

Eating Disorder Treatment Resources

Most of these centers will have an intake process to determine the best level of services for a patient. Some insurances will require a referral (Tricare)

Inpatient Treatment

- When medical stabilization is needed
- CNMC Emergency Department
- Call Eating Disorders Clinic 202-476-2164 and discuss with doctor on-call

Residential Treatment (for medically stable patients)

1. Clementine 866-784-9358
2. Reflections (Dominion Hospital Eating Disorder Treatment Center) 703-538-2886
3. Center for Discovery (Monitored by medical doctor) 844-691-3006

Partial Hospitalization/Day Programs

- Reflections 703-538-2886
- Center for Discovery 844-691-3006
- Prosperity 800-863-7224

Outpatient Programs and Treatment

- CNMC 202-476-2164
- Reflections 703-538-2886
- * Total Health Concepts 703-255-7012
- * Erin Wolf Barnett MS, RD, LD 301-758-4860
- Pinney Davenport Nutrition Group 202-997-6372
(Offices in DC and McLean)
- Prosperity 800-863-7224
- Courage to Nourish (Nutritionists)
 - Individual Sessions
 - Group Sessions
 - Office locations in College Park and Columbia, Maryland and Alexandria, Virginia
 - Virtual Visits (DC, MD, VA, CO, PA)
 - Email: hello@couragetonourish.com
- Equip
 - <https://equip.health/>
 - Online Therapy (family and individual)
 - Comprehensive coverage with a dietician, family mentor, peer mentor and physician

* Also good for obesity

PAA is not affiliated with these businesses and does not receive financial benefit for recommending patients to these practices.

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