

Eating Support Protocol

Eating disorders are complex, treatable illnesses that can cause serious concerns for individuals and their loved ones. Cumberland's Eating Support Protocol can help with a range of issues that can arise as a result of an eating disorder. We treat a variety of diagnoses including Anorexia Nervosa, Bulimia Nervosa and Avoidant Restrictive Food Intake Disorder (ARFID) and Other Specified Feeding or Eating Disorders (OSFED). Patients work through phases that allow them to practice varying degrees of responsibility and autonomy over their meals and activity. This allows for more predictability, provides clear expectations for advancement and fosters camaraderie from others on similar paths.

Individualized interventions are considered by the treatment team, if needed. The goal is to promote recovery by providing support, structure, consistency and opportunities to succeed. Phase assignment and advancement is determined by the treatment team. These decisions are based on the patient's success on the current phase's goals, medical stability and progress in therapy. Individuals have the opportunity to apply for phase advancement and share their successes with their team.

Cumberland also has a Chronic Illness program and can treat patients with a co-occurring diagnosis of diabetes and an eating disorder (Diabulimia) and therapists can treat co-occurring issues, such as depression, anxiety, anger, trauma and family struggles.

Our Medical Team can treat:

- Patients with extremely low BMIs
- Refeeding issues
- Cardiac and electrolyte imbalances
- Patients needing calorie replacement (NG tube feeding or TPN administration)

Patients can learn to:

- Slowly manage compensatory behaviors such as bingeing, purging, compulsive activity and restricting
- Address food fears and anxieties around meals
- Improve comfort with social eating
- Re-establish independent eating behaviors with support of their team

To find out how our eating disorders program can help you, call 800-368-3472.



The multidisciplinary team includes physicians and medical staff, psychotherapists, nurses, dietitians, case managers and behavioral health technicians. Occupational, speech and physical therapy services are also on-site and provide stress management groups, mindful movement group and other individualized treatments as needed. Patients participate in individual, family and group therapies that focus on understanding the dynamics of a person's eating disorder and the purpose it serves in their life, while learning new ways to meet their needs.

Patients are encouraged to learn and practice skills in and outside of therapy. While in treatment, they have the opportunity to interact with peers who have a variety of medical and psychological issues that allow for a diverse social experience.



Jennifer Rice, Psy.D., LCP

Dr. Rice is a Licensed Clinical Psychologist. She has worked in a variety of clinical settings — including inpatient, residential community mental health facilities, schools and hospitals — as a direct-care staff, therapist, supervisor and administrator.

Her clinical work has focused on assisting individuals struggling with eating disorders, chronic illnesses, self-injurious behaviors, emotional dysregulation issues and trauma-reactive behaviors to help patients grieve, heal and learn new skills. She has a passion for helping people reach their potential and overcome challenges.



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