

# Children's Hospital Los Angeles (CHLA) Outpatient Eating Disorders Clinic Overview



## What is the CHLA Eating Disorders Clinic?

The CHLA Eating Disorders Clinic (EDC) treats youth with a variety of eating disorder diagnoses. Our team includes an Adolescent Medicine Doctor, a Psychologist, and a Nutritionist. The EDC works with youth and their adult caregivers to help the youth recover from their eating disorder.

## What can I expect at appointments?

At the first visit, you and your youth will meet with our whole team. This visit takes about two hours. During this visit, we will get a detailed history and make a treatment plan. After the first visit, you and your youth may come to the EDC weekly for treatment for several months. You will have an active role in your youth's treatment. We recommend all primary caregivers attend clinic appointments.

At all appointments, we will take your youth's weight and height. We will measure vital signs such as heart rate and blood pressure as needed.

## What are the goals of treatment in the EDC?

We know that eating disorders can be scary and cause stress for youth and their families. Our team will support your youth's recovery and help families know how they can help.

Recovery usually includes:

- weight gain
- developing good eating habits
- returning to sports and other activities
- improvements in mood (for example, less anxiety and depression)

## What if my youth is seeing other providers?

We understand that youth may have other health concerns other than their eating disorder. So, your youth may need to continue seeing other providers besides our team. We will talk with other members of your youth's healthcare team as needed. Our team will manage the treatment of your youth's eating disorder.

## Who do I call if I have questions?

Eating Disorders Program	Address: 3250 Wilshire Blvd., Suite 201, Los Angeles, CA, 90010  Phone: (323)361-3711  Email: <a href="mailto:EatingDisorderProgram@chla.usc.edu">EatingDisorderProgram@chla.usc.edu</a>
We are located near the corner of Wilshire Blvd. and Vermont Ave. <ul style="list-style-type: none"><li>• Parking is available in the building at One Park Plaza. The entrance to the lot is on New Hampshire between Wilshire Blvd. and 7th Street. There is a cost of \$18.00/day maximum.</li><li>• Metered parking is available in front and surrounding the building (2-hour limit).</li><li>• We are unable to pay or reimburse for your parking. Please follow all posted time limits and restrictions.</li></ul>	

## Clinical Nutrition/Eating Disorders

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 07/25/23