Mental Health Association of Fauquier County
Promoting and facilitating mental wellness in Fauquier and Rappahannock counties.

An affiliate of
MHA
Mental Health America

EATING DISORDERS

RECOVERY IS POSSIBLE.

The Mental Health Association of Fauquier County provides general information about providers and resources as a service to the community. These listings are not a recommendation, referral, or endorsement of any therapy or provider.

Are we missing a listing?
Contact us at (540) 341-8732 or email ccraddock@mhafc1.org

Find more Resource Guides here:
fauquier-mha.org/resources-to-download/

Amy (Campbell) Columbus, LCSW
psychologytoday.com/us/therapists/amy-campbell-columbus-culpeper-va/308326
Treatment Type: Outpatient therapy
Insurance: Aetna, Anthem, Cigna, United Healthcare, and sliding scale rates
Serves: Children age 6 to 10, Adolescents, Adults
Phone: 434-236-8608
Location: Culpeper

Center For Discovery
centerfordiscovery.com
Treatment Type: IOP, PHP, Inpatient
Insurance: Cigna, Carefirst, Kaiser, Magellan, Optum, Tricare
Serves: Children ages 10+, Adolescents, Adults
Phone: 866-929-4455
Location: Alexandria (outpatient), Fairfax, McLean

Choices Adolescent Outpatient Program Dominion Hospital
hcavirginia.com/locations/choices-adolescent-outpatient-program-chantilly
Treatment Type: IOP, PHP
Insurance: Aetna, Anthem, Blue Cross + Blue Shield, CareFirst, Cigna, Magellan, Medicaid, Medicare, Optima, Optum, TRICARE, United Healthcare, Kaiser, CHAMPUS.
Serves: Adolescents ages 13 to 17
Phone: 703-227-8180 (Chantilly)
703-720-5527 (Falls Church)
Location: Chantilly, Falls Church

Clarity Counseling
claritycounselingva.com
Treatment Type: Outpatient therapy
Insurance: Self-pay, sliding scale, out of network
Serves: Adolescents, Young Adults, Adults
Phone: 571-318-9141
Location: Gainesville

Gainesville Professional Counseling Center
gpccva.com
Treatment Type: Outpatient Therapy
Insurance: Aetna, Anthem PPO and Health Keepers, APS, Blue Cross/Blue Shield PPO, Care First Blue Cross/Blue Shield, Cigna/EverNorth, Great West, Innovation Health, Magellan, PHCS, Tricare/Humana, United
Serves: Children, Adolescents, Families
Phone: 571-261-1921
Location: Gainesville, Virtual

Piedmont Behavioral Services
piedmontbs.com/adolescent-program/
Treatment Type: IOP
Insurance: Blue Cross + Blue Shield, Cigna, Medicaid, Medicare, TRICARE, United Healthcare, Veterans Choice, ChampVA,.
Serves: Children, Adolescents
Phone: 919-297-2930
Location: Lansdowne - all appointments by video

Prosperity Eating Disorders and Wellness
prosperityedwell.com
Treatment Type: PHP, IOP
Insurance: Cigna, Aetna, Anthem, BCBS Federal, Healthkeepers, Optima, & Beacon Health and Tricare and Kaiser. Medicare or Medicaid.
Serves: Adolescents age 10+, Adults
Phone: 800-863-7224 x803
Location: Herndon, Norfolk (adolescent), Virtual

Renfrew Center
renfrewcenter.com/at-home/overview/
Treatment Type: Virtual Day Treatment, Virtual IOP, Virtual Outpatient Groups
Insurance: Aetna, Blue Cross Blue Shield, Cigna, Optum/United Behavioral Health, Humana
Serves: Adolescents, Adults
Phone: 800-RENFREW
Location: Virtual

Rock Recovery
rockrecoveryed.org
Treatment Type: Outpatient individual therapy, support groups, and group therapy.
Insurance: CareFirst and sliding scale discounts
Serves: Adolescents age 14 to 18 and Adults
Phone: 571-225-9906
Location: Arlington and Virtual

Veritas Collaborative
veritascollaborative.com
Treatment Type: Inpatient, Residential, PHP, IOP, Virtual
Insurance: Aetna, Anthem Blue Cross/Blue Shield, Cigna, ComPsych, Humana, Kaiser Permanente, Magellan Health, Medcost, Medicaid, MultiPlan, Healthcare Optum.
Serves: Children, Adolescents, Adults
Phone: 855-875-5812
Location: Virtual

Within Health
withinhealth.com
Treatment Type: IOP, PHP
Insurance: Out of network for all insurances
Serves: Adolescents ages 13+, Adults
Phone: 866-520-3141
Location: Virtual

What is Inpatient, IOP and PHP?

Inpatient is a type of treatment that an individual is hospitalized in a setting designed to help with mood disorders.

IOP stands for intensive outpatient treatment. IOP is intensive but allows individuals to still attend school or work. Individuals attend three evenings per week and the treatment includes behavioral and logic skills, psychoeducation and mindfulness training.

PHP stands for partial hospitalization program. This is a very structured treatment program that is less intensive than inpatient settings, and it is used to mood disorders and substance abuse

Information and Support Resources for Eating Disorders

National Alliance for Eating Disorders
allianceforeatingdisorders.com
A national nonprofit dedicated to outreach, education, early intervention, and advocacy for all eating disorders. Learn more by calling 866-662-1235.

National Association of Anorexia Nervosa & Associated Disorders, Inc
anad.org
Seeks to prevent and alleviate the problems of eating disorders, especially including anorexia nervosa, bulimia nervosa, and binge eating disorder. Help Line: 1-888-375-7767

F.E.A.S.T. Around the Dinner Table Forum
feast-ed.org
Free online meetings for individuals with various eating disorders: anorexia nervosa, ARFID, binge eating disorder, bulimia nervosa, OSFED.

HealthfulChat
healthfulchat.org
Free virtual peer support forum for individuals with eating disorders. Offers chat rooms, forums and social networks.

National Eating Disorders Association
nationaleatingdisorders.org
Nonprofit that supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care. The website includes a search for local in-person and virtual providers.

Morningside Chats in the Living Room
chatsinthelivingroom.com
Free online resource for individuals seeking continued support and education in recovery. Weekly Zoom sessions offer a place to engage with experts, including Saturday morning chats.

Northern Virginia Intergroup of Overeaters Anonymous
oanova.org
Eating disorder support groups that meet on Zoom and also in-person in Warrenton and other locations.