

Eating Disorders: Virtual Treatment Services

Comprehensive, individualized care that comes to you.



Eating disorders can affect anyone, regardless of age, gender, race, sexuality, ability, or socioeconomic status.

At Northern Light Acadia Hospital, we are proud to provide an outpatient treatment program designed to help people of all ages struggling with eating disorders or eating issues that affect their daily lives. Our comprehensive program has helped countless patients and is offered through secure video conferencing which allows us to reach patients throughout Maine in the comfort of their own home.

We care about your physical and mental health, and our experienced medical and clinical team works closely with patients, their families, primary care teams, and others to provide care focused on the individual needs of each patient.



A better way

We believe in personalized care that meets the unique needs of each patient. That is why we wrap you in many of the services you will need all in one location. From counseling and nutrition consultations, to medication management and family support, we're with you every step of the way.

What we treat

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder
- Binge Eating Disorder
- Bulimia
- Compulsive Overeating
- Other Specified Feeding and Eating Disorders

Our services

- Individual, Family, and Group Therapy
- Parent/guardian Support Groups
- Psychoeducation
- Nutrition Counseling
- Medication Management
- Medication Consultation with a psychiatrist who specializes in eating disorder treatment

Meet our team



Mark R Allen, MD, child and adolescent psychiatrist, has more than 10 years of experience diagnosing and treating patients with feeding and eating disorders, and worked at the nationally-renowned Eating Recovery Center in Denver, CO.



Sara Porter, LCSW, clinical supervisor, specializes in treatment across all ages. She is trained in Family-Based, Cognitive Behavioral Therapies, and Acceptance Commitment Therapy specifically for the treatment of eating disorders.



Shannon Murray, LCSW, psychiatric clinician, has experience treating patients of all ages living with an eating disorder diagnosis, and is becoming certified through the International Association of Eating Disorders Professionals.



Mary LaVanway, RD, LD, CEDRD, is a registered dietitian and a certified eating disorder dietitian with more than 20 years of experience. She helps patients explore their relationship with foods, weight, and bodies.



Warning signs include:

- Unexplained weight loss or weight gain
- Preoccupation with weight and calories
- Negative self-talk or distorted body image
- Withdrawal from friends & activities
- Frequent bathroom trips after meals
- Excessive exercising and/or exercising in the presence of an injury when advised not to exercise
- Eating in isolation
- Evidence of binge eating (such as the disappearance of a large amount of food)
- Frequent checking in the mirror for perceived flaws in appearance
- Extreme mood swings



How to access care

Referrals: Behavioral Health Resources Center at 207-973-6048, or fax: 207-973-6128

Questions about the program:

Sara Porter, LCSW, seporter2@northernlight.org

Northern Light Acadia Hospital
268 Stillwater Avenue
Bangor, ME 04401
(207) 973-6100

northernlighthealth.org/Locations/Acadia-Hospital



Watch our award-winning Child-Adolescent Resource and Educational Series, or CARES, which highlights crucial youth mental health and wellness issues like eating disorders. The video series provides adults with important, expert information that can be used to keep children and teens safe.

Crisis Support

Maine's Statewide Crisis Line: (888) 568-1112 (call or text)
National Crisis Support Line: (800) 273-8255
National Crisis Text Line: Text HOME to 741741
National Eating Disorder Association Support Line: (800) 931-2237