



## Take an Active Role

You are the most important member of the team. For successful treatment, active involvement is needed. The EDC team can provide education and help you find more information and support. The following are two EDC recommended educational sources:

- National Eating Disorders Association (NEDA), and
- Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.).

## Who Can Join

We are open to clients of all ages who have an eating disorder, however our target population is Transitional Age Youth 16-25 years old.



## Additional Treatment Resources

EDC can assist with linkage to additional treatment resources, including:

- Psychiatrist
- Dietitian/nutritionist
- Dentist
- Primary care provider

For additional information, call (909) 387-7336 or email [DBH-EatingDisorders@dbh.sbcounty.gov](mailto:DBH-EatingDisorders@dbh.sbcounty.gov)

780 E. Gilbert Street  
San Bernardino, CA 92415  
[www.SBCounty.gov/dbh](http://www.SBCounty.gov/dbh)

## DEPARTMENT OF BEHAVIORAL HEALTH

**24/7 Community Crisis Response Teams**  
(800) 398-0018 or  
text (909) 420-0560

**Access Unit (Behavioral Health Helpline)**  
(888) 743-1478

**Screening Assessment and Referral Center (Substance Use Disorder Helpline)**  
(800) 968-2636

Language assistance services are available free of charge by dialing (888) 743-1478. TTY users dial 711 for all phone numbers listed.

DBH complies with applicable federal, civil rights laws and does not discriminate on the basis of race, color, national origin, sex, gender identity, age, disability or Limited English Proficiency.

# EATING DISORDER COLLABORATIVE Screening Assessment Treatment



\*American Psychiatric Association: [www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders](http://www.psychiatry.org/patients-families/eating-disorders/what-are-eating-disorders)  
National Alliance on Mental Illness (NAMI): [www.nami.org/about-mental-illness/mental-health-conditions/eating-disorders](http://www.nami.org/about-mental-illness/mental-health-conditions/eating-disorders)

## What is an Eating Disorder?

Eating disorders are behavioral health conditions characterized by severe and persistent disturbances in eating behaviors and associated distressing thoughts and emotions. They can be very serious conditions affecting physical, psychological and social function. Types of eating disorders may include anorexia nervosa, bulimia nervosa, binge eating disorder, and avoidant restrictive food intake disorder.



## San Bernardino County Eating Disorder Collaborative (EDC)

The Eating Disorder Collaborative (EDC) provides a structured, nurturing and personalized treatment environment that promotes wellness and recovery from an eating disorder.

This includes affecting physical, psychological, behavioral, emotional, and social growth using direct treatment and referrals. EDC will work with you and your loved ones to uncover the root causes of the disorder and offer alternative ways to cope, communicate, and change patterns.

## Services offered

- Assistance navigating Managed Healthcare Plans (MCPs) such as IEHP, Molina and Kaiser
- Coordination of Care
- Linkage to Higher Level of Care (Intensive Outpatient Treatment, Partial Hospitalization, Residential Treatment Care)
- Case Management
- Individual Therapy
- Group Therapy

## Where do I start?

Screening and assessment is the first step towards recovery from an eating disorder. Start by calling (909) 387-7336. We will discuss your needs and talk about treatment and recovery options. Together we will develop a roadmap for treating the eating disorder.

Eating disorder treatment includes a combination of support in coordinating your care. The EDC program includes access to higher levels of care, as needed, such as residential treatment, partial hospitalization, and/or intensive outpatient treatment.

## What to expect

Treatment can involve a combination of psychological and nutritional counseling and works to address eating disorder symptoms and its harmful effects to your physical health, in addition to the psychological, biological, interpersonal, and cultural forces that contribute to the eating disorder. Treatment may last from a few months to years.

Treatment can help:

- Develop healthy eating patterns
- Improve relationships
- Understand how and why eating disorders develop
- Help manage difficult emotions
- Develop self-compassion
- Address basic and complex needs
- Address eating patterns
- Offer a safe place while addressing eating disorder