

EATING DISORDERS UNIT

National surveys estimate that 20 million women and 10 million men in America will suffer from an eating disorder at some point in their lives.

RWJUH Somerset stands out as **one of only two locations in New Jersey** offering inpatient and outpatient care for patients 14 years and older with anorexia, bulimia, binge, purge and other eating disorders. Each patient entering the Eating Disorders Unit receives a comprehensive psychological assessment and physical evaluation upon admission. The hospital-based setting means medical center specialists are easily accessible.

A multidisciplinary team – psychiatrists, nurses, therapists, social workers, dietitians, occupational therapists, physical therapists and teachers – addresses medical issues and psychosocial concerns in a supportive and structured environment. **The patient's family is an integral part of the team and is included in treatment to help** them understand the root cause of the disorder and how to help in the recovery of their loved one.

The program tailors a scope of services to individual needs, from goal-oriented hospitalization to a continuum of outpatient treatment and support groups for patients and families.

The mission and goal for the expansion and improvement of the unit is to:

- ▶ Create a sensitive, healing environment that is warm, comforting and pleasing in design
- ▶ Create a variety of spaces from active to quiet
- ▶ Maximize natural light and air
- ▶ Create an environment that promotes health and wellness
- ▶ Balance the critical requirements of safety and security
- ▶ Balance the essential sensitivities necessary for integrated project success
- ▶ Support the latest research and evidence based design principles
- ▶ Expand from a **14 bed unit to a 20 bed unit** by moving outpatient programs off the unit to an outpatient setting



*“The team at Robert Wood Johnson University Hospital Somerset’s Eating Disorders Program offered the support that I needed – from in-hospital care to outpatient therapy – **to put me on the path to recovery.**”*

- Cassandra Peterson, patient

*“Eating disorders are not just about food. They are complex medical and behavioral health issues that require team support, sometimes in the **structured environment that only an inpatient program offers.** As one of only two inpatient eating disorders programs in the state, our continued growth and expansion is essential to ensuring that this **specialized level of care** is available for individuals throughout our region in a caring, nurturing and safe environment.”*

- Shilin Pandya, DO, Medical Director, Eating Disorders Unit