

# Eating Disorders: Virtual Treatment Services

Comprehensive, individualized care that comes to you.



## Information for healthcare providers

Northern Light Acadia Hospital offers outpatient treatment geared specifically to help people of all ages struggling with eating disorders or eating issues that affect their daily lives. We are pleased to share that our program is now offered 100% virtually reaching patients throughout Maine.

Our experienced medical and clinical team work closely with patients, their families, primary care teams, and others to provide care focused on the individual needs of each patient.

### 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.

### Select warning signs and symptoms of an eating disorder

- Preoccupation with weight, calories, and dieting
- Extreme concern with body size and shape
- Frequent checking in the mirror for perceived flaws in appearance
- Extreme mood swings
- Withdrawal from usual friends and activities
- Appears uncomfortable eating around others

### 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

### How to access care

**Referrals: Call the Behavioral Health Resources Center at 973-6048, Fax: 207-973-6128**

**Questions about the program: Contact Sara Porter at [reporter2@northernlight.org](mailto:reporter2@northernlight.org)**