

RIVERSIDE COUNTY RESOURCES

Emergency Treatment Services (ETS)

951-358-4881

Provides psychiatric emergency services 24/7 for all ages.

Inpatient Treatment Facility

951-358-4700

Provides psychiatric emergency services 24/7 for all ages.

CARES Access and Referral Line

800-499-3008

Provides screening and linkage to county programs 24/7.

Mental Health Helpline

951-686-4357

Helpline for those experiencing crisis and need linkage to Urgent Care or Mobile Crisis Unit.

Mental Health Urgent Care

951-509-2499

Crisis services for immediate counseling, nursing, and psychiatric medication 24/7.

MINDFUL BODY AND RECOVERY PROGRAM

450 E. San Jacinto Ave.

Perris, CA. 92570

Phone: 951-210-1750

Fax: 951-210-1760

ruhealth.org/behavioral-health/mindful-body-and-recovery-program



This document is available in alternative formats upon request.



MINDFUL BODY AND RECOVERY PROGRAM

Compassionate and dedicated care for you and your loved ones.

OUR MISSION

We prioritize wellness, recovery, and resilience. The Mindful Body and Recovery Program is an initiative by RUHS Behavioral Health that aims to establish best practices across the treatment continuum for eating disorders by launching the Eating Disorder Intensive Outpatient and Training Program (ED-IOP). RUHS ED-IOP youth treatment services target those aged 12 to 18. An array of behavioral health services are offered through RUHS to all ages. Call our CARES Access and Referral line at 800-499-3008 to get connected to the right treatment.

The program will serve as a hub for outreach and education for practitioners, community members and families. Our goal is to reduce stigma, increase awareness, link members to appropriate community resources, and provide early intervention for individuals and families struggling with eating disorders.

WHAT ARE EATING DISORDERS?

Eating disorders are serious and potentially life-threatening illnesses that cause people to experience severe disturbances in their eating behaviors in relation to their thoughts and emotions. The most frequently diagnosed eating

disorders include Anorexia Nervosa, Bulimia Nervosa, Binge-Eating Disorder, and Avoidant-Restrictive Food Intake Disorder (ARFID).

TYPES OF EATING DISORDERS

Anorexia

- An inability to sustain a normal healthy weight relative to average weight for age, height and gender.

Bulimia

- Self-induced vomiting after binge-eating to avoid weight gain.

Binge-Eating Disorder (BED)

- The consumption of very large amounts of food in a brief period during which the person feels a loss of control over their eating.

Avoidant-Restrictive Food Intake Disorder (ARFID)

- ARFID is a condition that limits your food intake. It isn't caused by a negative self-image or a desire to change your body weight.



KNOW THE SIGNS

- Dramatic restriction of types or amount of food eaten.
- Lack of appetite or interest in food.
- Anxiety regarding weight, meal time, and social activities or gatherings.
- Dramatic weight loss.
- Denial of hunger.

SUPPORT FOR FAMILIES

F.E.A.S.T.

- Helps to navigate the challenges of loved one's eating disorder.
- <https://feast-ed.org/feast-family-guides/>

The National Eating Disorders Association

- Works to advance research, build community, and raise awareness.
- View their Parent Toolkit: <https://www.nationaleatingdisorders.org/sites/default/files/nedaw18/1.%20ParentToolkit.pdf>

BC Children's Parents Survive to Thrive Guide

- https://keltyeatingdisorders.ca/wp-content/uploads/2016/09/BCMH026_EatingDisorder_FullGuide_v6-Web.pdf