Eating disorders …

Are **complex, challenging and serious**

Can **control your child’s life** and turn your family **upside down**

**Hijack the brain**, as the effects of starvation **change how your child thinks and behaves**

Your child did not **choose an eating disorder**, and you **did not cause it**.

Your child **needs you. You are the solution.**

**Contact us**
For more information about family-based eating disorder treatment programs at Mayo Clinic, contact:

Department of Psychiatry and Psychology Appointment Office 507-266-5100

**At Mayo Clinic, food is the medicine.**
At Mayo Clinic, we specialize in the treatment of:

- Anorexia nervosa, bulimia nervosa and eating disorders not otherwise specified
- Eating disorders that exist alongside OCD, depression, anxiety or suicidality
- Weight loss secondary to medical conditions such as POTS, rumination syndrome and gastrointestinal issues
- Atypical eating disorders

Who we treat

- Male and female pre-teen children, teens and young adults (ages 8-22)

How we treat

- **Food as medicine.** Many eating disorder symptoms are made worse from starvation, so aggressive refeeding and weight gain are our first priorities. We use proven strategies to motivate your child to eat, gain weight, develop healthy eating habits and begin a path toward lasting recovery.

- **Family-based treatment.** Successful treatment requires active involvement by the most important people in your child’s life: his or her parents and family members. We mobilize family members to take charge of the patient’s illness.

- **Skills-based approach.** As we treat your child, you’ll learn tested behavioral modification skills to ensure continued progress outside the hospital. We’ll work with you to develop a personalized plan for maintaining consistent eating and supporting healthy behaviors at home without long-term intensive step-down programs.

- **Coordinated care.** A psychologist works one-on-one with you and your child during the entire course of care — guiding you through the process, teaching both you and your child skills to fight the eating disorder and related problems, and coordinating services with other specialists.

- **Highly trained, compassionate staff.** Our board-certified physicians and psychologists put patients and families first, and they’re dedicated to delivering the best treatment and supporting the child’s recovery.

- **Evidence-based treatment.** We use treatments that are supported by research to treat not only eating disorders but also any associated problems. We specialize in exposure therapy for OCD and anxiety.

- **Ongoing follow-up.** Following initial treatment, we keep in contact by phone and email and through ongoing appointments to track progress and address any setbacks. We’re by your side until your child is fully recovered.
Our programs

At Mayo Clinic, we offer both inpatient and outpatient care. We carefully assess each patient to determine the least restrictive and most appropriate level of care to restore your child to full physical and psychological health. Patients may begin treatment on either an inpatient or outpatient basis depending on their needs.

Inpatient treatment

• Inpatient treatment is highly individualized for each patient, meaning hospital stays vary between each patient. The goal is to provide the shortest hospital stay necessary in order to get the patient back to his or her life.

• Inpatient treatment works intensively with family members to move the child forward in recovery.

Outpatient treatment

• Given that the goal of therapy is to get the child back to his or her life, outpatient treatment typically involves no more than one hour of meetings a week with a therapist.

• Because parents are trained to be the primary caregivers, additional services (e.g., dieticians) or intensive outpatient treatment (e.g., partial hospital programs) are not necessary or desired.

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