

**From:** Henry Posner <bandhphoto@aol.com>

**Sent:** Tuesday, November 17, 2015 12:10 PM

**To:** Mayor

**Subject:** Heathcote Residents Object to Proposed Group Home

November 17, 2015

I am not a resident of Scarsdale so perhaps it is presumptuous of me to comment, but this is a NIMBY-fueled campaign of ignorance to force Monte Nido to withdraw from establishing a much-needed eating disorder treatment facility.

I know far too much about eating disorders from personal experience. My daughter presented symptoms of an eating disorder while in high school. Her mother and I embarked on a course of treatment including therapists, psychologists, psychiatrists, a primary care physician and a nutritionist. There were out-patient and in-patient hospitalizations, ER visits, day programs, and a residential treatment facility.

By coincidence today would have been our daughter's 26th birthday. Would have been because she passed away 6 weeks after her 25th birthday.

There are numerous types of eating disorders. Some involve restricted eating, some bingeing or purging and some combinations thereof. Often borne of depression, trauma or anxiety, an eating disorder is not a lifestyle, nor a choice, but a disease. The effects are devastating and disabling, even when they're invisible to outsiders and we learned the disease is too often fatal. These disorders seem to target the most lovely, intelligent, and kind children.

Eating disorders are not contagious. Patients in an eating disorder facility don't binge and purge on the front lawn, nor do they attempt to seduce passersby to join their cult. People with an eating disorder like trick-or-treating, Christmas, Hanukah, birthdays, etc. just as much as any other person.

The people of Scarsdale are seemingly deluded into thinking this facility would be a hospital or clinic with busses, trucks, urban parking facilities and so on. Residential treatment centers are nothing of the sort. They are safe havens providing support, stability and protection for the clients they serve so they can do the very hard work of treatment, always hopeful of recovery.

It's likely every person in Scarsdale who stands against this facility knows someone, or has a child who knows someone, with an eating disorder – whether they realize it or not. It's not always obvious, but it is always devastating. We need facilities like Monte Nido desperately. Good treatment is critical and our affluent suburban southern Westchester communities have been lacking much needed resources for a long-time – over the years forcing families to send their sick children hundreds if not thousands of miles away to get the help they need.

I began this letter hoping the result will be some who oppose Monte Nido will have a change of heart. People with this illness need a safe, compassionate, non-judgmental environment in which to heal – not a toxic atmosphere of ignorance and bias.

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Henry Posner  
3 Hickory Hill Drive  
Dobbs Ferry, NY 10522  
914 693-9548