

**Donald Delaney Eating Disorders Clinic
Children's National Medical Center**

Welcome to the Donald Delaney Eating Disorders Program at Children's National! We offer a multidisciplinary team approach including medical, nutritional, and/or psychological services. Our initial evaluation typically includes intake sessions with the adolescent and with their parents. We then collaborate as a treatment team and schedule a feedback meeting with you to share our diagnostic impressions, our judgement of the level of severity, and our treatment recommendations. If you opt to continue care here, we offer medical and nutritional follow-up, individual therapy, and psychiatric evaluations and medication management. We refer as needed for other services such as family therapy or in cases where families need referrals closer to their home. We are happy to work collaboratively with existing providers if you have some treatment components in place already.

In preparation for the care of your adolescent, we recommend strongly that parents read the following books and visit the following websites:

Lock, J. &. (2005). *Help Your Teenager Beat an Eating Disorder*. Guilford Publishers.

Treasure, J., Smith, G., & and Crane, A. (2007). *Skills Based Learning for Caring for a Loved One with an Eating Disorder*. Routledge Publishers.

www.maudsleyparents.org and www.feast-ed.org

These describe the most common treatment modality that we recommend, known as Family Based Treatment or the Maudsley Approach. Other treatment strategies are possible, but it is ideal for both parents to be familiar with this treatment approach.

If you would like to use our services, please complete the attached form. Email it along with a copy of the front and back of your insurance card to peyoung@cnmc.org, or fax your information to 202-237-0694. We will pre-register your adolescent, verify insurance benefits, and obtain any necessary authorizations. This process usually requires 5-7 business days. After forwarding your information, if you wish to schedule an appointment with one of our Adolescent Medicine physicians, **please call 202-895-3896**. Once insurance is verified and authorizations obtained, you will be contacted to schedule a nutrition appointment. To discuss or schedule this component, please EMAIL our team at eatingdisorders@childrensnational.org, 202-476-2164, after you have completed the pre-registration process.

We are located at 5028 Wisconsin Avenue, N.W., Suite 310, Washington, D.C. Metered parking is available on Wisconsin Avenue in front of the building. 2-hour free parking is available on Fessenden Street, and the entrance to our parking lot behind our building is from Fessenden Street as well.

We look forward to providing care for your adolescent.

Kathy Voglmayr, LICSW
Donald Delaney Eating Disorders Program
eatingdisorders@childrensnational.org

Tomas J. Silber, MD, MASS

Medical Director, Donald Delaney Eating Disorders Program, Division of Adolescent and
Young Adult Medicine
Professor of Pediatrics, George Washington University

Lisa K. Tuchman, MD, MPH

Chief, Division of Adolescent and Young Adult Medicine
Associate Professor of Pediatrics, George Washington University
Center for Translational Science, Children's Research Institute

Lawrence J. D'Angelo, MD, MPH

Director, Youth Pride and Burgess Clinics, Division of Adolescent and Young Adult Medicine
Professor of Pediatrics and Medicine, George Washington University

Patricia E. Kapunan, MD, MPH

Attending Physician, Division of Adolescent and Young Adult Medicine
Assistant Professor of Pediatrics, George Washington University

Rebecca Begtrup, DO, MPH

Attending Psychiatrist, Department of Psychiatry & Behavioral Sciences
Clinical Instructor, Pediatrics and Psychiatry, George Washington University

Margaret Mathias, RDN, LDN

Outpatient Pediatric Dietitian