

Eating Disorders and Weight Challenges Resources Referral Manual



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**** The listings in this community referral resource manual are for reference only, and are not intended to be an endorsement, nor offer or replace medical advice.**

GROUP SUPPORT

COMPULSIVE EATERS ANONYMOUS: BIG ISLAND AND KAUAI

Big Island Contact: Margaret

Phone: 808-325-1975

Kauai Contact: Laurie

Phone: 808-271-2594

Various Meeting Date/Time

Website: <http://www.ceahow.org/>

Email: gso@ceahow.org

Description: CEA-HOW is a Fellowship of men and women who meet to share their experience, strength, and hope with one another in order that they may solve their common problem and help those who still suffer to recover from compulsive eating. HOW meetings offer a disciplined and structured approach to the compulsive eater who accepts the 12 Steps and 12 Traditions as a program of recovery.

Eligibility: Individuals with the desire to stop eating compulsively.

Fees: Free



fa : FOOD ADDICTS *in recovery anonymous*

FOOD ADDICTS IN RECOVERY ANONYMOUS: OAHU

99-900 Iwaena Street

Aiea, HI 96701

Web & Directory Contact 1: Rena L. *various meeting dates and location*

Phone: 781-475-9637

Website: <http://foodaddicts.org>

Email: fa@foodaddicts.org

Description: Food Addicts in Recovery Anonymous is an international fellowship of men and women who have experienced difficulties in life as a result of the way we used to eat. We joined FA because we were obsessed with food. We find that we need this program of recovery and the fellowship of others who share our problem in order to stop abusing food and begin living fulfilling lives. Through shared experience and mutual support, we help each other to recover from the disease of food addiction. Our program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. We make use of AA principles to gain freedom from addictive eating. There are no dues, fees, or weigh-ins at FA meetings. Membership is open to anyone who wants help with food.

Eligibility: Individuals who cannot control their eating.

Fees: Free



KAISER PERMANENTE®

KAISER PERMANENTE EATING DISORDER SUPPORT GROUP: OAHU

Kaiser Permanente Honolulu Medical Office

1010 Pensacola St.

Honolulu, HI 96814

Held in Conference Room 1BC

Contact: Kristen

Phone: 808-737-3993

Call for more information

Website: <https://healthy.kaiserpermanente.org/health/care/>

Search 'eating disorder' and look for 'eating disorder support group' link

Email: kristenld@hawaii.rr.com

Description: Find support for dealing with eating disorders. Get the listening ear, information, education, and advice you need. Due to the sensitive issues involved and the secrecy that often surrounds these conditions, this meeting is restricted to patients, family members and significant others who are able to maintain the strictest confidentiality. This group is not intended to serve as therapy. Pre-registration is not required.

Leader: Kristen Lindsey-Dudley, RD, MPH is a registered dietitian who has specialized in the treatment of eating disorders for 30 years. Assistant Leaders are recovered patients who are dedicated to educating and helping those suffering from these illnesses and their families.

Eligibility: This program is open to the public.

Fees: No charge for Kaiser Permanente members, No charge for nonmembers.

Upcoming Groups: (subject to change with time so refer to website)

- 08/17/2015
5:00 p.m. to 6:30 p.m.
- 09/21/2015
5:00 p.m. to 6:30 p.m.
- 10/19/2015
5:00 p.m. to 6:30 p.m.
- 11/16/2015
5:00 p.m. to 6:30 p.m.
- 12/21/2015
5:00 p.m. to 6:30 p.m.

OVEREATERS ANONYMOUS: OAHU, KAUAI, MAUI, MOLOKAI

Main Office
1103 9th Ave.
Honolulu, HI 96816

Phone: 808-737-3469

Contacts vary with meeting dates, time, and location.
(<https://www.oa.org/membersgroups/find-a-meeting/>)

Website: www.oa.org
<http://bigisland-recovery.org/oa.html>

<http://www.oar2.org/>

Email: aloha@aloha.oar2.org

Description: Overeaters Anonymous (OA) offers a program of recovery from compulsive overeating, binge eating and other eating disorders using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other Tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

OA is not just about weight loss, weight gain, maintenance, obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet.

OA members differ in many ways, but we are united by our common disease and the solution we have found in the OA program. We practice unity with diversity, and we welcome everyone who wants to stop eating compulsively. Welcome to Overeaters Anonymous. Welcome home.

Eligibility: Everyone who wants to stop eating compulsively.

Fees: Free



HOSPITALIZATION AND TREATMENT



‘AI PONO MAUI RESIDENTIAL EATING DISORDER FACILITY

470 Lilihua Place
Wailuku, Hawaii 96793

Phone: 808-249-9999; toll free: 855-249-9992

Website: www.aiponomaui.com

Email: info@aiponomaui.com

Description: ‘Ai Pono Maui is a residential facility for those needing a higher level of care than out-patient treatment can provide. Here we provide comprehensive treatment to address medical, nutritional, and therapeutic needs. Individual psychotherapy sessions will be two to three times per week and will include treatment for trauma, if necessary. Staff will be available 24/7 to provide individual support when needed. Nutrition therapy will be provided daily and will include individual consultations with our dietitian, nutrition education groups, supervised meal and co-planning. Group sessions will address mind/body health and include CBT and DBT approaches, expressive arts therapy, metaphor therapy, mindfulness, and therapeutic movement.

Eligibility: Individuals who have eating problems needing a higher level of care.

Fees: Covered by insurance and on a sliding scale.

KAHI MOHALA BEHAVIORAL HEALTH: OAHU

91-2301 Fort Weaver Road
Ewa Beach, HI 96706

Phone: 808-671-8511

Hours: 24 hours, 7 days a week

Website: <http://www.kahimohala.org/>

Description: Provides inpatient care for patients experiencing emotional or behavioral problems that interfere with daily functioning in work, family, social and/or school settings. Specifically, treatment of anorexia nervosa, bulimia and other related eating disorders. Program offers assessments and evaluations, individual and group therapy, individually designed nutrition programs, psycho-educational programs, and educational support for individuals and families. Also provides occupational and recreational therapy.

Eligibility: Individuals who have eating problems.

Fees: Vary depending on services provided and insurance plan coverage.



NOVA LUNA CENTER FOR EATING DISORDERS: MAUI

1135 Makawao Avenue, # 340
Makawao, Hawaii 9676

Phone: 808-870-9886

Hours: Call for hours.

Website: <http://www.novalunacenter.com/>

Email: info@novalunacenter.com

Description: Our treatment programs have four basic components: medical, nutritional, psychological and recreational. The Nova Luna process helps women and girls uncover and discover their true selves, learning new tools and experientially practicing using and incorporating those tools into their everyday lives. Each of our programs provides treatment for individuals struggling with anorexia, bulimia, binge eating disorder, and related issues. Supervised meals, group therapy, nutrition education, and body image session are a few of the program components that address the complex psychological issues, while treating physical and dietary needs.

Eligibility: Individuals with eating problems.

Fees: Call for payment options.



THE EXCLUSIVE ADDICTION TREATMENT CENTER: BIG ISLAND

(Secluded and private location)

Phone: 808-775-0200 / 1-888-859-2093

Hours: Call for hours

Website: <http://theexclusivehawaii.com/>

Email: admissions@theexclusivehawaii.com

Description: At The Exclusive, our treatment program is aimed directly at the deepest (and often hidden) causes of eating disorders. Our powerful Core Belief Restructuring (CBR) methodology helps our clients find the unaddressed emotional and psychological conditions that lead to unhealthy eating habits. We recognize your uniqueness and design a customized program around your specific needs. Our team of professionals work together to create the most effective treatment plan and makes ongoing adjustments to accelerate your recovery. With one-on-one, in-depth, personalized therapy sessions you will gain the life skills to overcome compulsive eating.

Eligibility: Individuals who want to learn better eating habits.

Fees: Varied depending on treatment.

OUTPATIENT PROGRAMS



'AI PONO HAWAII: WOMEN & TEENS PROGRAM: OAHU

1188 Bishop Street, Suite 2412
Honolulu, HI 96813

Phone: 808-540-1001

Hours: Call for hours

Website: www.aipono.com

Email: treatment101@aol.com

Description: 'Ai Pono Hawaii is a uniquely structured information and healing center created to provide support, understanding and solutions in a loving and nurturing environment. It is not simply a set of unparalleled programs to address disordered eating – it is a passageway for those seeking to discover their own path to recovery. The 'Ai Pono Women's Program assists women struggling with anorexia, bulimia or compulsive eating as they discover their own pathway to recovery through the nation's first eating disorders intensive outpatient program (EDIOP)

Eligibility: Individuals who have eating problems.

Fees: Covered by insurance and on a sliding scale.

KAHI MOHALA BEHAVIORAL HEALTH SYSTEM ADOLESCENT PARTIAL HOSPITALIZATION SERVICES OAHU

91-2301 Old Fort Weaver Rd
Ewa Beach, HI 96706

Phone: 808- 671-8511

Hours: 24 hours a day, 7 days a week

Website: <http://www.kahimohala.org/>

Description: Provides partial hospitalization services (day treatment) for those experiencing emotional or behavioral problems that interfere with daily functioning in work, family, social and/or school settings. Specifically, treatment of anorexia nervosa, bulimia and other related eating disorders. Program offers assessments and evaluations, individual and group therapy, individually designed nutrition programs, psycho-educational programs, and educational support for individuals and families. Also provides occupational and recreational therapy.

Eligibility: Individuals with eating disorders.

Fees: Kāhi Mōhala is an authorized provider for most health insurance plans (including HMSA, Kaiser, QUEST and other health insurance plans)



KAPI'OLANI MEDICAL CENTER FOR WOMEN & CHILDREN



An affiliate of Hawaii Pacific Health

100 YEARS of CARING for CHILDREN

KAPIOLANI MEDICAL CENTER FOR WOMEN AND CHILDREN: OAHU, KAUAI CHILDREN'S SPECIALTY CENTER

Service Locations:

Kapiolani Medical Center
1319 Punahou St.
Honolulu, HI 96826

Straub Medical Center
888 S. King St.
Honolulu, HI 96813

Pali Momi Medical Center
98-1079 Moanalua Rd.
Aiea, HI 96701

Wilcox Memorial Hospital
3-3420 Kuhio Hwy.
Lihue, HI 96766

Phone: 808-983-8394

Hours: Monday through Friday 8:00am—4:30 p.m.

Website: www.kapiolani.org

Email: info@kapiolani.org

Description: Kapiolani Children's Specialty Center offers comprehensive medical care for children and young adults with complex medical problems ranging from developmental and behavioral difficulties to neurological disorders. The Center's highly-trained specialty team has extensive expertise in the following:

- Adolescent Health - Management and treatment of teen problems, such as eating disorders, substance abuse, and adjustment difficulties.

Eligibility: Need to be diagnosed by a physician or psychologist as having an eating disorder.

Fees: Vary depending on services provided. All insurance carriers accepted



HAWAII PACIFIC HEALTH

**MCKENNA RECOVERY CENTER HONOLULU PROFESSIONALS PROGRAM:
OAHU**

1314 South King Street
Honolulu, HI 96814

Phone: 808-591-0921

Hours: Monday through Friday 8:30am - 7:00 p.m.

Website: <http://www.mckennarecoverycenter.com/honoluluprofessionals.html>

Email: lanikn@mckennarecoverycenter.com

Description: The Honolulu Professionals Program serves patients with drug or alcohol abuse or dependency. Patients in this program are certified professionals or students on track to these professions, typically: physicians, physician assistants, lawyers, pilots, nurses, flight attendants, professors, law students, and nursing students. The Manager's Recovery Program serves business professionals, education professionals, individuals with advanced degrees, and college students. We believe in treating our clients with dignity and respect. We assign no blame for someone who has developed either an addictive or psychiatric disorder. We teach this philosophy in our treatment programs so that the guilt and shame which accompany addiction is eliminated whenever possible, and patients and their loved ones can focus on recovery

Eligibility: Individuals who have eating problems.

Fees: Must have insurance authorization or ability to pay.



MCKENNA RECOVERY CENTER: KE ALA PONO – BIG ISLAND, KAUAI

Big Island Location

140 Puueo Street

Hilo, HI 96720

Phone: 808-969-7577

Hours:

Monday through Friday 8:30 a.m. - 7:00 p.m.

Website:

<http://www.mckennarecoverycenter.com/hilo>

Email: lanikn@mckennarecoverycenter.com

Kauai Location

4374 Kukui Grove St., Ste. 104

Lihue, HI 96766

Phone: 808-246-0663

Hours:

Monday through Friday 8:30 a.m. - 7:00 p.m.

Website:

<http://www.mckennarecoverycenter.com>

Email: kauai@mckennarecoverycenter.com

Description: Provides drug and alcohol treatment and assessments. Offers education, group therapy, and family night. Provides outpatient, detox for drug abuse, drug dependence program, treatment for relapse, crisis intervention, eating disorder, depression and other mental health issues. Also provides adolescent and adult programs.

Eligibility: Individuals who have eating disorders.

Fees: Must have insurance authorization or ability to pay.

NUTRITIONAL THERAPY CONSULTANTS INC.: OAHU

3615 Harding Ave. Suite 510
Honolulu, HI 968116

Contact: Kristen

Phone: 808-737-3993/808-255-7387

Hours: Call for hours

Website: <http://kristenlindseydudley.com/>

Email: kristenld@hawaii.rr.com

Description: Nutritional Therapy Consultants Inc. aims to help individuals find health and wellness through nourishing the body and mind. Whether you're struggling with an eating disorder or want to learn more about the connection between proper nutrition and overall health, NTC is able to provide you with the support and education you need.

Eligibility: Those who struggle with an eating disorder

Fees: Based on health insurance plan



THE QUEEN'S MEDICAL CENTER DAY-TREATMENT SERVICES: OAHU

Kaheihemaile Building
1374 Nuuanu Avenue
Honolulu, HI 96817

Phone: Screening Line 808-691-4157

Front Desk 808-691-4351

Fax 808-691-4574

Hours: Open 24 hours a day, 7 days a week

Website: www.queensmedicalcenter.org

Description: Queen's Day Treatment Services (DTS) is recognized as one of Hawaii's most comprehensive adult outpatient treatment programs targeting mental health and substance abuse addictions. Its primary goal is to deliver services that are recovery-centered and geared toward fostering an individual's ability to live, work, learn and function in their community roles. Day Treatment Services utilizes interventions that are evidence-based, encompassing curriculum within a supportive setting in order to provide the individual with the best opportunity for successful recovery.

- Community Transition Program
- Intensive Outpatient Program
- Life Enhancement Program

Eligibility: 18 and older, pending intake and diagnosis

Fees: Varies based on insurance plan coverage



PRIVATE PRACTICE AND NUTRITION THERAPY

ANITA JOHNSON, PH.D.

1188 Bishop St. Suite 2412
Honolulu, HI 96813

Phone: 808-262-0398

Hours: contact for hours

Website: <http://dranitajohnston.com/>
www.LightOfTheMoonCafe.com

Email: DrAJ1@aol.com

Description: Dr. Johnston uses metaphor and storytelling in conjunction with her training as a clinical psychologist, to explain the complex issues that underlie disordered eating behavior, In addition to her private practice that specializes in women's issues, she is a recognized international workshop presenter, lecturing widely to professional organizations, universities, medical institutions, and the community at large. Dr. Johnston uses metaphor and storytelling in conjunction with her training as a clinical psychologist, to explain the complex issues that underlie disordered eating behavior, In addition to her private practice that specializes in women's issues, she is a recognized international workshop presenter, lecturing widely to professional organizations, universities, medical institutions, and the community at large.

Eligibility: To individuals suffering with an eating disorder

Fees: Based on insurance coverage

ANOREXIA BULIMIA CENTER HAWAII: OAHU

1188 Bishop St. Suite 2412
Honolulu, HI 96813

Phone: 808-540-1001

Hours: email for hours and info

Website: <http://www.aipono.com/abc-overview>

Email: treatment101@aol.com

Description: Prior to the 1980s, women and teens who struggled with food, fat and dieting issues, or more serious eating disorders, had few choices for treatment in the islands. The Anorexia and Bulimia Center of Hawaii (ABC) was co-founded by Dr. Anita Johnson in 1982. ABC became an information resource center as well as a treatment center designed for women and teens. The Center's staff consists of a variety of professionals working together to provide individualized treatment for eating disorders.

They can re-envision a new body image and create new relationships with food and their bodies, in essence, becoming more aware, balanced and whole. ABC offers individual therapy, group therapy, psycho-educational workshops, and public speaking.

Eligibility: To individuals suffering with an eating disorder

Fees: Treatment coverage is available through HMSA and other insurance carriers, as well as on a sliding scale.



BETH CROWLEY, MFT

1188 Bishop St. Suite 2412
Honolulu, HI 96813

Phone: 808-277-2273

Hours: Call for hours

Website: <http://www.aipono.com/abc-staff>

Email: bethanycrowley@yahoo.com

Description: Beth Crowley is licensed marriage and family therapist. Currently, Beth is in private practice and has been facilitating groups for Ai Pono since 2006. Working with eating disorders for over 10 years, Beth's experience includes working with families, individuals, and groups. She has experience both inpatient and outpatient levels of care. Beth Crowley integrates family systems, psychodynamic and cognitive behavioral therapy approaches in her work. Certified in EMDR, Beth utilizes EMDR in treating clients when appropriate. Beth is currently working on her doctorate in clinical psychology with an emphasis in depth psychology..

Eligibility: To individuals suffering with an eating disorder

Fees: Treatment coverage is available through insurance carriers, as well as on a sliding scale.



CHAMINADE UNIVERSITY OF HONOLULU

Henry Hall, Rm 109
3140 Waiālae Ave.
Honolulu, HI 96816-1578

Phone: 808-735-4718

Hours: Call for hours

Website: www.chaminade.edu

Description: The Student Supports Services office offers support and resources to those students needing help with healthy eating habits, nutrition and help to those suffering from eating disorders like anorexia, bulimia, food addiction, obesity, etc. There are certain classes for educational and informative purposes throughout the year so stop by the office located on Henry Hall or call for more information.

Eligibility: Open to all Chaminade University students and staff

Fees: Free



**Chaminade
University**

OF HONOLULU

DARYL ANN SMITH-OSWALD, RD, LD, LLC

40 Aulike St. Suite 410
Kailua, HI 96734

Phone: 808-255-4810

Hours: Call/Text for hours.

Website: <http://www.darylanne.com/>

Description: Individual Therapy/Private Practice, Nutritional Counseling, Inpatient, Coaching, Family Therapy, Group Therapy, Support Groups, Phone Counseling. Ms. Smith-Oswald treats Anorexia and Bulimia; males and females, children, adolescents, and adults. She also works with Athletes and Compulsive Exercisers, Food Addiction, Binge Eating Disorder, Obesity, Laxative Abuse, Pica, Compulsive Overeating and Night Eating Syndrome.

Eligibility: Individuals wanting to enhance their life.

Fees: Not covered by all insurances. Call for payment option



HAWAII CENTER
for **PSYCHOLOGY**

HAWAII CENTER FOR PSYCHOLOGY

Bishop Square's American Savings Bank Tower
1001 Bishop St. Suite 925
Honolulu, HI 96813

Phone: 808-538-7793

Hours:

Monday through Friday: 7:00 a.m. to 6:00 p.m.

Saturday: 9:00 a.m. to 2:00 p.m.

Sunday: Closed

Website: <http://www.hawaiicenterforpsychology.com/>

Description: The Hawaii Center for Psychology is a private center dedicated to providing the highest quality of care. Our doctors have been chosen for their clinical competence, caring attitude, and passion for creating meaningful changes in our clients' lives. It is our overall goal to enhance the quality of life for individuals, couples and families. We believe that all people are valuable and unique and should be treated with dignity and respect. (Areas of focus include eating disorders)

Eligibility: Individuals who have eating disorders.

Fees: Insurance coverage/co-pay Call for payment options

JEN DRAPER, M.A., R.D., L.D.

Able to meet a various places

Phone: 808-280-2969

Hours: Call for hours

Website: <http://jd-nutrition.com/>

Email: JenDraperNutrition@gmail.com

Description: Jen Draper, MA, RD, LD, is a Registered Dietitian passionate about helping people discover how living in balance feels. She practices and promotes a non-diet approach and encourages mindful eating...working with weight management, sports nutrition, athletes recovering from injuries, and both adults and adolescents in recovery for drug and alcohol addiction.

Eligibility: Individuals who have disordered eating.

Fees: Initial Nutrition assessment: \$95.00 (90 minutes)

Follow-Up Nutrition Session: \$75.00 (50 minutes)

Payment is due at the time of service, unless other arrangements have been made. Payment options: cash, local checks, and all major credit cards. Pre-paid quantity discounts and sliding scale available upon request. Your insurance may or may not cover nutrition services. When applicable, Jen will provide documentation for you to file a claim for reimbursement.



WEIGHT, WELLNESS, AND NUTRITION EDUCATION

'AI PONO HAWAII: BODY BALANCE PROGRAM: OAHU

1188 Bishop Street, Suite 2412
Honolulu, HI 96813

Phone: 808-540-1001

Hours: Not limited

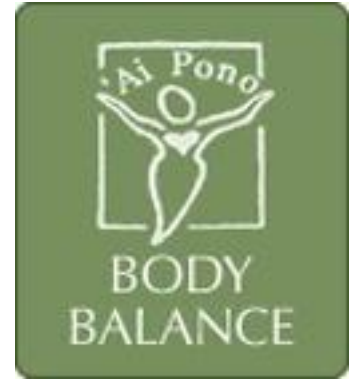
Website: www.aipono.com

Email: treatment101@aol.com

Description: The Ai' Pono Body Balance Program is not a weight loss program, although many experience weight loss while participating in the program. Rather, it is a program designed to give participants an opportunity to discover, explore, and resolve the psychological and behavioral factors underlying their chronic disordered eating. Some of the participants in the program have been considering gastric bypass (weight loss) surgery and are seeking to resolve their eating disorders as part of a comprehensive approach to their weight problems. Some have undergone weight loss surgery, found themselves slipping back into destructive eating patterns, and are seeking help. Others have just gotten fed up with years of yo-yo dieting, binge eating, and loss of self-esteem. The focus of the program is on the nutritional, emotional and social factors that contribute to problems with eating and weight and the development of healthy psychological, behavioral, and lifestyle skills.

Eligibility: Individuals who have eating problems.

Fees: Covered by insurance and on a sliding scale.



ALOHA HEALING CENTER (ALOHA HEALING WOMEN): BIG ISLAND

P.O. 2027
Pahoa, HI 96778

Phone: 808-936-6067

Hours: Varied

Website: www.healthretreats.info

Email: kealanoel@yahoo.com

Description: Aloha Healing Center offers all-inclusive holistic healing retreats for women for abuse, eating disorders, grief, emotional balance and spiritual awakening. We also are now offering spiritual and holistic week and weekend experiences and training open to the public.

Eligibility: Individuals seeking a holistic healing to their eating disorders.

Fees: Retreats and workshop prices range. All major credit cards accepted.



DIET MD HAWAII: OAHU

Physicians Office Building II (POB II)
1329 Lusitana St. Suite 805
Honolulu, HI 96813

Thursdays only

Mary Savio Medical Plaza (formerly known as Newton Square)
98-1247 Kaahumanu Street, Suite 122
Aiea, HI 96701

Phone: 808-551-4348

Hours: Call for hours

Website: <http://dietmdhawaii.com/>

Email: info@dietmdhawaii.com



Description: The dietMD Hawaii weight loss clinic offers a medical weight loss diet plan administered by Doctor Bruce Katsura. This fast weight loss diet plan combines a prescription-only appetite suppressant (such as Adipex – phentermine), with a low-calorie diet of real, healthy food...Your initial consultation is free! Please note: we never give out stand-alone prescriptions for appetite suppressants. We believe they are safely used in conjunction with a comprehensive weight loss program including ongoing medical supervision.

Eligibility: Based on consultation and intake with Dr. Katsura

Fees: Sliding scale payment plans as most insurance do not cover

HAWAII ISLAND RECOVERY: BIG ISLAND

75-170 Hualalai Rd. Suite C311
Kailua-Kona, HI 96740

Phone: 866-390-5070

Hours: Call for hours

Website: <http://www.hawaiianrecovery.com/>

Email: info@hawaiianrecovery.com



Description: Natural Therapy—Swimming with Wild Dolphins; Equine and Holistic Therapies: Addiction is a complex condition that affects all aspects of a person’s life. Left untreated, addiction is a chronic, debilitating and often life-threatening disorder that diminishes one’s health, happiness and capacity to live a productive and fulfilling life. Hawaii Island Recovery approaches addiction as an affliction affecting body, mind and spirit. To support a full and enduring recovery, all manifestations of an addiction require attention to ensure a lasting return to wellness. Our experiential and holistic therapies are designed to inspire, stretch, soothe and restore you to a natural state of wellbeing.

Eligibility: Based on confidential assessment

Fees: Based on insurance coverage

HAWAII NATUROPATHIC RETREAT: BIG ISLAND

239 Haili St.

Hilo, Hawaii 96720

Phone: 808-933-4400

808-280-2537 (cell)

808-443-0313 (fax)

Hours: 8:00 a.m. – 5:00 p.m.

Website: <http://www.hawaiinaturopathicretreat.com/>

Email: contact2013@hawaiinaturopathicretreat.com

Description: Hawaii Naturopathic Retreat specializes in mind-body-spirit and holistic medicine. We treat residential patients as well as outpatients. We offer medically supervised programs, detoxification, natural drug rehabilitation, wellness programs and healthy vacations. The programs focus on biochemical, mental and emotional detoxification, using natural methods such as raw food diet, juicing, juice fasting, water fasting, exercise, infrared sauna, hydrotherapy, enemas, colon hydrotherapy, counseling, psychotherapy and meditation. Physical, emotional and spiritual balance is restored and the immune system is strengthened with the most advanced, holistic, research-based alternative medicines, such as nutritional IV therapy. We provide a nurturing environment and tools to restore a long, happy, and responsible life.

Eligibility: Start with Assessment and Program Reservation if you are coming for a Medical Program. Or, simply call to check availability for Healthy Vacations and Wellness Detox.

Fees: Based on program, treatment care, and insurance coverage, if any.



KAISER PERMANENTE HEALTHY RESOURCES—INSPIRATION AND TOOLS TO HELP YOU LIVE WELL: OAHU, MAUI, BIG ISLAND

Contact the Oahu Prevention & Health Education Department to purchase any of the following resources. Items will be mailed at no additional cost.

Phone: 808-432-2260 to order/purchase

Website: healthy.kaiserpermanente.org

Description: Health and wellness stores and products.

- **Cultivating Health® Kits:** Are you ready for a change? Or are you wondering what you could do to get ready? A Cultivating Health Kit can help.
- **Weight Management Kit (\$13):** Are you tired of frustrating diet plans that don't work? Learn about ways to make healthier food and activity choices - and how to identify and overcome barriers that get in your way.
- **Chair Dancing DVD (\$6):** Imagine getting an aerobic workout without leaving your chair! "Chair Dancing" encourages health and fitness for active people or those whose physical condition, restricted mobility, or age limits their participation in conventional forms of exercise. See how fun exercise can be.

Eligibility: Open to the public

Fees: Fee required. Please call for more information



KAPIOLANI MEDICAL CENTER FOR WOMEN AND CHILDREN: OAHU, KAUAI CHILDREN'S SPECIALTY CENTER

Service Locations: Kapiolani, Pali Momi, Straub, and Wilcox

Phone: 808-983-8394

Hours: Monday through Friday 8:00am—4:30 p.m.

Website: www.kapiolani.org

Email: info@kapiolani.org

Description: Kapiolani Children's Specialty Center offers comprehensive medical care for children and young adults with complex medical problems ranging from developmental and behavioral difficulties to neurological disorders. The Center's highly-trained specialty team has extensive expertise in the following:

- **Weight Management-** A comprehensive approach to adolescent weight management.

Eligibility: Need to be diagnosed by a physician or psychologist as having an eating disorder.

Fees: Vary depending on services provided. All insurance carriers accepted

PACIFIC CANCER FOUNDATION NUTRITIONAL SUPPORT

95 Mahalani St. Suite 8
Wailukum, HI 96793

Phone: 808-242-7661

808-866-8142 (Sally)

Hours: Monday – Friday: 8:00 a.m. – 5:00 p.m.

Website: <http://www.pacificcancerfoundation.org/nutritional-support/>

Email: info@pacificcancerfoundation.org
sally@pacificcancerfoundation.org

Description: Sally Pechstein is a Registered Dietitian Nutritionist, who comes to PCF with 15 years of experience as a Nutrition Counselor, 8 years in an outpatient clinical care setting and 10 years in private practice. She offers her clients compassionate guidance and information when navigating health challenges that impact and/or are affected by their nutritional choices. Sally has a deeply held belief in the holistic nature of health and healing, and advocates a blend of conventional medical nutrition therapy and a complementary/ alternative approach to wellness.

Eligibility: Doctor referral/prescription required

Fees: Donations encouraged



QUEEN'S COMPREHENSIVE WEIGHT MANAGEMENT: OAHU, BIG ISLAND.

Physicians Office Building I (POB I)
1380 Lusitana St. 3rd Floor
Honolulu, HI 96813

Phone: 808-691-7546

Hours: Call for hours

Website: <http://queensmedicalcenter.org/weightloss/>

Email: cwmp@queens.org

Description: The Queen's Comprehensive Weight Management Program (CWMP) is a specialty weight loss program that was established in 2004 in response to the increasing incidence of obesity and Type II diabetes mellitus in the State of Hawai'i. The Queen's CWMP offers two approaches to achieve weight loss and long-term weight management: a Surgical Weight Loss Program and a non-surgical Medical Weight Loss Program. Support and constant application of weight loss intervention tools are the keys in our long-term weight maintenance program.

Losing weight is great, but teaching patients how to keep it off is our focus. By seeing patients at least monthly during the initial weight loss phase, we establish a safe therapeutic bond which fosters long-term follow-up. Queen's is proud to offer you both surgical and medical weight loss options. Our multidisciplinary team of professionals is dedicated to collaborating with you to help you reach your weight loss goals

Eligibility: Physician Referral

Fees: Based on insurance coverage



NUTRITION EDUCATION FOR WELLNESS

Hours: *Varies based on class/project/program*

Website: <http://www.ctahr.hawaii.edu/new/index.html>

Description: There is a link between nutrition, physical activity, and the well-being of individuals and families. Historically established is the link between nutrition, a fundamental physical building block of human beings, and the well-being of our country. Food assistance programs have been based on these links. NUTRITION EDUCATION FOR WELLNESS (NEW) is a statewide "umbrella concept" program that facilitates consumer foods and nutrition education.

Eligibility: Open to public

Fees: Free



ASSOCIATIONS, HOTLINES, AND ORGANIZATIONS

THE ACADEMY FOR EATING DISORDERS

12100 Sunset Hills Road
Suite 130
Reston, VA 20190 USA

Phone: 703-234-4079

Website: <http://www.aedweb.org/>

Email: info@aedweb.org

Description:

AED VISION

Global access to knowledge, research and best treatment practice for eating disorders.

AED MISSION

The Academy for Eating Disorders is a global professional association committed to leadership in eating disorders research, education, treatment, and prevention.

AED STRATEGIC GOALS

- To generate knowledge and integrate collective expertise about eating disorders
- To provide platforms for the promotion of understanding, sharing of knowledge, and research-practice integration in the field of eating disorders
- To build capacity in the next generation of eating disorders professionals
- To foster innovation and best practice by recognizing excellence in the field of eating disorders



The Alliance for Eating Disorders Awareness

help. support. recovery.

THE ALLIANCE FOR EATING DISORDERS AWARENESS

1649 Forum Place #2
West Palm Beach, FL 33401

Phone: 866-662-1235, 561-841-0900

Website: <http://www.allianceforeatingdisorders.com>

Email: info@allianceforeatingdisorders.com

Description: The Alliance for Eating Disorders Awareness ("The Alliance") is nonprofit organization dedicated to providing programs and activities aimed at outreach, education, and early intervention for all eating disorders. Founded in October 2000, The Alliance has worked tirelessly to raise awareness, eliminate stigma, promote access to care and support for those susceptible to, currently struggling with, and recovered from eating disorders. The Alliance creates a bridge for those needing and seeking help by connecting people with resources and information to assist them in their recovery.



AMERICAN DIABETES ASSOCIATION

Hawaii Chapter
Pioneer Plaza, 900 Fort Street Mall
Suite 940
Honolulu, Hawaii 96813

Phone: 808-947-5979
Fax: 808-546-7502
Website: <http://www.diabetes.org/>
Email: ADAHawaii@diabetes.org

Description: Eating well-balanced meals is an essential part of taking better care of yourself and managing diabetes. So is regular physical activity, which is especially important for people with diabetes and those at risk for diabetes. Balancing what you eat and your physical activity are key to managing diabetes. Before you decide on your weight loss goals or a weight loss plan, it will help to take a look at your current health, habits, and surroundings.

ANOREXICS AND BULIMICS ANONYMOUS

Main P.O. Box 125
Edmonton, AB
T5J 2G9, Canada

Phone: 780-318-6355
Website: <http://aba12steps.org/>
Email: gsaoffice@aba12steps.org

Description: ABA uses the Twelve-Step Program adapted from Alcoholics Anonymous to address the mental, emotional, and spiritual components of the disorders of anorexia and bulimia. Many people who identify compulsive overeating as the primary component of their eating disorder have been able to relate to our program and have found recovery through it. They are welcome to participate in our Fellowship. By following the Twelve Steps we have come to a deep level of freedom from our deadly obsessions with body weight and shape and with food, obsessions that once dominated our minds and dictated the course of our lives. We learn in ABA that our eating disorders are a form of addiction, that the key to recovery is to find sobriety in our eating and exercise patterns, and that none of us can do that alone.

Eligibility: The only requirement for membership is a desire to stop unhealthy eating practices
Fees: There are no dues or fees for ABA membership; we are self-supporting through our own contributions.



AMERICAN HEART ASSOCIATION

Hawaii (mailing address only):
677 Ala Moana Blvd., Suite 600
Honolulu, HI 96813

Phone: 808-961-2825
Website: <http://www.heart.org/>

Description: The American Heart Association is working to help kids, families and communities live heart-healthy lives. Use this Healthy Living information to help you get active and stay active, for life: Nutrition Center, Stress Management, Physical Activity, Healthier Kids, Weight Management, Quit Smoking, and Workplace Wellness. We're building healthier lives where you live and work - in the community, health care, education and research.

BINGE EATING DISORDER ASSOCIATION

Binge Eating Disorder Association (BEDA)
637 Emerson Place
Severna Park, MD 21146



Phone: 855-855-2332

Fax: 410-741-3037

Website: <http://bedaonline.com/>

Description: The Binge Eating Disorder Association (BEDA) is the national organization focused on providing leadership in the recognition, prevention, and treatment of Binge Eating Disorder (BED). BEDA is committed to helping those affected by BED through exploration and support of best practices in treatment and recovery that honor the individual's needs and circumstances. *BEDA promotes excellence in care* for those who live with, and those who treat, binge eating disorder and its associated conditions. BEDA is committed to promoting cultural acceptance of, and respect for, the natural diversity of sizes, as well as promoting a goal of improved health, which may or may not include weight change.

BEDA's Vision

Create a community where people have access to resources to help them overcome binge eating disorder and its associated conditions in order to live healthy, productive lives free from weight stigma.

Eligibility: Individuals who want to raise awareness, want more information, or struggle with binge eating.

Fees: Yearly membership fees. Donations are encouraged.

THE CENTER FOR MINDFUL EATING

P.O. Box 88
West Nottingham, N.H. 03291

Phone: 603-664-3444

Website: <http://www.thecenterformindfuleating.org/>

Email: info@tcme.org

Description: The purpose of The Center for Mindful Eating is to help professionals, institutions and the general public implements the principles and practices of mindful eating.

Our Vision

To be an effective, accessible vehicle for training professionals in the principles and practices of mindful eating and to foster wisdom, mindfulness and ethical action in education, policy, research and healthcare, pertaining to food and eating.

Our Mission

The mission of The Center for Mindful Eating, also known as TCME, is to help people achieve a balanced, respectful, healthy and joyful relationship with food and eating. By providing an easily accessible source of information and opportunities to interact via the web and in other ways, we seek to train and encourage professionals who can then foster this capacity in others.

Eligibility: Individuals who want to help people achieve a balanced, respectful, healthy and joyful relationship with food and eating.

Fees: Membership dues, Donations, Webinar training.

EATING DISORDERS ANONYMOUS

EDA, Inc.

P.O. Box 55876

Phoenix, AZ 85078-5876

Website: <http://www.eatingdisordersanonymous.org/>

Email: info@eatingdisordersanonymous.org

Description: Eating Disorders Anonymous (EDA) is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders. In EDA, we help one another identify and claim milestones of recovery. Our primary purpose is to recover from our eating disorders and to carry this message of recovery to others with eating disorders. In EDA, we try to focus on the solution, not the problem. Solutions have to do with recognizing life choices and making them responsibly. Diets and weight management techniques do not solve our thinking problems. EDA endorses sound nutrition and discourages any form of rigidity around food. **Balance – not abstinence – is our goal.** In EDA, recovery means living without obsessing on food, weight and body image. In our eating disorders, we sometimes felt like helpless victims. Recovery means gaining or regaining the power to see our options, to make careful choices in our lives. Recovery means rebuilding trust with ourselves, a gradual process that requires much motivation and support. As we learn and practice careful self-honesty, self-care and self-expression, we gain authenticity, perspective, peace and empowerment.

Eligibility: The only requirement for membership is a desire to recover from an eating disorder.

Fees: There are no dues or fees for EDA membership. We are self-supporting through our own contributions.

THE EATING DISORDER FOUNDATION

1901 East 20th Avenue

Denver, Colorado 80205

Phone: 303-322-3373

Fax: 303-322-3364

Website: <http://eatingdisorderfoundation.org/>

Email: [info@eatingdisorderfoundation.org/](mailto:info@eatingdisorderfoundation.org)

Description: The Eating Disorder Foundation is a non-profit organization devoted to helping people with eating disorders, their families and friends to rebuild shattered lives. We also work to increase awareness about a disorder than can ruin and even end lives. Our two-pronged approach centers on a wide-range of free support services and on extensive educational efforts, also provided at no charge to schools and community groups.

Eligibility: The only requirement for membership is a desire to recover from an eating disorder.

Fees: There are no dues or fees for EDA membership. We are self-supporting through our own contributions.

THE EMILY PROGRAM

The Emily Program has locations in the Minneapolis-St. Paul, Duluth, Cleveland, Pittsburgh, Seattle, Lacey, and Spokane.

Phone: 888-364-5977

Website: <http://emilyprogram.com/>

Description: Founded in 1993, The Emily Program has become nationally recognized for our compassionate and personalized approach to eating disorder awareness, treatment, and lifetime recovery. The Emily Program is preferred by over 90% of clients who have received treatment elsewhere prior to coming to The Emily Program. Our approach to treating eating disorders is based on the belief that individuals are unique and that they intuitively seek meaning, value, and creativity in life. Effective treatment requires awareness of the genetic, biological, psychological, social, and cultural impacts on each person. Simply put, we believe that treatment with you in mind can help you get better.

Eligibility: The only requirement is a desire to recover from an eating disorder.

Fees: varies based on insurance.



THE GLOBAL FOUNDATION FOR EATING DISORDERS

7 Riversville Road
Greenwich CT 06831

Phone: 212-475-4700

Website: <http://www.gfed.org/>

Email: info@gfed.org

Description: The Global Foundation for Eating Disorders (GFED) is a consortium of doctors, business leaders, scientists and clinicians who consistently stay on the cutting edge of current and emerging scientific research being conducted in the field, around the world. GFED steps in where the federal government falls short to identify, fund and realize actionable, accountable results from the most promising scientists applying the most innovative advances in neuroscience, genetics and technology for results.

By partnering with GFED you will be taking steps to uncover and disseminate much needed treatments to the millions afflicted by anorexia nervosa, bulimia, binge-eating disorder, as well as eating disorders not otherwise specified.

Eligibility: The only requirement is a desire to recover from an eating disorder.

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

(ANAD)

750 E Diehl Road #127
Naperville, IL 60563

Hours: The helpline operates 9:00 a.m. - 5:00 p.m. Central Time, Monday through Friday.

Phone: 630-577-1333

Helpline: 630-577-1330

Website: <http://www.anad.org/>

Email: anadhelp@anad.org.

Description: The National Association of Anorexia Nervosa and Associated Disorders, Inc. is a non-profit (501 c 3) corporation that seeks to prevent and alleviate the problems of eating disorders, especially including anorexia nervosa, bulimia nervosa and binge eating disorder. ANAD advocates for the development of healthy attitudes, bodies, and behaviors. ANAD promotes eating disorder awareness, prevention and recovery through supporting, educating, and connecting individuals, families and professionals.

Eligibility: Individuals who have or want to learn more about Anorexia and other eating disorders.

Fees: Free



NATIONAL EATING DISORDERS ASSOCIATION

(NEDA)

165 West 46th Street
Suite 402
New York, NY 10036

Hours: The Information and Referral Helpline hours are
9:00 AM - 9:00 p.m. (ET) Mon-Thurs;
9:00 a.m. to 5:00 p.m. (ET) Fri

Phone: 800-931-2237

Fax: 212-575-1650

Website: <http://www.nationaleatingdisorders.org/>

Email: info@NationalEatingDisorders.org

Description: NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care. NEDA envisions a world without eating disorders.

Eligibility: People needing help with eating disorders.

Fees: Free



NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES

Phoenix Indian Medical Center
4212 North 16th Street
Phoenix, AZ 85016



Phone: 301-496-3583

Website: <http://www.niddk.nih.gov/>

Description: The mission of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) is to conduct and support medical research and research training and to disseminate science-based information on diabetes and other endocrine and metabolic diseases; digestive diseases, nutritional disorders, and obesity; and kidney, urologic, and hematologic diseases, to improve people's health and quality of life. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) conduct, supports, and coordinates research on many of the most serious diseases affecting public health. The NIDDK cannot provide medical advice for individuals. The information provided here is informed by NIDDK research, reviewed by doctors, and provided to help you understand more about the diseases and conditions you or your loved ones may face. The NIDDK is part of the National Institutes of Health, the medical research agency of the United States.

OBESITY ACTION COALITION

4511 North Himes Avenue
Suite 250
Tampa Florida 33614

Phone: 800-717-3117

Website: <http://www.obesityaction.org/>

Email: anadhelp@anad.org.

Description: The Obesity Action Coalition (OAC) is a more than 50,000 member-strong 501(c)(3) National non-profit organization dedicated to giving a voice to the individual affected by the disease of obesity and helping individuals along their journey toward better health through education, advocacy and support. Our core focuses are to raise awareness and improve access to the prevention and treatment of obesity, provide evidence-based education on obesity and its treatments, fight to eliminate weight bias and discrimination, elevate the conversation of weight and its impact on health and offer a community of support for the individual affected.

It is the vision of the OAC to support, through education and advocacy, the creation of a society in which:

- All individuals are treated with respect and without discrimination or bias regardless of their size or weight;
- Those affected by the disease of obesity have the right to access safe and effective treatment options; and
- All individuals understand that when it comes to health, Your Weight Matters.

The mission of the OAC is to elevate and empower those affected by obesity through education, advocacy and support.

Eligibility: individuals affected by or interested in making an impact in obesity.

Fees: Free

