

QC AREA Resources for Eating Disorders

Amy's Gift is an eating disorders consortium that provides resources and support to health care professionals, educators, and families alike on the subject of eating disorders.

Our mission is to be guided by the Amy Helpenstell Foundation's message of help, hope and healing by promoting awareness, understanding, diagnosis and treatment for eating disorders in our community. For more information, please call (309) 779-3077 or email us at info@amysgift.com.

Quad Cities Eating Disorders Support Group

Held in-person at Trinity Enrichment Center

Location: 4622 Progress Drive, Davenport, IA

Time: Wednesdays from 6-7 p.m.

Please call ahead to inform the facilitator of your attendance at (563) 742-5800.

Counseling Resources

Betsy Zmuda-Swanson, LCSW

1800 3rd Avenue, Rock Island, IL

Phone: (309) 786-3006

Email: betsyzmudaswanson@gmail.com

Kathleen O'Connor, LCPC, LMHC, CEDS

Phone: (708) 580-6818

Email: kathleen@ailmtherapy.com

Gabriella Sloan, MA, NCC

4709 44th St. Ste 5, Rock Island, IL

Phone: (309) 558-0258

Email: gabriella.sloan@qcbha.com

Josie Bahen, LCPC, LMHC

4600 3rd Street, Moline, IL

Phone: (309) 779-2031

Diane M Hudson, LMHC, NCC

Phone: (563) 484-0266

Sharon C. Lash, PsyD

2100 52nd Avenue, Moline, IL

Phone: (309) 797-2900

Tara Smith-Prybil, LCPC

2100 52nd Avenue, Moline, IL

Phone: (309) 797-2900

Brandi Stalzer, LIMHP, LPCC

Phone: (720) 608-3555

Email: stalzercounseling@outlook.com

Kim Tallon, LISW, LCSW, CEDS

3209 Ingersoll Ave, Suite 100, Des Moines, IA

Phone: (515) 619-6927

Casey Fields, PsyD, CEDS

Phone: (305) 871-4420

Email: dr.fields@ThrivingMindPsychology.com

Cindy Dobroski, LMHC, LCPC

Email: Dobroski5@juno.com

Nutritional Counseling Resources

Mary Pocivasek, RD, LDN

Phone: (309) 757-1264

Holly Paulsen RD, LD, CEDRD

Certified Eating Disorders Registered Dietitian

Diabetes Education and Nutrition Counseling

Phone: (319) 480-2772

Email: hollypaulsenrd@gmail.com

Carrie J. Leiran MS, RDN, LD, CEDRD

Certified Eating Disorders Registered Dietitian
1660 60th Street. Room 1028, West Des Moines, IA
Phone: (515) 241-8686
Email: carrie.leiran@unitypoint.org

Michelle Russell, RD, LD, CEDS

Registered & Licensed Dietitian, Certified Intuitive Eating Counselor
320 North 3rd Street, Suite 416, Burlington, IA
Phone: (319) 208-9038
Email: michelle@michellerussellrd.com

Kristy Hoffman Rieken, RDN, LD, LMNT

219 Oakland Ave, Oakland, IA
Phone: (402) 658-4856

Stephanie Proud, RDN, LD, CNSC

Phone: (319) 331-9017
Email: stephanie@proudpeacefulnutrition.com

Acadia Treatment Placement Specialists®

QC/IA Regional Rep: Alissa Gunderson

Phone: (763) 516-1016
Email: Alissa.gunderson@acadiahealthcare.com

QC/IL Regional Rep. Rachael Soliman

Phone: (630) 235-4267
Email: Rachael.Soliman@AcadiaHealthcare.com

For further support, please reach out to:

Stephanie Burrough
Amy's Gift: QC Eating Disorders Consortium
Project Coordinator
Office: (563) 742-2455
E-mail: stephanie.burrough@unitypoint.org