

Disordered Eating Resource Guide
California State University, Chico
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PSYCHOLOGISTS/THERAPISTS SPECIALIZING IN EATING DISORDERS*

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

PSYCHIATRISTS

Ahmed Abouesh, MD
3255 Esplanade
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(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

Traci Haynes, RD
Nutrition Therapy
341 Broadway, Suite 224
Chico, CA 95928 (530) 828-
2763
www.chiconutritiontherapy.com

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

FAMILY NURSE PRACTITIONERS

Nancy Bryant, FNP-C
1279 E. 1st Ave. Suite C
Chico, CA 95926

(530) 342-6262
Spanish bilingual & bicultural

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

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

Emotional Eating Support Group
For information contact Traci Haynes, RD (530) 828-2763 or Lise Welsh, MA, MFT
(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. 1st Ave.
Chico, CA 95926
Contact Mary Kay: 893-1680

Meets Friday 12 noon-1 p.m.
First Christian Church
295 E Washington Ave.
Chico, CA 95926
Contact Colleen: 876-1736

Call (530) 345-3129 for OA meeting times and locations in surrounding towns
www.norig.oar2.org for OA support within the greater Redding and Chico area
www.oa.org/meetings/find-a-meeting-online.php for OA online or telephone meetings

REGIONAL RESIDENTIAL, INPATIENT AND OUTPATIENT TREATMENT

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

Center for Hope of the Sierras
Residential treatment and step-down transitional program in Reno, NV
(866) 690-7242
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

RainRock
A Monte Nido Affiliate residential treatment center outside of Eugene, OR
(310) 457-9958
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

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.ucsfchildrenshospital.org/clinics/adolescent_eating_disorders

WEBSITES

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.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

Database of ED treatment professionals

www.gurze.com or www.bulimia.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.intuitiveeating.com

Provides information, workshops and support groups focusing on a non-diet approach to creating a healthy relationship with food, mind, and body.

www.haescommunity.org

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

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

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

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

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.