



*Care in your community*

Newburyport Lower Level 978-465-7121

Newburyport Upper Level 978-388-9880

Haverhill 978-373-6557

Visit our website: **WWW.CHCMASS.COM**



## Eating Disorders Centers/Therapists

### **Behavioral Nutrition**

**Sarah Chau, RD, LD**

**Clinical outpatient dietitian – Binge Eating Program**

*Telehealth for MA, NH, RI*

866-909-2028

[Behavioralnutrition.com](http://Behavioralnutrition.com)

Blue Cross Blue Shield, Cigna, Aetna, Harvard Pilgrim, United Health Care, Wellsense, MassHealth

### **Cambridge Eating Disorder Center (CEDC)**

*Inpatient & outpatient programs in MA center*

3 Bow Street

Cambridge, MA 02138

888.900.CEDC(2332)

<https://www.eatingdisordercenter.org/massachusetts-treatment-center/>

[Info@cedcmail.com](mailto:Info@cedcmail.com)

Accepts most major insurances in addition to the following Medicaid programs:

BMC HealthNet (MassHealth)

Commonwealth Care Alliance (MassHealth)

Fallon Health (MassHealth)

Tufts Health Plan (MassHealth)

Wellsense (MassHealth)

### **CEDC NH Facility:**

*Partial hospitalization and Intensive outpatient programs*

105 Loudon Rd., Building #2

Concord, NH 03301

603.715.5150

<https://www.eatingdisordercenter.org/new-hampshire-treatment-program/>

## **Children’s Hospital Boston**

*Inpatient & outpatient programs*

Leave a message & a representative will be in contact to do intake via email

617-355-7178

333 Longwood Avenue

Boston, MA 02115

<https://www.childrenshospital.org/programs/eating-disorders-program>

## **Equip Health**

*Virtual for MA & NH*

*Ages 4+*

855-493-3778

[www.equip.health.com](http://www.equip.health.com)

United Health Care, Optum, Cigna, Aetna, Anthem, BCBS, Magellan, Carelon, Centene, and more, including some Medicaid plans.

## **Monte nido**

*8 locations in person & virtual in MA*

*Accepts most major insurances, please call or see website for details.*

<https://www.montenido.com/locations/state/massachusetts>

Medford: Inpatient Adult

Dedham: Inpatient Adult & adolescents

Waltham: Day program adult & adolescents

Westborough: Day program adult & adolescents

Virtual ARFID Program: Adolescents

Virtual Binge Eating Disorder Program: 18+

Virtual Partial Hospitalization & Intensive Outpatient Programs: Adults and adolescents

Virtual LGBTQIA Program: 18+

### **New Hampshire Virtual Programs:**

Virtual ARFID Program: Adolescents

Virtual Binge Eating Disorder Program: 18+

Virtual Partial Hospitalization & Intensive Partial Hospitalization Program: Adults & adolescents

Virtual LGBTQIA Program: 18+

<https://www.montenido.com/locations/state/new-hampshire>

## **Maclean Hospital: Klarmen Eating Disorders Center (KEDC)**

*Inpatient & Partial Hospitalization*

**Ages 18-28**

115 Mill Street

Belmont, MA 02478

857.837.2498

<https://www.mcleanhospital.org/treatment/klarman>

Most major insurances accepted as well as some MassHealth plans & Wellsense. See link below for a full list.

<https://www.massgeneralbrigham.org/en/patient-care/patient-visitor-information/billing/insurance>

<https://www.newportacademy.com/locations/female-residential-massachusetts/>

## **New England Eating Disorders Program at Sweetser (NEED)**

13+ residential or outpatient (virtual)

207-294-4522

Saco, Maine

<https://www.sweetser.org/programs-services/services-for-children-families/outpatient-services/new-england-eating-disorders-program/>

## **Pillars Health Group**

*Partial hospitalization & intensive outpatient programs*

*Teen*

617-214-1242

<https://pillarshg.com/teen-mental-health-treatment-center/eating-disorder-treatment/>

Most major insurance plans accepted. Including Aetna, BCBS, Cigna, and more. Verify on website to see if your insurance is accepted.

## **Reflections Eating Disorder Treatment Center at Parkland Medical Center**

Ages 15+

*Outpatient Program*

31 Stiles Rd #1500

Salem, NH 03079

(603) 890-2724

Accepts all major insurances, cannot accept any MA Medicaid products.

<https://parklandmedicalcenter.com/specialties/eating-disorders/>

## **Renfrew Center**

*Outpatient Program*

*Day treatment, Intensive outpatient program, virtual, group, and family therapy*

870R Commonwealth Avenue

Boston, MA 02215

1-800-RENFREW

Accepts over 400 insurance plans, please call to see if your plan is included.

<https://renfrewcenter.com/locations/boston-ma/>

## **Walden Behavioral Care (now part of the Monte nido Group)**

*Inpatient, Partial hospitalization, Intensive Outpatient Program, Virtual Programs*

(888) 228-1253

### **Inpatient Facility:**

Ages 11-18

10 Carematrix Drive

Dedham, MA 02026

**Adolescent Partial Hospitalization Program (PHP):** Virtual or in person at the Waltham location

### **Waltham Location:**

69 Hickory Drive

Suite 2000

Waltham, MA 02451

**Adolescent Intensive Outpatient Program (IOP):** Virtual or in person at the Waltham location

Accepts many insurances, please call to see if your plan is included.

<https://www.waldeneatingdisorders.com/locations/massachusetts-locations/>

## **Within Health**

*Virtual partial hospitalization program (PHP) and intensive outpatient program (IOP)*

MA & NH

13+

866-293-0041

<https://withinhealth.com/>

Most commercial insurance accepted. Verification of benefits is available online.

**\*Please contact your insurance to verify that any specialist is in-network with your plan.**

**If your plan requires a referral, please contact our referral department at 978-499-8657.**

# Eating Disorder Therapists

## **Actualize Counseling & Nutrition**

Therapy & Nutritional Counseling

*Telehealth*

978-205-9790

30 Standish Rd

Arlington, MA, 02476

Email: [admin@actualizecounseling.com](mailto:admin@actualizecounseling.com)

Website: <http://actualizecounseling.com/>

Accepts most insurance plans. Please call or email to see if your plan is one of them.

## **Lauren DeBaene, MS, LCMHC**

Portsmouth, NH & virtual

Preteen, Teen, Adults

<https://www.psychologytoday.com/us/therapists/lauren-debaene-portsmouth-nh/731430>

Aetna, Anthem, BCBS, Cigna, Evernorth, Harvard Pilgrim, Optum, Tufts, United Health Care

## **Mikaela Coskren, LMHC**

Virtual only (MA)

Preteen, teens, adults

<https://www.psychologytoday.com/us/therapists/mikaela-coskren-chelsea-ma/888877>

Blue Cross Blue Shield only

## **Ellie Mental Health**

### **Katrina Broadbent, LICSW**

*In person or virtual*

2 Mount Royal Avenue

Marlborough, MA 01752

508-590-9857

<https://elliementalhealth.com/locations/marlborough-ma/>

Accepting: Aetna, Allways Health, Blue Cross Blue Shield, Harvard Pilgrim, Optum, Self-Pay  
Tufts Commercial, United Behavioral Healthcare

## **Empower Me Counseling Megan Drake-Stillman, LMHC**

MA, NH, ME

*Telehealth*

978.206.1522

<https://www.empowermecounselingservices.com/>

Self-pay: \$150 per session

## **Flourish Therapy Center**

**Angela Veri Babuschak, MA, RDN, LDN**

*(waitlist as of 6/2026-call or email to be added)*

Eating Disorder/Disordered Eating Nutrition Therapist

Registered Dietitian

Certified Intuitive Eating Counselor

*Telehealth*

[www.flourish-therapy-center.com](http://www.flourish-therapy-center.com)

BCBS, Harvard Pilgrim, Optum (excludes Optum EAP), United Health Care, MGB, UMR

## **Alex Maranto, LMHC**

*In person & telehealth*

Washington Street

Salem, MA 01970

978-525-0340

Accepting: BCBS, Aetna, Optum, MGB, United Healthcare

<https://www.psychologytoday.com/us/therapists/alex-maranto-salem-ma/381320>

## **Merrimack Valley Psychological Associates**

**Alyssa Demoulas, LMHC**

35 New England Business Center Drive Suite 210,

Andover, MA 01810

978-307-7234

[Admin@MVPsych.com](mailto:Admin@MVPsych.com)

<https://www.mvpsych.com/meet-our-clinicians/alyssa-demoulas/>

BCBS, Anthem, United Health Care, Optum, Aetna, Harvard Pilgrim

## **Oakpath Counseling Services**

*Waitlist as of 6/2026-call to be added*

8+

6 Broadway Street

Beverly, MA 01915

978-515-6143

[info@oakpathcounselingservices.com](mailto:info@oakpathcounselingservices.com)

<https://www.oakpathcounselingservices.com/>

United Health Care, BCBS of MA, Mass General Brigham, Tufts, Harvard Pilgrim, Aetna,

Fallon, MBHP, Wellpoint, Wellsense

## **Sandstone Counseling**

*Boston, MA & virtual across MA*

14+

617-863-9566

[info@sandstone-counseling.com](mailto:info@sandstone-counseling.com)

<https://www.sandstone-counseling.com/>

BCBS, Aetna, and Harvard Pilgrim

## **Lauren Steeves, LICSW**

*Wilmington, MA & virtual*

13+

<https://www.psychologytoday.com/us/therapists/lauren-steeves-wilmington-ma/205370>

BCBS, Harvard Pilgrim, Tufts, Optum

***\*Please contact your insurance to verify that any specialist is in-network with your plan.***

**If your plan requires a referral, please contact our referral department at 978-499-8657.**