



17 May 2021

Ms. Donna Jerry  
Health Policy Analyst  
Green Mountain Care Board  
89 Main Street  
Montpelier, VT 05620

Dear Ms. Jerry:

The Kahm Clinic is submitting this Letter of intent to open an eating disorder treatment program offering both Intensive Outpatient (IOP) and Partial Hospitalization (PHP) levels of care in Chittenden County. We expect to apply for a certificate of need because our first year operating expenses will be above the \$500,000 threshold.

There is a need for these programs in Vermont, because Vermont currently lacks adequate eating disorder treatment services generally, and there is a particular shortage of intensive programs that allow for: (1) effective and successful transition from residential programs (for which patients are often sent out of State after waiting and getting sicker without treatment) and (2) more effective care in Vermont for patients whose needs are greater than can be met by the available, less intensive outpatient therapeutic settings. The Kahm Clinic believes that its proposed treatment program can provide excellent care that will improve health and drive down costs.

The Kahm Clinic currently operates a nutrition clinic specializing in eating disorders in Burlington, Vermont at 70 S. Winooski Ave., Suite 2C. The Clinic has two full time Registered Dietitians, three part time technicians and one part time administrative assistant here in Vermont. One of our dietitians is credentialed as a Certified Eating Disorder Registered Dietician, and she will be the lead dietician at the proposed treatment program. We plan to provide services in a rented space somewhere in Chittenden County.

The Kahm Clinic's eating disorder treatment program will be an essential step in effectively addressing eating disorders in Vermont. Outpatient programs are generally a step down from a residential treatment, allowing a more accessible treatment option for those who need to stay involved in their daily lives (school, college, work, childcare). Clients who are appropriately screened and placed at the PHP level of care shall attend programming five (5) days per week for six (6) hours each day. The IOP can be a step down from PHP treatment or clients may be placed at this level of care after appropriate screening. At the IOP level of care, clients will be attending programming up to four (4) days per week for three (3) hours each day.

In April of this year, the Kahm Clinic had 315 appointments here in Vermont. More than half of those patients have eating disorders and twenty (20) patients would benefit from our eating disorder treatment in Vermont. This is a compelling indication of need.

We understand that the next step in the process is to receive guidance from the GMCB about the standards that the CON application should address.

Please feel free to contact me if I can provide any additional information. I can be reached at [nick@thekahmclinic.com](mailto:nick@thekahmclinic.com) or at 802-881-2936. Thank you for your attention herein, and we are excited to be moving forward on behalf of Vermonters with these health care needs.

Respectfully,



Nicholas Kahm  
Managing Partner