NUTRITION SERVICES | THE CLAREMONT COLLEGES SERVICES

The Claremont Colleges Eating Disorder/ Disordered Eating Resources & Referrals

ED-RISE THE CLAREMONT COLLEGES

Providers On Campus

NUTRITION SERVICES
Whitney Tawney, RD, CEDRD

Whitney is a Registered Dietitian specializing in eating disorders, disordered eating, intuitive eating and helping people heal from dieting and diet culture. Her approach is weight neutral, non-diet, body affirming, and trauma informed. Her office is located within Health Education Outreach in the Tranquada Building (330 E 8th St).

Appointments with Whitney

Appointments for Whitney are by **referral only** via Student Health Services (SHS) due to limited availability. To make an appointment with SHS please call 909-621-8222. Let them know you would like an appointment with Whitney. They will then schedule you with SHS providers Nancy Aceves & Cindy Chu. After seeing Cindy or Nancy, if referral is recommended, they will add you to Whitney's schedule. For questions, email Whitney at whitney.tawney@claremont.edu.

STUDENT HEALTH SERVICES PROVIDERS
NANCY ACEVES, FNP-C & CINDY CHU, FNP-BC

Nancy and Cindy are Nurse Practitioners specializing in eating disorders. They are located at Student Health Services. You can make an appointment with them by calling Student Health Services at 909-621-8222.

MCAPS
DANA REYES, PSY.D

Dana is a senior staff psychologist at Monsour Counseling and Psychological Services.

Dana is passionate about working with students of color, trauma, and working with students with disordered eating patterns and/or body image concerns.

To make an appointment with Dana you can contact Monsour Counseling at 909-621-8202.

On Campus Groups/ Workshops

Rise & Thrive Group
Coming soon!

Pomona-Pitzer Athletics Drop-in Hours with Dr. Grant Goodman (grant.goodman@claremont.edu)

On Hold

Can't find what you are looking for? Check out the National Alliance for Eating Disorders Treatment Finder:
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ED-RISE

MCAPS Groups (Spring 2026



On Campus Clothing Closets

QRC Clothing Closet

The Queer Resource Center has a clothing closet that can be accessed during regular operating hours and is a resource for any community member of the seven Claremont Colleges. Feel free to peruse the clothing closet and take what you would like.

We accept gently worn clothing items (shoes, shirts, pants, shorts, dresses, skirts) but do not accept undergarments such as underwear, bras, athletic wear worn without under garments or bathing suits.

Scripps Clothing Closet

Off Campus Clothing Closets

Be The Reason

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CA Clothing Exchange for those recovering from eating disorders. Bring clothing to exchange and go home with new to you clothes! **https://www.instagram.com/_be_the_reason_/**	

On Campus Food Pantries	
Harvey Mudd's Food Pantry HMC's Division of Student Affairs has a 24/7 food pantry located in the ResLife office at Platt. It is available to all HMC students in need and is intended to give students who experience food insecurity access to food at no cost.	**Pitzer's Community Fridge** Location: Pitzer's Grove House The Community Fridge has food and pantry items for anyone in the community who may need it.

Local & Virtual Eating Disorder Therapists*		
Sasha Taylor, LMFT, CEDS 250 W. 1st St., Suite 214 Claremont, CA 91711 Sashataylormft@gmail.com (909) 447-9516 https://www.sashataylorthe rapy.com/	**Nicole Goolsby, LMFT, CEDS** 219 N Indian Hill Blvd Suite 102 Claremont, CA 91711 info@bewellmarriageandfamilytherapy.com (909) 206-4453 https://www.bewellmarriageandfamilythera py.com/	**Sylvia Soto, LMFT** (909) 929-1462 https://sylviasototherapy.com/
Sarah Moss, AMFT Sarahmarie.mft@gmail.com (951) 595-7133	**Allyson Ford, MA, LPCC** Eating Disorder and OCD Therapy Virtual https://www.eatingdisorderocdtherapy.com allysonfordcounseling@gmail.com Allyson's podcast: Body Justice	**Jordan Frailey, LMFT** Rancho Cucamonga, CA 909-295-3045 https://therapywithjordan.com
Sara Truitt, LCSW 270 W. 12th St Claremont, CA 91711 (909) 621-7820	**Bette Ozburn, MFT** 411 North Indian Hill Blvd Claremont CA (909) 392-3731 bozburn@roadrunner.com	**Sarah Jane Thomas** Eating Disorder and OCD Therapy Virtual allysonfordcounseling@gmail.com https://www.eatingdisorderocdtherapy.com/about

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Mary Ortenburger, M.S. MFT 219 N Indian Hill Blvd. Suite 201 Claremont, CA 91711 (562)281-7752 mary.ortenburger@gmail.com www.maryortenburger.com Mary offers therapy & trauma informed yoga classes in the Claremont Village	**Lesli Maul, MSW, LCSW** 110 W Fir St. Suite 3 Brea, CA 92821 (714) 524-0489 lamaul@sbcglobal.net www.leslimaul.us	**Alyssa Taylor, LMFT** Virtual Therapy https://www.alisataylorcounseling.com 909-283-0806
Natalie Brooks 232 Harrison Ave. Ste F Claremont, CA 91711 natalie@bemindwell.com (909) 332-2286	**Lauren Muhlheim, Psy.D., FAED, CEDS-S** https://www.eatingdisordertherapyla.com/about-us/meet-our-team/lauren-muhlheim/ Lauren is one of the very few therapists in LA certified in Family-Based Treatment (FBT) for adolescent eating disorders	**Eating Disorder Therapy LA** Virtual/ telehealth options available (323) 743-1122 https://www.eatingdisordertherapyla.com/ Eating Disorder Therapy LA is a specialized outpatient eating disorder psychotherapy practice in the heart of Los Angeles California. They offer individual psychotherapy for eating disorders primarily, as well as anxiety and depression. <Meet their therapists: https://www.eatingdisordertherapyla.com/about-us/meet-our-team/
BRIDGET WHITLOW M.S., LMFT bridget@bridgetwhitlow.com 415.827.0283 https://www.bridgetwhitlow.com/about Bridget has clinical expertise in the treatment of anxiety, eating disorders, obsessive compulsive disorder, LGBTQ, and self-criticism.	**Jamie Frazier – LMFT** **Pronouns: He / Him / His** 2830 I Street, Suite #305, Sacramento, CA 95816 Phone: (916) 300-4348 Email: sculptpsychotherapy@gmail.com https://genderyouthproviders.com/locations/sacramento/?fbclid=IwAR2FcNYnpfnLwESxqvEKIDDxyC1wBoYaeBr_B3Tv7P8H2Le-gio-ZaOhc Services: Psychotherapy, care management, transition-related support Specialties: Eating disorders, Anxiety Disorders (OCD, GAD, phobias), and Transgender Care	**Dr. Marianne Miller** Virtual Sessions https://www.drmariannemiller.com/ <hello@drmariannemiller.com <858-699-3754 Dr. Miller works compassionately with people with anorexia, bulimia, binge eating disorder, avoidant-restrictive food intake disorder, emotional eating, and general food and body image issues. Her practice is LGBTQIA+ affirming. Binge Eating Disorder Program: https://www.drmariannemiller.com/bingeeating-101-class
Stark Therapy Group **Virtual** https://starktherapygroup.com/ California Therapists specialized in treating eating disorders, anxiety & depression, body image issues, and	**Monarch Rising Therapy and Nutrition Services** Virtual/ in person 26431 Crown Valley Parkway, Ste. 260 Mission Viejo, CA 92691	**AlignED** AlignED Care is Health At Every Size® (HAES) aligned, anti-diet and LGBTQIA+ affirming.

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trauma. They are a HAES aligned, LGBTQIA+ Inclusive, fat positive and anti racist group practice. Located in Southern California, serving San Diego, Orange County, and Los Angeles.	949.346.1672 **www.monarchrisingtherapy.com** **IG:** **https://www.instagram.com/monarchrisingtherapy/**	**Provider: Robyn Caruso, LMFT, CEDS-S (she/her)** 310.494.6241 Robyn@alignedcarecenter.com www.alignedcarecenter.com

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On Campus Programs To Help Make Therapy More Affordable

Pomona College:
https://www.pomona.edu/students/wellnes s

Off Campus Therapy:

- Step 1: For Students who have SHIP (Aetna, OA Elect Choice EPO) fill out the Insurance Referral Form in order to obtain the necessary referral by
  Monsour Counseling Center (909-6218202) this will allow your deductible to be waived.

- Step 2: Pomona will reimburse currently enrolled students up to a maximum of $50 per attended appointment for copayments and co-insurance.

<Reimbursement requests must be submitted with Original/Itemized Receipt. <Receipts for reimbursement must be submitted no later than 30 days from date of your attended therapy appointment.

- Step 3: Cont6act your provider of choice/ schedule apt.
- Step 4: Reimbursement: Email receipts and reimbursement form to Marryann Bishop at DOS.

Scripps College:

- Refer to student portal to apply for financial assistance:
  https://cm.maxient.com/reportingform.php?ScrippsCollege&layout_id =4

- Will cover up to $75 per session (insurance copay or session cost), 8 sessions per academic term
- If the off-campus therapist believes a student would benefit from additional sessions, the provider and student are able to submit a request for additional coverage.

Pitzer College

<Pitzer has on-campus ARC counseling that is free to students. Students need to email stephanie_hannant@pitzer.edu to get setup.

<For specific needs like eating disorders, they can meet with Stephanie to coordinate care.

CMC

- All students recommended to try TimelyCare for free. If students are struggling to find an in-network therapist, please contact Jess Neilson
  Jess.Neilson@ClaremontMcKenna.edu

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	• Mental Health Resources: https://www.cmc.edu/dean-ofstudents/cmc-mental-health-resources#dropins

Local & Virtual Eating Disorder Dietitians*:

Tholia Davila, RDN Virtual sessions https://www.nutritionpeacecounseling.com/ <tholia@nutritionpeacecounseling.com <909-330-4710 Tholia (she/her/ella), is a queer, neurodivergent, mixedchicana (not yet Spanish speaking), Registered Dietitian based in Redlands, California. She specializes in guiding people to have a healthier relationship with food, body, and exercise. She also strives to support social justice, equity, and systemic change.	**Golie Khayef, DrPH, MS, RD, CEDRD** 1 N Indian Hill Blvd, Suite D208, Claremont 91711 (909) 282-2867 Drgolierd.com
As You Are Nutrition Virtual sessions https://www.asyouarenutrition.com/	**Stefanie Boone, RD, CEDRD** 530 Wilshire Blvd Suite 306 Santa Monica 90401 (301)892-6852 www.stefanieboooderd.com Email: steff@stefanieboonerd.com
Amara Grace Riparip www.Balancedhealthrd.com hello@balancedhealthrd.com	**Alyssa Davis** (Athletes & Eating Disorders) 219 N Indian Hill Blvd Suite 102 Claremont, CA 91711 https://alyssadavisrd.com/ P: (909)578-0719 E: asdavisrd@gmail.com
Lauren Anton, MS, RD, CEDRD-S Virtual (323) 369-5940 lauren@laurenantonrd.com <Lauren specializes in eating disorders, athletes and eating disorders, exercise dependence and avoidance,sports nutrition, and helping those who struggle with their weight find peace with their body.	**Vaughn Darst, RD** All Gender Nutrition Virtual sessions vaughn@allgendernutrition.com As a genderqueer transgender nutrition specialist, Vaughn understands the unique challenges facing gender diverse clients in making peace with our bodies, nutrition, and gender identity. Your work shouldn't have to include educating your provider about your gender identity or explaining the reality of living with dysphoria. Your work together will be focused on establishing a healthy relationship to food and your own body. Vaughn aims to support you in your personal goals for recovery, improved body image, and ultimately . . . body liberation.

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Kathleen Meehan MS, RD **Weight Inclusive Nutrition Therapy & Disordered Eating Support.** Virtual. Email: **KathleenMeehanRD@gmail.com** **Web: www.kathleenmeehanrd.com**	**Vickery Wellness** virtual www.vickerywellness.com -Certified Intuitive Eating Counselor & yoga teacher - she works with Reimbursify- clients can file their first 5 claims free through her practice - She is neurodivergent and has an weight inclusive, anti diet approach
BIPOC Providers: **https://docs.google.com/spreadsheets/d/1oo4zMUkDlaZM63nSYqZVlFglj0XC9izfl30ybPtxJsQ/edit#gid=0**	**EDRDPro Provider Search:** **https://edrdpro.com/professional-directory/**

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Physicians

Dr. Craig Endo LaVerne, CA 909-378-8865 https://mypvhc.com/team/craig-endo-md/	**Dr. William Casas** LaVerne, CA 909-378-8865 https://mypvhc.com/team/ illiam-casas-m-d/
Dr. Stephanie Bui UCLA Health 310-208-7777 https://www.uclahealth.org/providers/stephanie-bui	**Linda Schack-** Torrance, CA 310-325-4353 https://www.drschack.com/ Dr. Schack is the Medical Director of Torrance Memorial Medical Center's Medical Stabilization Program for Patients with Eating Disorders.
Leslie Kaplan, MD, CEDS Calabasas Pediatrics Wellness Center 818- 914- 4429 Dr. Kaplan specializes in the medical care of adolescents and young adults with anorexia nervosa, bulimia nervosa, and related disorders. She is one of only a few doctors in the country with a private practice treating those with eating disorders.	**Elaine L. Rosen, MD** UCLA Developmental-Behavioral Pediatrics 310-825-0867
Fat Friendly Docs: https://fatfriendlydocs.com/usa/us_ca.html	**Allison W. Leung, MD** UCLA Health 310-208-7777
Asia Sullivan Beverly Hills Specializes in Eating Disorders, LGBT+ care and diabetes https://www.drvmedical.com/	

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Christopher Welebir	Dr. Christopher Lee
Gynocologist Glendale, CA (818) 247-5845	Gastrointestinal Dr specializing in eating disorders Newport, CA 949-645-6244 https://hoagmedicalgroup.com/physician/christopher-leemd/

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Eating Disorder Programs

Alsana https://www.alsana.com/ (866) 884-6139 Mejken Hernandez: mejken.hernandez@alsana.com <Multiple locations offering both virtual and in person programs <residential treatment, a day treatment/partial hospitalization program (PHP), and an intensive outpatient program (IOP) & free support groups.	**Center for Discovery** www.centerfordiscovery.com (844) 545-1741 <Multiple locations offering both in person and virtual options. <residential treatment, a day treatment/partial hospitalization program (PHP), and an intensive outpatient program (IOP) & free support groups.
Loma Linda Eating Disorder Program Loma Linda, CA 909-787-2182 https://lluh.org/behavioral-health/ourservices/eating-disorder-programs	**Opal** Seattle, WA https://www.opalfoodandbody.com/ 206-926-9087 info@opalfoodandbody.com < Opal is whole-heartedly committed to freeing people from diet culture by offering eating disorder treatment for food, body and exercise concerns. < Opal provides eating disorder treatment in Seattle for adults of all genders ages 18+. We offer partial hospitalization, intensive outpatient and traditional outpatient programming
The Meadows Ranch https://www.meadowsranch.com/ Admissions: 866-329-7713 Wickenburg, AZ About Meadows: Our sprawling 50-acre ranch is a relaxing retreat where you can focus on regaining your health as you gather the tools needed for a successful recovery. Take a look around and you'll see horses, cacti, outdoor patios with sunshades, citrus and pomegranate trees, a pool, and other amenities. Despite the scenic location, this is serious treatment, but we believe healing can happen faster when you're inspired by your surroundings. So there's no "hospital	**UCSD Eating Disorder Program** https://eatingdisorders.ucsd.edu/ San Diego, CA UCSD's treatment programs include three separate clinics: Pediatric, Adolescent, and Adult, offering 10-hour and 6-hour Day Treatment and Intensive Outpatient programs. Staffed with expert physicians and psychologists, the inpatient unit provides medical stabilization of abnormal cardiovascular function and helps those who are severely underweight and require nutritional restoration under expert care. Finally, our one-week intensive family therapy programs for adolescents and adults provide 40 hours of psychoeducation, DBT skills, and family based treatment. Ideal for families who are transitioning between levels of care, or are lacking evidence-based practitioners where they live.

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feel" here at The Meadows Ranch. Our homey, tranquil campus invites you to get back in touch with the person you were before your eating disorder took over and rediscover who you were meant to be.	Admissions Department <Karlee McGlone, LMFT Sr. Manager of Admissions and Outreach kmcglone@health.ucsd.edu (858) 534-8026 <Alyssa Kauffman, MA LPCC #4673 Admissions Clinician for Adult Program a1kauffman@health.ucsd.edu (858) 246-1358 <Andi Drouin, MA, LPCC #2522 Sr. Admissions Clinician for Pediatric and Adolescent Programs aldrouin@health.ucsd.edu (858) 822-5701
UCSD's Eating Disorder/ Athlete Program https://eatingdisorders.ucsd.edu/resources/athleticsresources.html UCSD has a program specific for athletes. They have helped adolescent and adult athletes from around the world to overcome their eating disorders. They work closely with families, coaches, and trainers to help return athletes to their sports. Sarah Archer, MFT Manager of Athlete Program slarcher@ucsd.edu (858) 534-7709 Admissions Department Edintake@ucsd.edu (858) 534-8019	McCallum Place Eating Disorder Centers Victory Program -Specializing in Athletes St. Louis, Missouri https://www.mccallumplace.com/programs-athletes/ (855) 968-3985 McCallum Place is a nationally acclaimed, comprehensive eating disorder treatment center for pre-adolescents, adolescents, adults, and athletes of all genders.
Equip (Virtual) Equip delivers virtual, evidence-based treatment tailored to each patient. Patients are supported by a dedicated team that provides wraparound care, helping them achieve lasting recovery at home. Equip treats children, teens, and adults in all 50 states. Their providers are trained to treat all eating disorder diagnoses, as well as co-occurring conditions like anxiety, depression, and OCD. https://equip.health/ (855) 685-2120	

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Free Eating Disorder Support Groups	
National Alliance For Eating Disorders FREE Support Groups: https://www.allianceforeatingdisorders.com/groups/	
CENTER FOR DISCOVERY GROUPS: https://centerfordiscovery.com/groups/ • Individuals in Recovery • BIPOC individuals in Recovery • Binge Eating Disorder Support Groups • Community Meal Support Group	**ALSANA GROUPS** https://www.alsana.com/programs/online-support group/ • Weekly Online Eating Disorder Support Group
FEDUP COLLECTIVE: Fighting Eating Disorders in Underrepresented Populations: A Trans and Intersex Collective https://fedupcollective.org/resources • Weekly support group for gender diverse folx • Intersex eating disorder support group • Fat trans+ and intersex eating disorder support group • QTBIPOC, trans femme and caregiver groups	**MONTECATINI SUPPORT GROUPS** https://www.montecatinieatingdisorder.com/about/free-support-groups/ OPAL https://www.opalfoodandbody.com/eating-disordersupport-groups/ • Health at Every Size Support Group Eating Disorder Treatment Group

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Other Resources*	
Diabetes & Eating Disorders **Self Care for Diabetes** A size-inclusive online learning program and support group https://www.selfcare4diabetes.com/ **Diabetes Digital** diabetesdigital.co Diabetes Nutrition Counseling from Home Insurance Coverage Options >Coaching/ meal guides >Support Groups/ handouts >Messaging	**PCOS** **Julie Duffy Dillon, RD** **Free PCOS tools/ resources, course, podcast** **https://julieduffydillon.com/pcos/** >PCOS & Vit D: https://juliedillonrd.com/vitamind/ >PCOS & Omega 3: https://juliedillonrd.com/omega3/ **>PCOS & Inositol: https://julieduffydillon.com/inositol/**

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Emetophobia	Recovery Coaches
Eating Disorder Therapy LA Virtual/ telehealth options available (323) 743-1122 https://www.eatingdisordertherapyla.com Article: https://www.eatingdisordertherapyla.com/swallowingchoking-and-vomiting-phobias/ Ken Goodman, LCSW Author of The Emetophobia Manual Virtual Online Office (818) 426-1780 https://www.kengoodmantherapy.com/	**Body Roots Recovery** https://www.bodyrootsrecovery.com/ Hayden Kapalka (he/him) is a white, trans, queer, neurodivergent, certified eating disorder recovery coach & Body Trust® provider in training. As someone who has had lived experience with an eating disorder, he is dedicated to supporting and providing hope to those who are healing. He focuses on somatic healing and roots his work in an antioppressive, harm reduction, gender-affirming, and traumainformed framework. All of his services are offered virtually. **Intuitive Eating and Body Image Coaching** https://starktherapygroup.com/intuitive-eating-bodyrespect-coaching **Artsy Recovery Coach** www.artsyrecoverycoach.com
FED-UP (Fighting Eating Disorders in Underrepresented Populations: A Trans+ & Intersex Collective) <Approved providers & Resources: https://fedupcollective.org/resources	**FBT (Family Based Therapy)** **BRIDGET WHITLOW M.S., LMFT** bridget@bridgetwhitlow.com 415.827.0283 https://www.bridgetwhitlow.com/about **Lauren Muhlheim, Psy.D., FAED, CEDS-S** https://www.eatingdisordertherapyla.com/about-us/meetour-team/lauren-muhlheim/ Lauren is one of the very few therapists in LA certified in Family-Based Treatment (FBT) for adolescent eating disorders. **UCSD Eating Disorder Program** https://eatingdisorders.ucsd.edu/ San Diego, CA Admissions Department <Karlee McGlone, LMFT Sr. Manager of Admissions and Outreach kmcglone@health.ucsd.edu (858) 534-8026

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