

A PRODUCTION OF:



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Ulster County Legislature & Ulster County Health Department

& SUPPORT OF OUR PARTICIPATING AGENCIES:

Mental Health Association in Ulster County Inc.

Ulster County Mental Health Department

Hudson Valley Foundation for Youth Health

Ulster County Health Department

Cornell Cooperative Extension of Ulster County

Comprehensive Care Center for Eating Disorders of Northeastern NY

YWCA of Ulster County

Institute for Family Health

Jewish Family Services

Northeast Center for Special Care

Resource Center for Accessible Living

The Kingston Hospital

Four Winds Katonah

Ulster-Greene ARC

Ulster County BOCES

Ulster County Eating Disorders Resource Guide

The Ulster County Eating Disorders Coalition was started in 2007 in response to the lack of adequate services available to individuals coping with eating disorders (ED) in our community.

The objectives of the ED Coalition are to maintain a network of ED-knowledgeable providers, to create appropriate support groups, and to advocate rights.

The Coalition remains dedicated to its mission of prevention and treatment of the range of eating disorders and disordered eating behaviors, and serves as a support network and resource for clients, families, clinicians, educators, and the general public.

To learn more about the Ulster County Eating Disorders Coalition
please call (845)339-9090, Ext.109.

www.EatingDisordersNY.com



Promoting Healthy Bodies & Healthy Minds

the Ulster County
edc
eating disorders coalition
proudly presents:

Ulster County
Eating Disorders
Resource Guide

*funded by: Ulster County Legislature
& Ulster County Health Department*

The providers listed in this directory have identified themselves as having expertise and/or experience working with individuals and families around eating disorder issues.

The Coalition does not guarantee the expertise of these providers and is not responsible for services rendered from them.

This Resource Guide and the Coalition's website are maintained by MHA: the Mental Health Association in Ulster County, Inc.. Please contact us to provide feedback about any of these services via the website blog or by calling (845)339-9090, Ext. 115.

www.EatingDisordersNY.com

Support Groups:

**MHA: the Mental Health Association
in Ulster County, Inc.**
(845) 339-9090, Ext.115
www.MHAinUlster.com
*A range of groups for individuals with disordered
eating behaviors and their families*

Ulster County Mental Health Department
(845) 340-4000
www.WellnessRecovery.org
Body Image Groups

Overeaters Anonymous
(845) 657-6603
www.MidHudsonOA.org
12-step recovery program



The Ulster County Eating Disorders Coalition is dedicated to the creation and maintenance of support groups and events for individuals with eating disorders and their families.

For the most current information on local support groups and community events, please visit www.EatingDisordersNY.com, where you can also download a copy of this Resource Guide.

the Ulster County
edc
eating disorders coalition

Prevention.
Treatment.
Recovery.

Promoting Healthy Bodies & Healthy Minds

Websites:

www.EatingDisordersNY.com

Ulster County Eating Disorders Coalition
Local resources, providers & information.

www.EDTreatmentCenters.com

The Women's Center for Healthy Living
*Complete source for learning about eating disorders
& the many treatments available.*

www.Gurze.com

Gurze Books
Books & publications on eating disorders.

www.Something-Fishy.org

*Dedicated to raising awareness & providing support
to people with ED & their loved-ones.*

www.NationalEatingDisorders.org

National Eating Disorders Association
Provides education, resources & support.

www.Mirror-Mirror.org/EatDis.htm

*Website dedicated to the memory of those who have lost
their fight with ED.*

www.EDReferral.com

Referral center.

www.Eating-Disorder.com

Information & referral site.

www.EatingDisordersOnline.com

*Community site offering online support groups, referrals,
diagnosis and recovery information.*

www.AEDweb.org

Academy for Eating Disorders
*Professional organization that provides cutting-edge
professional training and education.*

www.OvercomingOvereating.com

National Center for Overcoming
Overeating
Campaign to End Body Hatred and Dieting

www.MEDAinc.org

Multi-Service Eating Disorder Association
*Support network & resource for clients, loved-ones,
clinicians, educators, & the general public.*

www.EatingDisorderInfo.org

Alliance for Eating Disorder Awareness
*Not-for-profit group providing education,
information, training, advocacy, support and
mentoring services.*

www.ANAD.org

National Association of Anorexia Nervosa
& Associated Disorders
Dedicated to alleviating & preventing ED.

www.EatingDisorderHope.com

*Providing information, groups, articles, virtual
library, books, treatment providers and events for
individuals struggling with bulimia, anorexia and
binge-eating disorders.*

www.EatingDisordersCoalition.org

Advocacy and policy website.

www.EatingDisordersAnonymous.org

Eating Disorders Anonymous
12-step program information.

www.EatingDisordersBlogs.com

*Support and recovery blog, including resources &
information.*

Glossary.Feast-ED.org

*Quick-reference Glossary covering more than 400
terms and concepts used in the diagnosis, treatment
and research of eating disorders, eating disturbances
& associated conditions.*

Eating Disorders & Disordered Eating:

Anorexia: self-starvation and refusal to eat or maintain weight at a healthy level and/or the intense fear of being fat in spite of excessive weight loss.

Binge Eating Disorder: characterized by eating large amounts of food in short periods of time while feeling out of control, ashamed or disgusted over the behavior.

Bulimia: cycles of binge eating followed by some attempt to compensate for the binge through behaviors such as vomiting, laxative abuse or over-exercising.

Disordered Eating: attitudes about food, weight and body causing very strict eating and exercise habits that jeopardize health, happiness and safety. Disordered eating may begin with unhealthy methods of weight control, such as fasting, skipping meals or excessive exercise, but these behaviors can become obsessions and may develop into an eating disorder.

*Eating disorders are complex physical, emotional and psychological conditions.
Eating disorders are serious illnesses, not choices.*

*It is recommended that individuals struggling with eating disorders or disordered eating
seek professional help, and that treatment include some combination of care from a
nutritionist, a medical doctor, a therapist, counselor or psychiatrist, and a support group.*

DID YOU KNOW...

Anorexia has the highest mortality rate of any psychiatric illness?

One out of every four college-aged women uses unhealthy methods of weight control, including fasting, skipping meals, excessive exercise, laxative abuse, and self-induced vomiting?

Eight out of ten women are dissatisfied with their reflection and more than half may see a distorted image?

81 percent of 10-year-olds are afraid of being fat?

Statistics Reported by NEDA

Inpatient/Outpatient Treatment Centers:

Comprehensive Care Center for Eating Disorders of Northeastern New York (C.C.C.E.D)

215 Washington Avenue Ext.
Albany, NY 12205
(888) 747-4727

Providing a continuum of care from medical stabilization & inpatient care for adults, children & adolescents, to partial hospitalization & outpatient programs. Most insurance plans are accepted.

www.amc.edu/patient/services/neccced

Center for Treatment of Eating Disorders

570 West Mount Pleasant Avenue
Suite 108, Livingston, NJ 07039
(973) 740-1262

Outpatient services including individual & group therapy, nutritional guidance and family counseling

www.EDhelp.com

Eating Disorders Recovery Center of Western New York

(585) 275-1521

This organization provides a listing of inpatient & outpatient programs throughout New York State.

www.NYEatingDisorders.org

Four Winds Hospital

Katonah, NY
(914) 763-8151 or (800) 528-6624
Providing intensive inpatient, outpatient & partial hospitalization treatment for children, adolescents and adults.

FourWindsHospital.com

Friends Hospital

4641 Roosevelt Blvd.
Philadelphia, PA 19124
(800) 889-0548
Comprehensive inpatient, outpatient and partial hospitalization treatment programs.

www.FriendsHospitalOnline.org

Healing Connection, LLC.

1387 Fairport Road, Suite 1000D
Fairport, NY 14450
(585) 641-0281

A 35 hour/week Eating Disorders Partial Hospitalization Program that offers innovative, intensive, and comprehensive treatment to adolescents and adults (ages 12 and up) with eating disorders and their families.

TheHealingConnectionLLC.com

Integrated Health Solutions

1073 Main St., Ste. 202A
Fishkill, NY 12524
(845) 896.2238

A coordinated outpatient assessment and treatment program for eating disorders.

IntegratedHealthSolutions.org

John T Mather Eating Disorder Partial Hospitalization Program

208 Route 112
Port Jefferson Station, NY 11776
(631) 473-3877 x27

Partial hospitalization treatment for individuals affected by eating disorders as well as co-existing psychiatric diagnoses.

www.MatherHospital.org

New York State Psychiatric Institute (NYSPI)

1051 Riverside Dr., Unit 98
New York, NY 10036
(212) 305-6001

2 inpatient units providing care in the context of research studies, and 1 providing clinical care to NYC residents. Free treatment for those who qualify.

www.NYSPI.org

Carol Papini CSW-R

162 Aaron Court
Kingston, NY 12401
(845)339-1766

Works in Behavior Modification & Goal Orientation, closely with a nutritionist, to provide support to adolescents and adults with a range of eating disorders.

Susan Piowaty, LSW-R

127 Springtown Road
New Paltz, NY 12561
(845) 256-1515
Provides individual & group therapy for individuals with disordered eating.

Ruth Pine, LCSW-R, MA

Kingston, NY
(845) 331-1079
Provides psychotherapy and expressive arts therapy for full range of eating disorders, for individuals, couples & families. Pre- and Post-Bariatric surgery evaluation and therapy.

Yvonne Poley, LMHC

Rehab Programs, Inc.
103 Inwood Avenue
Poughkeepsic, NY 12601-1387
(845) 452-1913 x124
Eating disorder specialist for adults.

Andrea Raphael-Paskey, LCSW-R

Catskill Family Institute
112 North Front Street
Kingston, NY 12401
(845) 338-5450
Facilitates a range of eating disorder groups and provides individual psychotherapy.

Sil Reynolds, NP

3457 Main Street
Stone Ridge, NY 12484
(845) 687-4208
Offering solutions for men & women with food, weight, and body image conflicts.

Rebecca Rooney, PhD.

1997 Rte. 17M
Goshen, NY 10924
(845) 294-8442
Eating disorder specialist. Treats adolescents & adults. Most insurance accepted.

Meg F. Schneider, MA LCSW

8 Garden Street
Rhinebeck, NY 12572
845-876-8808
Works with adolescents who have disordered eating behaviors.

Regina Sinclair, LCSW

30 Brouck Ferrish Blvd.
New Paltz, NY 12561
(845) 594-5418
Individual therapy for adolescents & adults. Accepts most private insurance, no medicaid.

Sandy Sklar CSW-R

58 E. Market St.
Rhinebeck, NY 12572
(845) 876-1176
Providing therapy to individuals with eating disorders.

Mauri Waldman, LCSW-R, BCD, CASAC

155 Main Street
Goshen, NY 10924
845-294-7408
Treatment for individuals with eating disorders, compulsive overeating & addictions, age 16 and above.

Nutritionists:

Virginia Cambalik, RD, CDN

Vassar Brothers Medical Center
(845) 437-3026

Elizabeth Grimaldi, MSRD

6 Oak Lane
Campbell Hall, NY 10916
(845) 496-9487

Nutritional counseling for eating disorders and weight loss maintenance.

Vicki Koenig MS, RD, CDN

22 North Front Street
Kingston, NY 12402
(845) 255-2398

Janet Kovler, MS, RD, CDN, CDE

15 Catherine Court
Chester, NY 10918
(845) 774-1465

Nutritional counseling for adolescents and adults with eating disorders.

Jill Malden, RD, LMSW

#1 Water Street
New Paltz, NY 12561
(845) 489-4732

Specializing in Nutrition & Eating Disorders. 19+ years experience.

Laurie Mozain MS, RD, CDN

Kingston Hospital
396 Broadway Kingston NY
(845)334-2712

Nutrition therapy & body image groups.

Aradhna Pal, MS, RD, CDC

111 Maltese Drive
Middletown NY 10940
845-342-4774

Nutritional counseling for eating disorders. Most private insurance and HMOs accepted. No Medicaid.

Patricia Ricks, RD

Northeast Center for Special Care
Kingston, NY 12402
(845)336-3500 x3162

Tina Ross, DC, RD

30 Hatfield Lane - Suite 101
Goshen, NY 10924
(845) 294-2733
Dietitian & Chiropractor.

Holly Shelowitz, CNC

Mela Stevens, CNC
Nourishing Wisdom
New Paltz, NY
(845) 687-9666

NourishingWisdom.com

Ilyse Simon, RD

318 Wall Street, Suite 3A
Kingston, NY
(845) 331-6381

Nutrition therapist specializing in eating disorders, stress eating, & whole foods.

Physicians:

Dr. Cheryl Colbert

52 Main Street
Kingston, NY 12401
(845) 338-1700
Specializes in *Internal Medicine.*

Children's &

Women's Physician of

Westchester, Division of

Adolescent Medicine Dr.

Wallace Jenkins, M.D.,

Dr. Gilburto Valez, M.D.,

& Dr. Marcia Nackenson, M.D.

Mungen Pavilion, Room 618
99 Grasslands Road
Valhalla, NY 10595
(914) 593-8899

Specializing in adolescent medicine & eating disorder medical management for patients ages 12-22. Referral for psychotherapy and nutritional counseling. Medicaid & uninsured patients referred to Adolescent Medicine Clinic @WCMC for treatment. Sliding scale available for uninsured.

Crystal Run Health Care Internal Medicine Physicians

300 Crystal Run Road
Middletown, NY 10940
(845) 703-6999

Medical management of complications of eating disorders. Part of multi-specialty group. Accept most HMO's and private insurance.

Dr. Francis Imbarrato, M.D.

Melissa Beck, P.A. & Staff
Horizon Family Medical Group
1200 Rt.208, Suite15
Monroc, NY10950
(845) 783-6266

Dr. Levi H. Lehv, M.D.

Health Medical Associates
825 Rt. 211 East
Middletown, NY10941
(845) 692-8338

Medical and nutritional management for overweight adult patients is primary focus, but does see patients with other eating disorders as well. Accepts various HMO's and private insurance. No Medicaid.

Dr. Richard Moscowitz, MD

373 Broadway Kingston 12401
(845) 338-8546
Orthopedic Surgeon.

Dr. Michael Steckman, MD

26 Pearl St.. Kingston 12401
(845) 331-8222
Gastroenterologist.

Dr. Peter H. Kwon, M.D., F.A.C.S.

Tri-State Bariatric
15 Jersey Avenue
Port Jervis, NY 12771
(845)858-8780
Bariatric Surgical Program Director.

Psychiatrists & Psychiatric Nurses:

Stanley Giudici, M.D., M.A.R.

Board Certified Internal Medicine
Middletown Medical, P.C.
111 Maltese Drive
Middletown, NY 10940
(845) 342-4774

Ron Goldman, MD

185 Main Street
Kingston, NY 12401
845-340-0640

Richard Hahn, MD

14 West St.
Warwick, NY 10990
845-988-9300
Psychiatric evaluations. Sees patients with bulimia and binge eating disorders. Medicaid not accepted.

Meryl Kramer Harrison, RNP

Maverick Family Counseling
404 Zena Road
Woodstock, NY 12498
845-679-8650

Brian Parks, MD

465 Broadway
Kingston, NY 12401
845-340-0244

Carlos Valle, MD

Hudson Valley Psychiatric Associates, LLC
185 Green Street, Suite 2
Kingston, NY 12401
845-339-3738