

# Pediatric



## Services

**St. Luke's Behavioral Health Services**  
1107 Eaton Avenue  
Bethlehem, PA 18018

**Pediatrics Department,  
St. Luke's Hospital –  
Bethlehem Campus**  
801 Ostrum Street  
Bethlehem, PA 18015

### **Pediatricians:**

**Leo A. Heitlinger, MD**  
**Dianne R. Jacobetz, MD**  
**Phalgunee Patro, MD**

### **Psychiatrist:**

**Welda T. Donato-  
Duque, MD**

### **Psychotherapists:**

**Amie Allanson-Dundon,  
MS, CAC-D, LPC,  
CFAE, BCPC**  
**Audrey Slough, LCSW**  
**Lee Ann Boyer, LCSW**

**For information about  
St. Luke's Eating Disorders  
program, please call  
610-954-3830.**

**To contact St. Luke's  
Behavioral Health regarding  
outpatient services, please  
call 610-954-2400. You may  
want to call your insurance  
company to determine  
specific benefits.**

**[www.slnh.org](http://www.slnh.org)**

## ST. LUKE'S EATING DISORDERS PROGRAM FOR ADOLESCENTS

### **About eating disorders:**

Eating disorders are complex conditions that can arise from a combination of long-standing behavioral, emotional, psychological, interpersonal and social factors. While eating disorders may begin with preoccupations with food and weight, they are most often about much more than food.

Individuals with eating disorders often use food and the control of food in an attempt to compensate for feelings and emotions that may otherwise seem overwhelming. For some, dieting, bingeing and purging may begin as a way to cope with painful emotions and to feel in control of one's life. Ultimately, these behaviors will damage a person's physical and emotional health, self-esteem and sense of competence and control.

### **About St. Luke's community-based program:**

St. Luke's Eating Disorders Program addresses both the medical and behavioral aspects of eating disorders in adolescents age 12 to 18 in a community hospital setting. St. Luke's employs a cognitive behavioral model to address eating disorders in adolescents, where psychotherapists and physicians work collaboratively to assess patients and help them achieve a healthy weight.

### **St. Luke's offers the only program of its kind in the region and is modeled after a program with leading national outcomes.**

Families benefit from not having to travel out of town or even out of state for appropriate treatment. This more innovative approach to treating eating disorders contrasts the traditional method of prolonged residential treatment.

Adolescents with eating disorders may be admitted to the Inpatient Pediatric Unit at St. Luke's Hospital – Bethlehem Campus. Sometimes, an outpatient visit with a psychotherapist is the first point of entry into the hospital-based program. Psychotherapists, who specialize in eating disorders, work in concert with pediatricians and nurses to develop the plans of care that encourage healthy behaviors. Privileges may be denied or granted based on intake of calories and actual weight gain to achieve the minimum healthy weight before discharge becomes possible.

During hospitalization, pediatricians and psychotherapists communicate directly with families to inform them of their child's health and progress. Upon discharge, psychotherapy is continued in an outpatient setting. Also, patients are required to come for regularly scheduled weigh-ins weekly or bi-weekly to St. Luke's Inpatient Pediatric Unit to ensure adequate weight is maintained.