

DIDACTIC PRESENTATION

Eating Disorder Diagnosis and Treatment

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[Recording](#)

CASE SUMMARY

The case of a 15-year-old, white, female in 10th grade who within weeks developed severe depression, affecting every aspect of her life. She is navigating the grief of losing a best friend to suicide and accepting her older sibling's recent diagnosis and current treatment of germinoma. She is experiencing daily headaches, abd pain and nausea, and loss of appetite. She has been an honor student, but now is struggling with motivation, focus, work completion, school attendance, and friendships. Recently diagnosed with anxiety and adjustment disorder with depressed mood, she has begun therapy with an onsite therapist, now has a 504, and finally agreed to start on fluoxetine.

KEY QUESTION(s)

- 1. How to navigate when pt continues to lose weight while dealing with adversity?**
- 2. Suggestions for ongoing treatment?**

CLARIFYING QUESTIONS

Are there any themes or fixations to her worries?	<i>As of this Fall school has been the primary worry/fixation. The 504 battle took a toll on her and family. Since the 504 has been implemented, she had been experiencing this worry less.</i>
Is she interested in biofeedback or meditation for help with migraine, anxiety, etc.?	<i>She has been very resistant to meditation and engaging in these forms of treatment. She will engage in joint walking sessions with her me and will engage in music listening. I will continue to try and incorporate more.</i>
Has there been any family work regarding the huge role of her brother's needs and the impact on her? Forgotten needs?	<i>Last week her therapist, both parents and I sat down for a joint family session. Parents mentioned their relationship is not strong, but they are willing to start engaging in couples' therapy. Soon her parents will be splitting their time with her and her brother, which may help as well. Parents have plans to make more space for patient.</i>
Would patient be a candidate for eating disorder group at Acadia?	<i>Initial thought yes. Biggest complication would be that currently group sessions are combined with individual therapy.</i>

KEY RECOMMENDATIONS

Sibling Support

Many of the cancer centers, including Dana Farber, have programs to support siblings. Consider enlisting another member of the family to join in supporting this youth and help her connect socially.

- <https://www.dana-farber.org/patient-family/support-services/sibling-program>
- They have a program especially for teens: <https://dfci.widen.net/s/8whfqks7fm/helpful-websites-for-siblings.pdf>

Center for Grieving Children has a program called the Tender Living Program which is peer support for siblings of a family member suffering from a life altering illness. They may even offer telehealth options.

- <https://www.cgcmaine.org/service/tender-living-care/>

KEY RECOMMENDATIONS (cont'd)

Eating Disorder Support Group

Acadia Northern Light

- She may be a candidate for an eating disorder group, but she would be required to use an individual therapist through Northern Lights.
- There is also an option to utilize the online teen support group.
- Northern lights also offers a onetime consultation with an ED clinician, which is an opportunity to
 - explore if eating disorder treatment would be helpful for her.
 - provide a lower barrier intervention than an ongoing nutritional consult.
 - receive education on the psychological aspect of eating disorders and the dangers

National Association of Anorexia Nervosa and Associated Disorder (ANAD) is the leading nonprofit in the U.S. that provides free, peer support services to anyone struggling with an eating disorder, regardless of age, race, gender identity, sexual orientation, or background.

- They offer many Focused Eating Disorder Support Groups
- <https://anad.org/get-help/about-our-support-groups/>

Social Support

If convenient, some animal care involvement might be an option, such as volunteering at an animal shelter.

It may be very beneficial to connect her with other trusted family members to help her feel grounded. Perhaps seeing if other members of the family would be able to join in supporting this youth and help her connect socially.

NAMI Maine has a [Teen Text Line](#), and the website also has information about phone apps for mental health support.

You may always reach out for a consult through the MPBHP access line 1-833-672-4711.