

Nova Luna Center

Eating Disorder Programs

Phone: (808) 870-9886 Fax: (808) 878-3315

To: Counselors, Educators, Coaches, and Administrators

From: The Nova Luna Center for Eating Disorder Treatment Programs

Within your school community you are powerful role models and leaders. You watch over and guide your students to achieve their fullest potential and become responsible, healthy adults. Currently, our society is plagued with an epidemic of disordered eating and eating disorders that run the gamut from compulsive overeating/obesity to anorexia and bulimia. Our youth are vulnerable to media messages, peer pressure (to look “thin”), an increasingly stressful society, readily available access to escape (i.e. drugs and alcohol, etc.) and the powerful, confusing messages they receive about themselves and the world they live in.

You occupy a role that allows you to see many of your students’ successes and struggles. In fact, many of you are privy to confidential disclosures by your students about their issues, families, and social life which are intertwined with their academic and athletic aspirations.

At the Nova Luna Center we are aware of the extent of your responsibility to all your students and how important it is to have a supportive community of resources to assist you. We are here to provide information, training, and community counseling resources for the prevention and treatment of eating disorders. This packet provides information for you, as well as handouts to your students that need support and information but will not come forward and disclose their problem. Eating Disorders, although rampant, are secretive illnesses that are often hidden even from persons closest to them.

We are available to work collaboratively with you to address and hopefully alleviate the eating disorder epidemic that so deeply affects our youth and our society.

Take some time to read over these materials. Some are targeted to the student, others can be used to evaluate your own beliefs and values and heighten your awareness about yourself and the role you may inadvertently be playing in contributing to these problems.

Nova Luna Center Eating Disorder Treatment Programs offers Intensive Outpatient Group Counseling, Day Treatment (beginning in February 2006) and residential treatment (beginning January 2007). These programs are covered by HMSA and most other health insurance plans. The Nova Luna Center staff are available for consultation and training as needed for your school or select school personnel. We also provide school based supportive programs.

You can reach us at 870 9886, or visit our website at www.NovaLunaCenter.com after January 2006.

Sincerely,

Michelle A. Villanti, L.C.S.W., B.C.D, C.S.A.C.
Clinical Director, Nova Luna Center
Intensive Outpatient and Day Treatment programs