



Sutter Health



Eating Disorders Resource Center

# EDRC's Ask the Experts Presents:

## The Cross-Section Between Substance Use Disorders and Eating Disorders

### Cheryl Damato

Saturday, November 16, 2024

9:30am-11am PST

LMHC, LPC, CASAC, CEDS

While statistics demonstrate a high co-occurrence of eating disorder diagnoses and substance use disorder diagnoses, there are both similarities and differences in the contributing factors to, assessment of, treatment of, and recovery process from substance use disorders and eating disorders. This talk will focus on ways to understand substance use disorders and the integration of treatment for substance use disorders with that for eating disorders.

**Cheryl** is a dedicated and experienced mental health professional specializing in the treatment of eating disorders, substance abuse, trauma, OCD, and family therapy. With a robust career spanning over 15 years, Cheryl has made significant contributions to the mental health field through clinical practice, supervision, and leadership roles. In July 2022, Cheryl joined Within Health, as a Senior Therapist, spearheading the organization's Substance Use Task Force. Drawing on her experience, Cheryl has prioritized the importance of holding space for clients who may have lived experience with substance use disorder to access necessary support while getting eating disorder treatment.

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[JOHN@EDRCSV.ORG](mailto:JOHN@EDRCSV.ORG)  
BY NOVEMBER 13TH



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EVENT

