WEST VIRGINIA INTEGRATED BEHAVIORAL HEALTH CONFERENCE

WVU Disordered Eating Center of Charleston

Jessica Luzier, Ph.D.
Assistant Professor, WVU SOM
Licensed Clinical Psychologist
WVU DECC

• Mission
  – Service and Treatment
  – Scholarship and Teaching
  – Advocacy
Service and Treatment

• Inter-professional outpatient care
  – Adults and children
  – Housed in WVU Department of Behavioral Medicine
  – Accept private and public insurance
  – Biweekly DECC Meetings
Service and Treatment

• Psychotherapy
  – CBT, Maudsley / FBT, DBT (both adult and adolescent)
  – Evidence-based treatments and techniques

• Nutritional Rehabilitation
  – Meal plans
  – Food exposures

• Medical Care
  – Monitoring for complications
  – Psychiatry
  – Inpatient medical hospitalization
Scholarship and Teaching

- Evidence-based care
- Monthly Journal Club
- Teaching
  - Medical students
  - Psychology and social work trainees
  - Psychiatry, pediatrics residents
- Research
  - Neuropsychological correlates of eating disorders
  - Social anxiety
  - Contextual factors affecting treatment
Advocacy

• Prevention efforts:
  – Contemporary Youth Arts Company and United Way of Central WV

• Improving Early Identification
  – Workshops for teachers, adolescent health facilitators, Children’s Home Society

• Improving Access to Care
  – WV Eating Disorder Network – Summer of 2013
  – Spring CE Event: April 11, 2014
WV: Areas of Need

• Ability for patients with eating disorders to receive a higher level of service in WV
  – No specialty psychiatric units, PHP, IOP, residential treatments
  – Only some private insurers pay for out-of-state care
WV: Areas of Need

- Improved coverage of ED’s with private and public insurances
  - Copays alone!
  - Travel
  - WVM
WV: Areas of Need

• More providers
  • Trainings in evidence-based treatments
  • Dispersed throughout the state
My wish list

• Nonprofit specific to individuals with ED’s in West Virginia
  – Support groups
  – Fundraising
  – Lobbying for insurance coverage
  – Scholarships for treatment
  – Assistance with transportation
  – Funding for training opportunities throughout the state
  – And much more!
Contact us!

jluzier@hsc.wvu.edu

(304) 388-1000

http://charleston.hsc.wvu.edu/DECC