- Weekly medical appointments with adolescent medicine physician/pediatrician
- Psychiatric assessment and ongoing management
- Individual psychotherapy
- Family-Based Treatment (FBT) sessions with one of our certified FBT providers
- Therapeutic groups to enhance coping skills and self-esteem
- Expressive arts groups
- Yoga and relaxation training
- Supervised meals and snacks
- Daily family meal
- Nutritional counseling for parents
- Parents’ skills group
- Multifamily therapy group
- Daily schooling instructed by a certified teacher

---

**Goryeb Children’s Hospital - The Eating Disorders Program at Atlantic Health System**

Overlook Medical Center
99 Beauvoir Avenue, Summit, NJ 07901
908-522-5757