

Parent Information

I am concerned about your child's:

- Change in weight
- Change in eating habits
- Change in level of activity/exercise
- Purging behaviors
- Body image concerns
- Loss of vitality and quality of life

Recommended next steps:

■ Food-Related Goals:

■ Activity-Related Goals:

Schedule appointment with:

- Medical doctor with expertise in disordered eating
- Therapist or psychologist with expertise in disordered eating for assessment and treatment recommendations
- Registered dietitian with expertise in eating disorders prevention and treatment
- Intensive Outpatient/Residential/Hospital Based Program for Eating Disorders

Recommended follow up

What is FBT?

Family Based Treatment (FBT) is a practical, skills-based approach that embraces and empowers parents to effectively change disordered eating behaviors in their child. It should be one of the first line considerations for children and adolescents with eating disorders. Parents cannot cause eating disorders, but they play a crucial role in recovery. Early intervention results in quicker, longer lasting physical and mental health and improved quality of life.



St. Louis Adolescent Eating Disorders Coalition

We are a group of licensed medical and mental health professionals who specialize in adolescent eating disorders. We are committed to promoting effective treatment of these life-threatening illnesses.



314-268-6406

INPT, OUTPT (Adol. Med., Psychiatry, RD, FBT)



314-454-2468

INPT, OUTPT

(Adol. Med., Psychiatry, RD)



Eating Disorders Program

636-534-6071

OUTPT (IOP, Psychiatry, RD, FBT)



Evidence-based Therapy

314-736-5446

OUTPT (FBT)



314-968-1900

RTC, PHP, IOP, OUTPT (Fam. Med., Psychiatry)

Resources:

www.feast-ed.org

www.maudsleyparents.org

www.moeatingdisorders.org

www.nationaleatingdisorders.org