

Eating Disorders Program at Zuckerberg San Francisco General Hospital & Trauma Center

Eating Disorders Program at Zuckerberg San Francisco General Hospital & Trauma Center
1001 Potrero Avenue, Box 0852
Building 5, 6th Floor, Clinic 6B
San Francisco, CA 94110

Phone for questions and appointments: (628) 206-4444

Program Lead: Lindsey D. Bruett, PhD ^[1]

The Eating Disorders Program at Zuckerberg San Francisco General Hospital and Trauma Center provides comprehensive, evidence-based evaluation and treatment for youth with eating disorders and their families. Our program is housed within Child and Adolescent Services (CAS) at Zuckerberg San Francisco General and integrated with the UCSF Eating Disorders Program ^[2], led by Daniel Le Grange, PhD ^[3], one of the developers of family-based treatment (FBT). We work closely with our patients' medical providers, and often collaborate with UCSF Adolescent Medicine to provide comprehensive care.

Who we serve

- Youth up to, and including, age 21
- Typical diagnoses include anorexia nervosa, atypical anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant-restrictive food intake disorder (ARFID), and other specified feeding and eating disorders

What we provide

- Comprehensive evaluation and feedback to families, including treatment recommendations
- Culturally sensitive evidenced-based treatment, including FBT and cognitive behavioral therapy (CBT) depending on presentation
- Management of co-occurring symptoms, such as anxiety, depression, and trauma-related disorders
- Spanish-speaking provider capacity and interpreter service support when appropriate

What families and referring providers can expect

- All youth referred to our service receive a comprehensive evaluation which is approximately four hours in length (typically scheduled over two sessions) and includes

interviews with youth and caregivers, questionnaires, a review of available medical records, and consultation with current providers when appropriate. We assess the presence or absence of any eating disorder symptoms, as well as any co-occurring psychological and behavioral concerns. Feedback regarding relevant diagnoses and treatment recommendations is provided to the family.

- When appropriate following evaluation, evidence-based outpatient treatment (typically 6-9 months in length, initially weekly sessions) is provided in our clinic. Our clinicians collaborate closely with medical providers throughout treatment.
- Close caregiver involvement is expected in all aspects of evaluation and treatment.
- If ongoing treatment for other presenting concerns (e.g., anxiety) is indicated following specialty eating disorder treatment, youth may be referred back to referring provider when mutually agreed upon.
- Youth who require inpatient medical stabilization are able to be managed by our inpatient service at UCSF Benioff Children's Hospital San Francisco, when appropriate.

Education and training

Our faculty and staff provide education and training in eating disorders through formalized training programs (e.g., the UCSF Child and Adolescent Services Multicultural Training Program [4] psychology predoctoral internship) and community outreach and lectures. Contact us to learn more.

Program faculty and staff

- Lindsey D. Bruett, PhD [5]
- Jamie Salas, LMFT [5]
- Jessica Flores, LCSW [5]
- Naomi Friedling, LMFT [6]

Contact Us
Psychiatry Intranet
UCSF Webmail
UCSF Main Site

© 2021 The Regents of the University of California

Source URL (modified on 03/04/2020 - 3:12pm): <https://psychiatry.ucsf.edu/zsfg/cas/eatingdisorders>

Links

- [1] <https://profiles.ucsf.edu/lindsey.bruett>
- [2] <https://eatingdisorders.ucsf.edu>
- [3] <http://profiles.ucsf.edu/daniel.legrange>
- [4] <https://psychiatry.ucsf.edu/zsfg/casmctp>
- [5] <https://psychiatry.ucsf.edu/zsfg/cas/staff>
- [6] <https://directory.ucsf.edu/people/search/id/35630>