



TREATMENT STAFF

Chelsea Chesen, MD

Supervising Psychiatrist

Audrey Wiener, PhD

Supervising Clinical Psychologist

Mary Legino, PhD

Supervising Clinical Psychologist

Kris Hess-Tevis, LIMHP, NCC, LPC

Chief Operating Officer

Susan Feyen, LICSW

Director, OMNI Clinical Services

Crystal Zabka Belsky, MS, RD, CSSD, LMNT

Director, Eating Disorder Program

Sports Dietitian, Medical Nutrition Therapist

Cathy Andrews, MS, LMHP

Eating Disorder Therapist

Ida-Marie Hebrank, LICSW, LADC

Eating Disorder Therapist

Danielle Garrison, MS, PLMHP

Eating Disorder Therapist

Amy O'Brien, RN

Registered Nurse

Brandi Stalzer, BA

Day Program Specialist

Jenee Perkins, BA

Day Program Specialist

Diane Ingalise, BS

Officer Manager, Medical Receptionist

Additional OMNI Behavioral Health Services:

- Home-Based Therapy
- Foster Care Services
- Intensive Treatment Mobility Services
- Therapeutic Group Homes
- Psychiatric & Psychological Evaluations
- Safety & In-Home Services
- Community Alternatives to Residential
- Individualized Behavioral Health Services

8715 Oak Street
Omaha, NE 68124



Eating
Disorder
Program

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OMNI Behavioral Health is a unique community-based regional treatment center offering comprehensive, multi-disciplinary approaches to providing treatment to people with eating disorders and concurrent psychological & psychiatric diagnoses.

OMNI Behavioral Health is a not-for-profit 501 (c) 3 organization and is JCAHO accredited. All OMNI programs offer treatment that emphasizes the functional aspects of behavior. The focus is on all aspects of the individual and promote the utilization of natural support systems in reaching sustained goals. Our interventions are based on researched and up-to-date approaches to behavioral and emotional wellness.

Whether adult or adolescent, male or female, treatment is available for those who are at risk or are experiencing challenges related to Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, or other disordered eating patterns.

The OMNI treatment team consists of a Licensed Mental Health Therapist, Registered Dietitian, Day Program Treatment Specialists, Registered Nurse, and Psychologist. To promote a holistic approach in addressing the potential associated medical complications, each individual's Primary Care Physician and Psychiatrist are included per the client's discretion. Interventions are directly related to the goals this multi-disciplinary team develops. Services are tailored on an individual basis as needed to include an individual's natural support system including employers, coaches, family members, and friends.

Treatment Process

What is the first step?

An evaluation will be conducted by a Licensed Mental Health Therapist and Registered Dietitian to determine the treatment services necessary. All diagnoses and treatment plan determinations are confirmed by consultation with a Psychologist who specializes in eating disorder treatment.

What levels of service are provided?

All services take place in a unique and comfortable home-like setting. The most intense level of care is Partial Hospitalization, for which clients are treated from 8am to 6pm Monday through Friday. A step down from this level of care is Intensive Outpatient, which involves half-day treatment from 8am to 1pm or 11am to 6pm. Both of these levels of care are conducted in a natural life setting in an effort to assist with the generalization of healthy eating behaviors to the client's home environment.

Outpatient individual mental health therapy and individual nutrition therapy are also offered for those individuals ready for a lower level of care. The Licensed Mental Health Therapist and Registered Dietitian will work together to present Cognitive-Behavioral Therapy approaches towards mutually established goals.

A gradual step down from the initial treatment level through the point of discharge is always recommended to ensure individuals are prepared for the transition back into normal daily life.

24-hr emergency on-call support is offered by Treatment Staff.

Does insurance cover treatment?

Most health insurance plans and Medicaid are accepted. We will work closely with your insurance company to advocate for coverage of care. Unfortunately, we have no control over the outcome of insurance reviews and payment is not guaranteed.

Day Program Group Therapy

<u>NUTRITION</u>	<u>THERAPY</u>
Nutrition Education	Goal Setting
Menu Planning	Media Focus
Recipe Modification	Family Dynamics
Grocery Shopping	Process Groups
Food Preparation	DBT Group
Food Safety	Leisure Learning
Social Eating Challenges	Community Outings
Exercise Education	Relaxation Challenges
Exercise Engagement	Self-Esteem
Practice Holiday Meals	Expressive Arts
Appetite Awareness	Stress Management
Food & Feelings	Meditation
Body Image	Life Changes

Individualized Treatment Plans

- Target Ideal Weight Range**
- Meal Plan Recommendations**
- Exercise Prescription**
- Therapeutic Goals**
- Individual Mental Health Therapy**
- Individual Nutrition Therapy**
- Individualized Family Involvement**
- Individualized Treatment Team**