



OMNI Behavioral Health
SPECIALISTS IN COMMUNITY SERVICES

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Services

Eating Disorders Program

Foster Care

Intensive Treatment Mobility Services

Office & Home-Based Psychotherapy

Youth Residential

Family Support

Community Treatment Aide

Intensive Family Preservation

Community Based Group Care for Individuals with Intellectual Disabilities

Extended Family Home

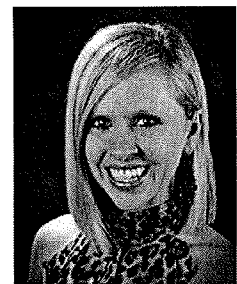
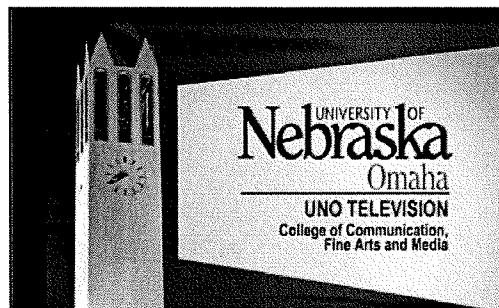
Eating Disorders Program

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Our Mission

Our mission is to provide comprehensive, individualized evaluation and treatment for individuals diagnosed with Anorexia Nervosa, Bulimia Nervosa, Eating Disorder Not Otherwise Specified, or Binge Eating. We also work with individuals who wish to establish weight maintenance or weight loss regimens. Evaluation and treatment will be based on current scientific knowledge and will be interdisciplinary in nature.

Click the image below to watch an interview with our program director, Crystal Zabka-Belsky.



**Crystal Zabka
Belsky, MS, RD,
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DIRECTOR, EATING
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Crystal's Bio

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Contact the Director

Our Philosophy

OMNI Behavioral Health bases its services on the following:

- The dignity and individual rights of all persons who receive services shall be respected and protected.
- Clients are entitled to effective and efficient services in the least restrictive environment necessary to meet their needs.
- Successful community-based treatment depends upon the active involvement of OMNI staff, clients, family, and the community.
- Clients are entitled to receive quality services individually designed to meet their needs.

About Us

The OMNI Eating Disorder Clinic program is one of only a few regional treatment settings that offer a comprehensive, multidisciplinary approach to the treatment of eating disorders.

OMNI Behavioral Health is JCAHO accredited and specializes in community-based mental health services. Services are provided in a compassionate and confidential manner.



OMNI offers a unique approach to treatment which emphasizes a functional perspective of behavior. The focus is on all aspects of the individual and promotes the utilization of natural support systems to reach and sustain goals.

Treatment is available for adolescents and adults, females and males who are diagnosed with Anorexia Nervosa, Bulimia Nervosa, an Eating Disorder Not Otherwise Specified, and Binge Eating. Weight loss programs are available. All treatment plans are individualized.

Information provided on this site is for educational purposes only and is not intended to be medical advice or to be used for diagnosis or treatment. None of the information should be used as a substitute for evaluation and treatment by a qualified mental health professional.

If you have, or suspect you have a health problem, you should contact a physician or other health care professional in your area. Although the OMNI web site includes links to sites which provide additional information on related topics, OMNI neither endorses nor recommends any site, or the products or services provided on those links.

What Processes Will Take Place?

An evaluation will be conducted by a Licensed Therapist and Registered Dietitian to determine which services are necessary. Individuals and, when appropriate, their families participate in the evaluation in conjunction with a licensed psychologist and psychiatrist. A specialized treatment plan will be developed based on the comprehensive evaluation.

Where Are Services Provided?

All services take place in a unique and comfortable home like setting. Day services (Full and Half) and outpatient care are conducted in the most natural setting possible to assist with the generalization of healthy behaviors to the client's home environment.

Day Program

Day Programming is offered up to 10 hours a day, Monday through Friday. Caloric needs and weight are assessed daily while individuals participate in meal planning, shopping and preparation of meals and snacks in a supervised setting. Individuals also receive the following services:

- Education about medical consequences of eating disorders
- Supervision of all activities, group, meals and restroom breaks
- Fitness consultation and education
- Individual, nutrition and recreation therapy
- Group therapy sessions which focus on: body image, coping skills, impact of media, nutrition, problem-solving, and other issues when appropriate

Outpatient Therapy

Individuals meet with his or her therapist and dietitian as needed. The therapist offers cognitivebehavioral approaches toward mutually established goals. Skill building is provided to replace current unhealthy personal coping mechanisms. Goals often include a promotion of healthy lifestyle including healthy body image.

Nutrition & Exercise Therapy

Recognizing that food and nutrition are integral to health, nutrition therapy is provided by a skilled and experienced Registered Dietitian. Lifestyle and food preferences are taken into consideration to create an effective and realistic plan. Sessions are tailored to meet the needs of the individual.

Sessions include:

- Individualized meal plan development
- Planning appropriate meals
- Modifying recipes
- Improving choices when shopping and dining out
- Natural supports such as spouses, parents and other household members are welcome to attend
- Body Composition Testing
- Exercise Prescription

- Sports Nutrition Guidance & Counseling

Additional Nutrition & Exercise Services

- Sports Nutrition Educational Presentations
- Sports Nutrition Team Consultations
- Eating Disorder Educational Presentations

All nutrition information provided is based on current research and is consistent with the recommendations of the Academy of Nutrition & Dietetics, American Heart Association and American Diabetes Association.

24 hour emergency on call support is provided by eating disorder staff.

Most health insurance plans and Medicaid are accepted. Insurance companies may require concurrent review of your medical record. OMNI Behavioral Health will work with your insurance company to provide necessary information, however, we have no control over the outcome of these insurance reviews and payment is not guaranteed by your insurance carrier upon final billing.

Staffing Information

Interested in doing what we do?

[Click here to visit our employment page and browse our open positions.](#)