

**Disordered Eating Resource Guide  
California State University Chico  
E-mail changes to [mrmorris@csuchico.edu](mailto:mrmorris@csuchico.edu)**

**ON-CAMPUS RESOURCES**

**Counseling and Wellness Center**

Student Services Center (SSC) 430

(530) 898-6345

[www.csuchico.edu/counseling](http://www.csuchico.edu/counseling)

[www.csuchico.edu/wellness](http://www.csuchico.edu/wellness)

Provides personal confidential counseling (group, individual, couples) and a resource library for regularly enrolled students.

**Student Health Center**

(530) 898-5241

[www.csuchico.edu/shs/](http://www.csuchico.edu/shs/)

Outpatient primary care clinic for students

**OFF-CAMPUS RESOURCES**

**PSYCHOLOGISTS/THERAPISTS SPECIALIZING IN EATING DISORDERS\***

Lisa Calvert, LCSW

341 Broadway, Suite 301

Chico, CA 95928

(530) 893-3535

Ginny Conger, MFT

2571 California Park Drive, Suite 210

Chico, CA 95928

(530) 899-1005 Mailbox 4

Laurie Dahlmeier, MFT

100 Amber Grove Drive, Suite 100

Chico, CA 95973

(530) 898-8446 Mailbox 4

Grace Lucido, MFT

341 Broadway, Suite 206

Chico, CA 95928

(530) 343-0626

Georgina Maltby, PhD  
100 Amber Grove Drive, Suite 100  
Chico, CA 95973  
(530) 898-8446 Mailbox 2

Joanna Miller, MS, MFT  
341 Broadway, Suite 224  
Chico, CA 95928  
(530) 345-8337

Lise Welsh, MA, MFT  
341 Broadway, Suite 202  
Chico, CA 95928  
(530) 343-4891

Anne Yates, MA, MFT  
21 Hanover Lane, Suite C  
Chico, CA 95973  
(530) 898-0809

\*Contact individual therapists regarding their insurance billing policy and fee schedule.

## **PSYCHIATRISTS**

Ahmed Abouesh, MD  
1550 Humboldt Rd. Suite 3  
Chico, CA 95928  
(530) 899-3150

Francis McDermott, MD  
1660 Humboldt Rd  
Chico, CA 95928  
(530) 899-3370

Jin Soofi, MD  
1660 Humboldt Rd  
Chico, CA 95928  
(530) 899-3370

## **REGISTERED DIETITIANS**

Mary Hurd Aram, RD, MS, CDE  
Nutrition Therapy Specialists  
The Center for Healthy Choices  
1216 Sheridan Ave.  
Chico, CA 95926  
(530) 345-5691

Liz Quiroga, RD  
Oroville Hospital Medical Clinic  
2767 Olive Hwy  
Oroville, CA 95966  
(530) 532-8220

## **FAMILY NURSE PRACTITIONERS**

Nancy Bryant, FNP-C  
1279 E. 1<sup>st</sup> Ave. Suite C  
Chico, CA 95926  
(530) 342-6262  
Spanish bilingual & bicultural

Sally Vertolli, FNP  
572 Rio Lindo Ave.  
Chico, CA 95926  
(530) 899-1627

## **LOCAL SUPPORT GROUPS**

### **Anorexia Nervosa and Associated Disorders (ANAD)**

A peer support group for disordered eating

Meets Tuesday 7-8:30 p.m.  
Woodoak Condominiums Recreation Room  
555 Vallombrosa Ave.  
Chico, CA, 95926  
Contact Lise: (530) 343-4891

**Overeaters Anonymous (OA)**

A program of recovery using the 12 Steps and 12 Traditions

Meets Sunday 6-7 p.m. *“Commitment to Abstinence”*  
St. Johns Episcopal Church Fellowship Hall  
2341 Floral Ave.  
Chico, CA 95926  
Contact Lea: 891-5885

Meets Tuesday 7-8:30 p.m. *Big Book Study*  
Congregational Church Library  
1190 E. 1<sup>st</sup> Ave.  
Chico, CA 95926  
Contact Mary Kay: 893-1680

Meets Friday 12 noon-1 p.m. *Step Study*  
First Christian Church  
295 E Washington Ave.  
Chico, CA 95926  
Contact Priscilla: 876-1983

Call (530) 345-3129 for meeting times and locations in surrounding towns

**Electronic OA Meeting Resources**

Online meeting list: [http://www.oa.org/online\\_meetings.html](http://www.oa.org/online_meetings.html)

Telephone meeting: [http://www.oa.org/pdf/phone\\_mtgs.pdf](http://www.oa.org/pdf/phone_mtgs.pdf)

**REGIONAL RESIDENTIAL, INPATIENT AND OUTPATIENT TREATMENT FACILITIES**

Center for Discovery Eating Disorders Program  
Adolescent (ages 10-19 years old) residential treatment program in Menlo Park, CA  
1-800-760-3934  
[www.centerfordiscovery.com](http://www.centerfordiscovery.com)

Center for Hope of the Sierras  
Residential treatment and step-down transitional program in Reno, NV  
(866) 690-7242  
[www.centerforhopeofthesierras.com](http://www.centerforhopeofthesierras.com)

Lucile Packard Children’s Hospital at Stanford Comprehensive Eating Disorders Program  
Offers inpatient and outpatient services in Mountain View and Palo Alto, CA  
(650) 498-4468  
[www.lpch.org/clinicalSpecialtiesServices/ClinicalSpecialties/EatingDisorders/eatingDisordersIndex.html](http://www.lpch.org/clinicalSpecialtiesServices/ClinicalSpecialties/EatingDisorders/eatingDisordersIndex.html)

### RainRock

A Monte Nido Affiliate residential treatment center outside of Eugene, OR

(310) 457-9958

[www.montenido.com/rainrock/](http://www.montenido.com/rainrock/)

### Summit Eating Disorders and Outreach Program

Adolescent and adult outpatient and day treatment programs in Sacramento, CA. Also provides outreach and eating disorder prevention programs.

(916) 920-5276

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

### UCSF Children's Hospital Eating Disorders Clinic

Inpatient treatment center for adolescents (ages 12-21 years old) in San Francisco, CA

(415) 353-2002

[www.ucsfhealth.org/common/pubs/childrensnews/summer2007/eating/index.html](http://www.ucsfhealth.org/common/pubs/childrensnews/summer2007/eating/index.html)

## WEBSITES

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

National Association for Anorexia Nervosa and Associated Eating Disorders (ANAD) provides a listing of therapists, treatment facilities and education materials. Also sponsors research, support groups, and a conference.

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

Anorexia Nervosa and Related Eating Disorders, Inc. provides self-help tips and eating disorder (ED) recovery and prevention information.

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

Promotes size acceptance and appreciation of the natural diversity in body shape and size. Includes policy statements from the National Association to Advance Fat Acceptance (NAAFA).

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

Database of ED treatment professionals

[www.gurze.com](http://www.gurze.com)

Specializes in ED publications and education. Offers free copies of an ED Resource Catalogue listing publications, non-profit associations and treatment facilities for ED clients and professionals.

[www.gurze.net/HAESprotected/pdfs.htm](http://www.gurze.net/HAESprotected/pdfs.htm)

Offers free back orders of the discontinued Health at Every Size Journal.

[www.intuitiveeating.com](http://www.intuitiveeating.com)

Provides information, workshops and support groups focusing on a non-diet approach to creating a healthy relationship with food, mind, and body. Offers a book by the same title.

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

Promotes the Health at Every Size movement and sustainable agriculture/eating.

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

The National Eating Disorders Association (NEDA) provides ED information in English and Spanish and promotes access to quality treatment for those affected and their families through education, advocacy, research and an annual conference. Provides parent and educator toolkits and insurance (Mental Health Parity Law) and national eating disorders awareness week information.

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

Overeaters Anonymous (OA) offers a 12-step program of recovery from compulsive overeating addressing physical, emotional and spiritual well-being. It is not a religious organization and does not promote a particular diet.

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

Raises awareness and provides information and online peer support communities for those with ED and their loved ones.

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

The Center for Mindful Eating (TCME) offers training and resources related to mindful eating practices, research, and education for professionals and clients. Publishes four newsletters.

## **SUGGESTED READING**

Baker, Catherine. *Fed Up: College Students and Eating Problems*. Carlsbad, CA: Gürze Books, 2003.

Chernin, Kim. *The Obsession: Reflections on the Tyranny of Slenderness*. New York: HarperCollins, 1981.

\_\_\_\_\_. *The Hungry Self: Women, Eating and Identity*. New York: HarperCollins, 1985.

Friday, Nancy. *The Power of Beauty*. New York: HarperCollins, 1996.

Johnston, Anita. *Eating in the Light of the Moon: How Women Can Transform Their Relationships with Food Through Myths, Metaphors & Storytelling*. Carlsbad, CA: Gürze Books, 1996.

Koenig, Karen. *The Rules of "Normal" Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between!* Carlsbad, CA: Gürze Books, 2005.

\_\_\_\_\_. *The Food & Feelings Workbook: A Full Course Meal on Emotional Health.* Carlsbad, CA: Gürze Books, 2007.

Maine, Margo. *Body Wars: Making Peace with Women's Bodies.* Carlsbad, CA: Gürze Books, 2000.

McShane, Joanna Marie and Tony Paulson. *Why She Feels Fat: Understanding Your Loved One's Eating Disorder and How You Can Help.* Carlsbad, CA: Gürze Books, 2008.

Orbach, Susie. *Fat is a Feminist Issue: the Anti-Diet Guide to Permanent Weight Loss.* New York: Berkley Books, 1982.

Overeaters Anonymous, Inc. *The Twelve Steps and Twelve Traditions of Overeaters Anonymous.* Rio Rancho, NM: Overeaters Anonymous, Inc. 1990.

Pipher, Mary. *Reviving Ophelia: Saving the Selves of Adolescent Girls.* New York: Random House Publishing Group, 2002.

\_\_\_\_\_. *Hunger Pains: The Modern Woman's Tragic Quest for Thinness.* New York: Ballantine Books, 1995.

Roth, Geneen. *Feeding the Hungry Heart: the Experience of Compulsive Eating.* New York: Penguin Books USA, Inc., 1982.

\_\_\_\_\_. *Breaking Free From Compulsive Eating.* New York: Penguin Books USA, Inc., 1984.

\_\_\_\_\_. *When Food is Love: Exploring the Relationship Between Eating and Intimacy.* New York: Penguin Books USA, Inc., 1991.

Schaefer, Jenni and Thom Rutledge. *Life Without Ed: How One Woman Declared Independence from her Eating Disorder and How You Can Too.* New York: McGraw-Hill, 2004.

Wolf, Naomi. *The Beauty Myth: How Images of Beauty Are Used Against Women.* New York: HarperCollins, 1991.