

SUBSTANCE USE & EATING DISORDERS

One in three people struggling with substance abuse also report disordered eating. Half of all adults with eating disorders meet criteria for substance abuse. When individuals have multiple diagnoses, they often find themselves playing a scary game of *whack-a-mole*, one condition improves just as the other worsens. These individuals spend more time in treatment and less time in the real world - less time developing hobbies, relationships, and identities outside of their disorders. The solution: integrated treatment, treating both disorders simultaneously.

UC San Diego's Eating Disorders Program offers a fully integrated, evidence-based treatment program for individuals struggling with eating disorders **and** co-occurring substance use. Our COD Track is developed to address the needs of these individuals by providing a full psychosocial addiction assessment, individual and group therapy by our dual-trained SUD/ED therapists, individualized treatment plans, toxicology testing, and case management.

CO-OCCURRING DISORDERS (COD) TRACK

- + Physician-led **ambulatory detox** available for alcohol, benzodiazepines, opiates, and stimulants
- + **Full-time medical staff** providing psychotropic and anti-craving medication management
- + On site **urine toxicology (UTOX) screenings and ethyl glucuronide (ETG) testing**
- + **Specialized assessment** upon admission for all patients who may meet criteria for a SUD with follow-up measures to identify progress in long term recovery
- + **Dedicated team** of clinicians for the COD patients with several years of experience in the SUD field
- + **Comprehensive Dialectical Behavior Therapy (DBT)** with specialized skills groups, individual behavior therapy, consultation team, and nights/weekend phone support with the primary therapist
- + **Case management** to link patients to community housing supports, community based meetings and sponsors

SPECIALTY GROUPS

Groups are led by masters' or doctoral level therapists. Specialized COD groups are held daily so that clients can attend the groups that are the best fit for their symptoms and treatment goals.

- + Seeking Safety
- + Cognitive Behavioral Therapy (CBT) for Addiction
- + Dialectical Behavior Therapy (DBT) for co-occurring SUD and eating disorders
- + Recovery Planning
- + DBT skills in Action
- + Psychoeducation for Addiction

UC SAN DIEGO EATING DISORDERS CENTER

Contact us today for a free assessment, to schedule a talk for your clinic or school, and/or to learn more about our services and programs.



eatingdisorders.ucsd.edu



858.534.8019



EDintake@ucsd.edu

EATING DISORDER TREATMENT

Patients on the COD track also partake in our full ED program and receive all components of our world class eating disorders center including:

- + **Full dietary support** with a personal dietitian, meal planning, restaurant outings, cooking classes, and three meals and two snacks prepared fresh daily in our commercial kitchen.
- + **Therapeutic support** including individual therapy, family therapy, couples therapy, and group therapy.
- + **Specialty treatment** for trauma, athletes, suicidality, and anxiety.

OUR TEAM

Our Co-Occurring Disorders track has ten dedicated clinicians. The team members listed below oversee the care of the patients within the Co-Occurring Disorders Track.

Mary Ellen Trunko, MD
Medical Director

An original founder of the UC San Diego Eating Disorders program in 2005, Dr. Trunko has been board certified in both psychiatry and internal medicine and provides comprehensive psychiatric evaluation, medication management, and coordination with other medical services.

Tanya Baker, MSN, PMHNP-BC
Psychiatric Nurse Practitioner

Specializing in addiction medicine, Tanya is a board certified psychiatric Mental Health Nurse Practitioner (PMHNP-BC) with specialized experience in Substance Use Disorders. She works with Dr. Trunko to provide ambulatory detox and medication management for our COD patients.

Gina Bongiorno, LMFT
COD Manager

Gina is the manager of the COD track and uses her expertise in eating and substance use disorders, trauma, and grief with her specialized training in Dialectical Behavior Therapy (DBT) to lead our comprehensive, evidence-based COD track.

Kim Claudat, PhD
Adult Program Manager

Dr. Claudat is a clinical psychologist and program manager for the adult program. She has specialized training in trauma treatment as well as DBT for Substance Use Disorders. Her clinical and research interests focus on the connection between eating disorders and emotion regulation difficulties, as well as treatment development and outcomes.

Danica Torres, RN
Registered Nurse

Danica is a Registered Nurse with experience in acute care, residential, inpatient and partial hospitalization settings for adult and adolescent eating disorder patients. She assists in treating the medical needs of the COD patients, including toxicology screenings and ambulatory care needs.

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