HEALTH CARE Treatment center offers support for teens with eating disorders

By Hannah Kanik hkanik@ bayareanewsgroup.com

The Campbell-based Los Gatos Therapy Center opened the South Bay's first and only residential eating disorder treatment center for teenagers earlier this month after seeing a spike in local cases.

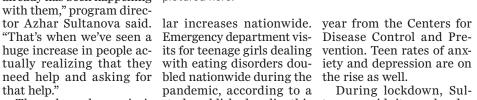
The center, located in San Jose, can accommodate six teens who need extra monitoring and support while they heal from their eating disorders like anorexia, bulimia and binge eating.

Eating disorders "have been an issue for a long time, but I feel like with CO-VID, it was really a catalyst for a lot of kids and adults to get confronted with what already has been happening pictured here. with them," program director Azhar Sultanova said. "That's when we've seen a huge increase in people actually realizing that they that help."

Street repairs

Center for teens with eating disorders, located in San Jose. The center's kitchen is

Community briefs



Disease Control and Pre-

people nowadays, social media plays a big part in the proliferation of eating disorders," said Jared Schriner, outreach coordinator for the Campbell-Resource Center. "It's definitely harmful for young kids seeing all these images of what people see as the ideal body type, like the way that can affect them."

Bay Area eating disorder treatment centers were filling fast and unable to take new clients, which inspired LGTC to meet the demand and develop a residential treatment program.

"Initially, our goal is to prevent people from getting to the point where they need to go to residential," executive director Eugene Tilman said. "Unfortunately, that's not always possible. We would like to be in control of the treatment for the client."

orders can enter outpatient Resource Center online at

"Especially for younger they see a therapist once a week, or intensive outpatient, which is typically three to five days a week for three hours at a time.

If they need more support and structure or their based Eating Disorders vital signs are inconsistent, patients will typically be enrolled in residential treatment centers for round-theclock care, where they receive medical monitoring, medication, therapy sessions and community building.

> Though it's a serious situation, the patient doesn't need to be hospitalized. Patients do not attend school while at the treatment center, but instead are homeschooled.

The National Eating Disorder Association offers a helpline at 800-931-2237, and an online chat service at https://www.nationaleatingdisorders.org/helpsupport/contact-helpline. To find local resources, con-Patients with eating dis- tact the Eating Disorders

lar increases nationwide. year from the Centers for for teens to hide their disor-

with eating disorders dou- iety and depression are on

There have been simi- study published earlier this tanova said, it was harder date therapy and care.

ders and parents picked up on missed meals. The pandemic also pushed school online and made it easier During lockdown, Sul- for families to accommo-

line at openspace.org/BOC.

Basketball Academy

Tryouts begin this weekend for the Los Gatos-Saratoga Recreation Basket-

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The road to better roads continues as the Town of Los Gatos pushes its annual street repair project forward. Crews have already completed rubber chip sealing, which is when they put down a layer

of asphalt and rubber. Today is the final day of the slurry seal application, which smooths out any small imperfections in the roads' surfaces. Crews will finish painting stripes on the newly-resurfaced roads by the end of September.

Residents who live on affected streets have received notice that crews will be doing work, but Los Gatans should be aware of no-parking zones and one way traffic.

Music in the Park

The Los Gatos' Music in the Park summer series wraps up Sunday evening. Zeppelin Live, a traveling Led Zeppelin tribute band, will headline the free concert series with a performance that begins at 5 p.m on the Civic Center Lawn, located at 110 East Main St. The show is open to all ages.

Measure AA funds

Midpeninsula Regional Open Space District, or Midpen, is looking for residents to help oversee the district's use of \$300 million in Measure AA funds. The funding, passed via a general obligation bond in 2014, helps the district carry out its mission of preserving open spaces, maintaining and restoring the environment and providing chances for residents to enjoy local green space.

A citizen oversight committee is charged with keeping track of their application to ensure the funds are used properly. The seven-member committee has three vacancies, which the district is looking to fill. Committee members serve four-year terms. The application deadline is Sept. 5. Applications are available on-

lAcademy.

treatment programs, where edrcsv.org.



ball Academy, open to students entering

3rd-8th grades. There are multiple tryout

