



Nationally Recognized Care for Children and Teens With Eating Disorders

The Center for Pediatric Eating Disorders at Children's Medical Center Plano has been treating children and young adults who have eating disorders and other eating-related illnesses for more than 30 years. We treat boys and girls from age 5 to 17, and we are in-network with most insurance plans.

Why Choose Our Center for Pediatric Eating Disorders?

- It's the only pediatric program in the country to receive The Joint Commission's Disease-Specific Certification for comprehensive eating disorders treatment and care.
- We are a teaching hospital. The physicians on the medical staff are on the faculty of UT Southwestern.
- Children's HealthSM has the availability of multiple specialists who can provide consultative expertise when needed.
- Treatments for eating disorders at Children's Health is specifically designed for children and young adults.
- Group therapies are led by physicians, psychologists, therapists and registered dietitians – many of whom are Certified Eating Disorders Specialists designated from the International Association of Eating Disorders Professionals.
- Treatment and meal plans are highly individualized and based upon evidence-based best practices.
- School is provided two hours per day and is led by three certified teachers who work individually with each student.
- Three levels of care are provided – inpatient, partial hospitalization (day treatment) and intensive outpatient care.
- Specialized treatment is provided for anorexia, bulimia and avoidant/restrictive food intake disorder (ARFID).
- Family therapy and parent education are keystones of the program and are integral to the success of treatment.

Family-Centered Continuum of Care

Eating disorders are complex diseases that involve the entire family. A family-centered approach is at the core of our program during every level of care, which follows the American Psychiatric Association guidelines for the treatment of pediatric eating disorders. This family-based approach is centered in the knowledge that family participation is essential in helping the child attain the greatest benefit from treatment, and works to facilitate a successful transition to home and school after treatment.

Positive Program Results

The program's outcomes speak for themselves. In 2017:

- 77.8% of program participants responded to surveys regarding the need for rehospitalization for their eating disorder. Less than 10% of those who responded to the survey required rehospitalization for their eating disorder within six months of completing the program.
- Patients reported a 26% decrease in distorted thoughts from when they were admitted to discharge.
- Parent satisfaction rates are very high as measured by national hospital surveys completed after inpatient stays.
- The Avoidant/Restrictive Food Intake Disorder (ARFID) program is setting a new treatment standard in eating behaviors for this group and supporting families by strengthening their parenting skills. Of parents who completed our program and surveys, parents reported 19% improvement in their child's eating behaviors during the four-week program.

Treatment Team

Care and support for patients are provided by a multidisciplinary team of experts in Pediatric Eating Disorders. These include:

- Psychiatrists
- Dietitians
- Nurses
- Psychologists
- Teachers
- Recreational and Music Therapy
- Family Therapists
- Milieu and Art Therapist

Our Physicians



Urszula Kelley, M.D.

Chief of Service for Psychiatry at Children's Medical Center Plano

Dr. Urszula Kelley has over 20 years of experience treating patients with eating disorders and has worked in the Center for Pediatric Eating Disorders at Children's Health for the past seven years. Dr. Kelley attended medical school in her native Poland at Jagiellonian University Collegium Medicum in Krakow and completed both her General Psychiatry Residency and her Child and Adolescent Psychiatry Fellowship at UT Southwestern. Dr. Kelley is board certified in General Psychiatry and Child and Adolescent Psychiatry by the American Board of Psychiatry and Neurology. She is a Certified Eating Disorders Specialist and an Approved Supervisor for eating disorders professionals through the International Association of Eating Disorders Professionals. Dr. Kelley is a Professor of Psychiatry at UT Southwestern.



Briana Sacco, M.D.

Medical Director for the Center for Pediatric Eating Disorders

Dr. Briana Sacco received her Doctor of Medicine degree from the University of Texas Medical Branch at Galveston and was Chief Resident in the Triple Board Residency Program at the University of Pittsburgh Medical Center. The Triple Board Residency programs consisted of training in Pediatrics, General Psychiatry and Child and Adolescent Psychiatry, which provided Dr. Sacco with expertise in all areas of child and adolescent health, behavior and development. She is Board Certified in General Psychiatry and Child and Adolescent Psychiatry by the American Board of Psychiatry and Neurology. Dr. Sacco is an Assistant Professor of Psychiatry at UT Southwestern.



Alicia Silvestrini, M.D.

Attending Physician for the Center for Pediatric Eating Disorders

Dr. Alicia Silvestrini is an Attending Psychiatrist in the Center for Pediatric Psychiatry. Dr. Silvestrini completed her medical training at the Universidad Central Del Caribe School of Medicine, College of Medicine in Bayamon, Puerto Rico. She completed her residency in General Psychiatry at the University of Florida in Tampa and her Child Psychiatry fellowship at UT Southwestern and Children's Health where she held the position of Chief Resident. Dr. Silvestrini is Board Certified in General Psychiatry and Child and Adolescent Psychiatry by the American Board of Psychiatry and Neurology. Dr. Silvestrini is an Assistant Professor at UT Southwestern. She is fully bilingual in English and Spanish.

Appointment Scheduling

Please contact our Intake Coordinator, Elizabeth Koury, LPC, at **214-456-8899, Option 3.**

For more information, visit us at [childrens.com/eatingdisorders](https://www.childrens.com/eatingdisorders)