

CUSD Community Resource List

Eating Disorders

National Association of Anorexia Nervosa & Associated Disorders	(630) 577-1330
750 E Diehl Road #127	Naperville, IL 60563
http://www.anad.org/eating-disorders-get-help/	anadhelp@anad.org.
Helping operates 9 AM-5 PM Central Time, Monday through Friday and can help you find the treatment to fit your needs. Information for treatment centers and support groups in California can be found on website	
Eating Disorder Foundation of Orange County	(949) 285-9827
Insight Counseling - 23232 Peralta Drive, Ste. 211	Laguna Hills, CA 92653
www.edfoc.org	nicole@edfoc.org
Dedicated to the awareness and prevention of eating disorders through education. Also provides confidential counseling referrals and in-patient and medical treatment referrals	
Orange County Health & Psychology Associates	(888) 700-0805/949-551-4272
62 Discovery	Irvine, CA 92618
http://ochpa.com	
OCHPA is a multidisciplinary behavioral group practice offering treatment programs for Mood Disorders, Eating Disorders, and Dual Diagnosis/Chemical Dependency.	
Shoreline Center for Eating Disorder Treatment OC	(562) 434.6007
25401 Cabot Road, Suite 217	Laguna Hills, CA 92653
http://shoreline-eatingdisorders.com/eating-disorders-treatment-options/orange-county-location/	info@shoreline-eatingdisorders.com
Shoreline Orange County offers both Partial Hospital/Day Treatment and Intensive Outpatient programming, for men and women, ages 13 and up, who are struggling with eating disorders, exercise addiction and co-morbid mental health issues. Services are provided in a warm and nurturing setting, by a highly trained, compassionate and empathetic multidisciplinary team. We implement evidenced-based treatment practices in our individual and group therapy, meal support, medical nutrition therapy, medical management DBT, ACT, CBT, Intuitive Eating concepts, expressive and equine therapies. On Mondays from 6:15-7:15 p.m. , Shoreline OC hosts ongoing complimentary weekly ANAD support groups for eating disorders and body image issues. These groups are a safe and nurturing environment for those struggling with eating disorders to express feelings and gain greater insights to help toward recovery.	
St. Joseph's Hospital - Behavioral Health Services	(714) 771-8134
1100 West Stewart Drive	Orange, CA 92868
http://www.sjo.org/Our-Services/Behavioral-Health-Services/Inpatient-Services.aspx	
The Inpatient unit provides treatment for a variety of behavioral treatment needs including Eating Disorders assessment for treatment and referral	
Rebecca's House	(866) 554-1851
23792 Rockfield Blvd., Ste 100	Lake Forest, CA 92630
www.rebeccashouse.org	info@rebeccashouse.org
Eating disorder treatment programs. Include residential extended care, partial day treatment, intensive outpatient and transitional recovery living programs for bulimia, anorexia, binge eating, compulsive overeating, and food addiction treatment.	

COMMUNITY RESOURCES: The referrals listed are not sponsored, endorsed, supported or specifically recommended by the Capistrano Unified School District or any of its employees. The referrals are provided as a community service based on information gathered from the providers or other sources. The District has not done any independent investigation or evaluation of any resource and does not take any responsibility for the quality or competency of the services provided.