Adolescent Eating Disorders

Sovereign Health’s Eating Disorder Program in Rancho San Diego, California, offers comprehensive, holistic treatment for adolescent girls struggling with anorexia, bulimia and binge eating disorder.

Our healing community encourages the development of a positive body image and addresses the underlying causes of the individual’s eating disorder. We create hope and foster the development of healthy behaviors and self-esteem.

At Sovereign, young women regain control over their health and re-establish mutually supportive relationships with their loved ones.

Treatment provided for:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder

For more information, please visit www.sovteens.com

24/7 ADMISSIONS HELPLINE
866.518.0408
Adolescent Eating Disorders

Treatment can be complicated, and different treatments are recommended depending on the type and severity of the disorder. At Sovereign, skilled physicians, therapists and dietitians work together to help patients overcome body image issues and underlying mental health issues that are associated with the specific eating disorder.

Patients Served
• Females
• 12 – 17 Years Old

Levels of Care
• Residential Treatment
• Partial Hospitalization
• Intensive Outpatient
• Recovery Management

Meet the Program Director
Carissa Douglas, Psy.D.
Dr. Douglas is the Associate Program Director at Sovereign Health's adolescent treatment facility in San Diego, California. She has more than a decade of experience in child and adolescent mental health, including the development of the Sovereign Health Adolescent Dual Diagnosis Treatment Program.

“Treatment can be complicated, and different treatments are recommended depending on the type and severity of the disorder. At Sovereign, skilled physicians, therapists and dietitians work together to help patients overcome body image issues and underlying mental health issues that are associated with the specific eating disorder.

Patients Served
• Females
• 12 – 17 Years Old

Levels of Care
• Residential Treatment
• Partial Hospitalization
• Intensive Outpatient
• Recovery Management

Meet the Program Director
Carissa Douglas, Psy.D.
Dr. Douglas is the Associate Program Director at Sovereign Health's adolescent treatment facility in San Diego, California. She has more than a decade of experience in child and adolescent mental health, including the development of the Sovereign Health Adolescent Dual Diagnosis Treatment Program.

“’What first struck me about this organization is the amount of passion the staff displays regarding the mission of Sovereign Health. It’s obvious that the administrative and clinical staff all have a shared commitment to helping the patients, and I’m thrilled to be a part of that.”

– Dr. Anthony J. Mele
Chief Clinical Officer

Treatment Modalities
• Individual, Group and Family Therapy
• Cognitive Rehabilitation and Brain Wellness
• Experiential Therapy, Sports and Cultural Enrichment
• Nutrition and Exercise Programs

Multidisciplinary Team
• Child and Adolescent Psychiatrist
• Primary Therapist
• Registered Dietitian
• Case Manager
• Family Therapist
• Clinical Supervisors
• Clinical Concierge

“’Our approach is to focus upon the unique strengths and inherent positive characteristics of every person who we treat. There is often a tendency in treatment to focus upon the deficits but we choose to do things differently and help the child to recognize and celebrate what is right with her.”

– Carissa Douglas, Psy.D.

Most Private Insurance Accepted. Call us today at 866.518.0408 to speak with a treatment specialist, complete a confidential assessment and review financial options.