

# Comprehensive Eating Disorders Program



## Unparalleled Care

The CEDP at Lucile Packard Children's Hospital Stanford is the only comprehensive eating disorders program in Northern California that provides inpatient interdisciplinary specialty care for medically compromised children and adolescents with eating disorders, in addition to comprehensive outpatient services. The program, which has been treating patients successfully for more than 35 years, is directed jointly by the Stanford School of Medicine's Division of Adolescent Medicine and Division of Child and Adolescent Psychiatry. Although most patients are from the Bay Area, the CEDP's positive outcomes draw referrals from many western states.

## An Expert Team

An internationally recognized team of adolescent medicine specialists and child and adolescent psychiatrists and psychologists work together to ensure that all patients and their families receive the highest level of comprehensive and evidence-based care. Staff members also include teachers; social workers; recreational, occupational, and physical therapists; dietitians; and psychiatrically and medically trained nurses. Teams collaborate to ensure that children can return to their normal lives as easily as possible.

## Innovative Treatment

Treatments provided by the Comprehensive Eating Disorders Program (CEDP) at Lucile Packard Children's Hospital Stanford are based on the latest developments in the field and rely on the best medical evidence for safe and effective care. Treatment options for both inpatients and outpatients include:

- Diagnostic evaluation (medical and psychiatric)
- Medical management to prevent or detect complications
- Nutritional assessment and management
- Evaluation of growth and development
- Assessment and management of reduced bone mass and osteoporosis
- Psychiatric medication evaluation and monitoring
- Evidence-based individual and family psychotherapy, including:
  - Cognitive-behavioral therapy
  - Interpersonal therapy
  - Psychodynamic therapy (Adolescent-focused psychotherapy)
  - Family-based treatment
- Coordination with school
- Innovative treatments
- Group and milieu treatments

## Outpatient Services

Packard Children's outpatient medical and psychiatric clinics provide evaluation and treatment for children and adolescents with anorexia nervosa, bulimia, ARFID and other eating disorders. The Adolescent Medicine clinic provides medical assessment and monitoring and nutritional counseling. The Child and Adolescent Psychiatry clinic provides individual and family psychological assessments and an array of scientifically supported psychotherapies.

## Inpatient Services

The inpatient Comprehensive Care Program is a 15-bed unit that uses a multidisciplinary approach in the treatment of eating disorders. Patients who are medically compromised as a result of their eating disorder are admitted into this program.

The Comprehensive Care Program is designed to evaluate and treat medical disorders resulting from abnormal eating — disorders that may affect a patient's heart, bones, liver, kidneys, brain, reproductive system and other organs. The program focuses on preventing long-term and life-threatening complications, and provides evaluation and treatment of these eating disorders and the psychiatric conditions that often accompany them, such as depression, obsessive-compulsive disorder and anxiety disorders. On average, the staff has more than 10 years of working with eating disorder patients.

## Program Directors



### Neville H. Golden, MD, FAED

Dr. Golden is Chief of Adolescent Medicine and the Marron and Mary Elizabeth Kendrick Professor in Pediatrics at Stanford. He is a board certified pediatrician and adolescent medicine specialist with over 30

years of experience working with adolescents with eating disorders. He is internationally known for his research on the medical complications of eating disorders in children and adolescents, focusing on refeeding syndrome and the management of amenorrhea and osteoporosis in anorexia nervosa.



### Cynthia Kappahn, MD, MPH

Dr. Kappahn is Medical Director of the Comprehensive Eating Disorders program. She is a Clinical Professor in the Division of Adolescent Medicine. Dr. Kappahn is a board-certificated pediatrician and adolescent medicine specialist

with over 20 years of clinical experience managing the medical aspects of eating disorders in adolescents. Her research and advocacy interests focus on ensuring that adolescents have access to appropriate medical and mental health services to meet their special needs. She is the author of many articles related to the health of adolescents.



### James Lock, MD, PhD

Dr. Lock is Psychiatric Director of the Eating Disorders Program and Associate Chair of the Department of Psychiatry and Behavioral Sciences. He is a Professor in the Department of Psychiatry and Behavioral Sciences and Pediatrics.

Dr. Lock is a board-certified child and adolescent psychiatrist specializing in the treatment of children and adolescents with eating disorders. He is an internationally recognized expert in the psychiatric treatment of child

and adolescent eating disorders, and author of numerous articles as well as six books on these subjects.



### Jennifer Derenne, MD

Dr. Derenne is Psychiatric Director of the inpatient Comprehensive Care Unit for Eating Disorders. She is a Clinical Associate Professor of Psychiatry and Behavioral Sciences and is board certified in general psychiatry as well as child and

adolescent psychiatry. She has 15 years of experience and expertise treating anxiety, depression, ADHD and eating disorders across the lifespan, using psychotherapeutic and psychopharmacologic modalities.



### Mary J. Sanders, PhD

Dr. Sanders is Program Director of the Comprehensive Care Unit for Eating Disorders. She is a Clinical Associate Professor at Stanford Medical School, Department of Psychiatry. She has specialized in the treatment of eating disorders for the

past 25 years at Stanford. She has written extensively and presented nationally on the subject of the evaluation and treatment of eating disorders.



### Kathleen Kara Fitzpatrick, PhD, FAED

Dr. Fitzpatrick is the Director of the outpatient Eating Disorders clinic and has over 10 years of experience working with children and adolescents with eating disorders.

She has clinical specialties in family treatments for eating disorders, bariatric surgery preparedness, Cognitive Remediation Therapy (CRT) and ARFID. Her research focuses on neuroscience informed and adjunctive treatments for eating disorders.

## Comprehensive Eating Disorders Program

For more information, to refer a patient or to schedule an appointment, please call (650) 723-5511.

### Our Locations

#### Comprehensive Care Program Inpatient Unit

El Camino Hospital  
2500 Grant Rd  
Tower C, 4th Floor  
Mountain View, CA 94040

#### Adolescent Medicine Outpatient Clinic

1195 West Fremont Ave 2<sup>nd</sup> Floor  
Sunnyvale, CA 94025

#### Child and Adolescent Psychiatry Outpatient Clinic

401 Quarry Rd  
Palo Alto, CA 94305

#### Eating Disorders Outpatient Clinic (San Francisco)

California Pacific Medical Center  
3700 California St Suite B555  
San Francisco, CA 94118

## A Special Place for Healing and Hope

Stanford Children's Health and Lucile Packard Children's Hospital Stanford is devoted to the care of children and expectant mothers. Providing pediatric and adolescents obstetric medical and surgical services and associated with the Stanford School of Medicine, Lucile Packard Children's Hospital Stanford offers patients locally, regionally and nationally the full range of health care programs and services, from preventive and routine care to the diagnosis and treatment of serious illness and injury. For more information, visit [eatingdisorders.stanfordchildrens.org](https://eatingdisorders.stanfordchildrens.org).

Check out videos on preteen and teen health at: [onlinevideolibrary.stanfordchildrens.org](https://onlinevideolibrary.stanfordchildrens.org).