

Program for Co-Occurring Diabetes (ED-DMT1) and Eating Disorders at Center for Change

Those who suffer with both an eating disorder and diabetes are faced with many challenges. Balancing dietary needs with eating disorder treatment can be difficult and requires professionals that are specialized in both. Center for Change provides this specialty care and treatment for adolescent girls and adult women who suffer with both of these life threatening illnesses.

At Center for Change, we provide 24 hour, 7 day a week nursing and dietary care. This supports moving patients from unstable blood sugars that are generated by their eating disorder, through the re-feeding process into having managed glucose levels and a healthy weight. In addition to nursing staff, we have physicians and nurse practitioners who evaluate patients frequently and provide medical interventions related to their specific needs. Center for Change has an endocrinology physician who specializes in diabetes and oversees the care of these patients. We also have a Certified Diabetes Educator on staff that performs weekly assessments for each patient with diabetes. The CDE® is also available for consultation with the other medical team members. Collaboration and consultation occurs with outside medical specialists (such as the patient's home endocrinologist, neurologist, nephrologist, etc.) as needed to ensure the best individualized care and treatment are provided for each unique patient.



At the time of admission, a complete assessment is done of the patient's medical condition and past treatment. This includes baseline labs such as HbA1c. Routinely, A1c levels will be checked throughout their treatment stay. This is important for patients to be able to see their progress through the program and recognize how their dietary needs are affecting their body and glucose control. Through our phase program, we allow patients to participate in different levels of monitoring their own blood sugar and administering insulin. This creates a relationship of trust with the medical staff. Opportunities are provided to challenge and change the pattern of manipulating blood sugars and insulin to engage in eating disorder motives and behaviors. With our expertise, we are able to accommodate those patients who utilize insulin pumps or continuous glucose monitoring systems. These devices will be incorporated into their treatment plan based on their history and medical assessment.

The medical and dietary team work closely together to ensure that individual meal plans are created to meet the patient's dietary needs. At the beginning of treatment, the dietary model is quite structured to help stabilize the patient medically, and to give them the greatest opportunity to experience success. As the patient progresses, the dietitian uses an Intuitive Eating approach to help the patient to reclaim pleasure in eating and find a nutritional balance to help manage their diabetes. It is important to move the patient to a place of medical stability and then develop ways to be successful at independently managing their diabetes through the treatment experience. This is critical in preparing patients for discharge.

Center for Change was established in 1994 by a team of medical and psychological experts. Most of the program founders have worked together since 1988. The founders have been treating those suffering with eating disorders and concurrent illnesses for more than 30 years. We offer the most comprehensive medical, dietary, and psychotherapy programs available, with a full continuum of care – from inpatient and residential treatment, to day & evening programs and outpatient services. We focus on healing the whole person – mind, body, spirit, and relationships – to free those suffering from the pain and loneliness that have overcome their lives.

Center for Change is accredited by The Joint Commission and is TRICARE® certified. For more information, or to schedule an assessment, please call 888-224-8250 and ask to speak to our warm and experienced admissions team.



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You Can Have a "Fresh Start." We Can Help.

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Center for Change believes that each patient deserves an opportunity to have a “fresh start” with the treatment of their diabetes. Safety, acceptance of their diabetes diagnosis, and independence are core principles that are addressed and monitored throughout their treatment stay. Each person involved, including endocrinologist, psychiatrist, dietitians, nurse practitioners, therapists, nurses and care tech's is educated, trained, and qualified to aid in the complete care and treatment of each individual patient who is suffering with this combination of Type 1 Diabetes and an eating disorder.

Population Served:

- Adolescent Girls & Adult Women
- Primary Diagnosis - Anorexia Nervosa / Bulimia Nervosa / OSFED / Binge Eating Disorder
- Secondary Diagnosis - Type 1 Diabetes

Treatment Team:

- Board Certified Endocrinologist
- Psychiatrist
- Certified Diabetes Educator, Nurse Practitioner
- Registered Dietitians
- Licensed Masters level or PhD level clinicians specially trained in treating ED-DMT1 and co-occurring issues
- Nurses
- Experiential Therapists (Art Therapy / Music Therapy / Yoga / RIMBA / Recreation Therapy)
- Care Technicians

In addition to the extensive treatment services we provide for eating disorders, the following services are provided for those patients who also present with Type 1 Diabetes:

- Evaluation, consultation and oversight of care by an Endocrinologist
- Initial and ongoing evaluation by an APRN, Certified Diabetes Educator, and RN
- ED-DMT1/Chronic Illness Support & Therapy Group
- Graduating access to self-administered blood glucose monitoring and insulin management
- Ongoing patient & family education and support about ED-DMT1 and co-occurring eating disorders



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