

Weight & Wellness Institute



The Weight and Wellness Institute
a program of South County Psychiatry

*Program
Introduction*



Click here to view our website

Objectives of Our Program

Our program offers a comprehensive, multidisciplinary approach to weight management. We provide a full spectrum of services, including lifestyle modification, individualized nutrition counseling, tailored exercise planning, and prescription-based medical weight loss support. We're here to guide you not only at the start of your weight loss journey, but also to support you every step of the way with ongoing maintenance and follow-up care—because lasting success is our ultimate goal.

1. Medical Evaluation

Your first appointment can be scheduled either in person or virtually, based on your preference. If you choose an in-person visit, one of our nurses will begin by obtaining your weight and blood pressure. You will then meet with one of our Nurse Practitioners to review your medical history, discuss your goals and expectations, and establish a realistic timeline. Together, you will determine the protocol that best fits your individual needs and lifestyle.

3. Custom Nutrition Plan

Meet in person with one of our registered dietitians to review your unique dietary needs based on your age, height, weight, and personal goals. Together, you'll create a customized nutrition plan aligned with the protocol you've selected. We offer a variety of evidence-based protocols, each of which can be tailored to meet your individual needs and support your success.

2. Weight & Lifestyle Evaluation

This appointment can also be completed either in person or virtually. You'll meet with a member of our behavioral health team to explore the lifestyle and behavioral factors that impact your weight. Together, you'll assess daily habits, identify triggers, and review personal goals. This collaborative approach helps support meaningful, sustainable changes for long-term success.

4. Exercise Evaluation

During your initial appointment, our exercise physiologist will take your measurements and assess your body composition using our state-of-the-art Tanita scale. Based on your current fitness level, goals, and selected protocol, she will work with you to develop a personalized exercise plan that fits seamlessly into your lifestyle.

Our Nurse Practitioners



Jennifer Barlow, APRN, FNP-C
Medical Director

Jenny is a highly experienced Nurse Practitioner with over two decades in the medical field. She has a diverse background that includes extensive work in both Primary and Acute Care settings, equipping her with a robust skill set to address a wide range of patient needs. Her commitment to patient-centered care and her passion for preventive medicine drive her approach to managing weight and wellness, focusing on long-term health outcomes and quality of life.



Beth Dufour, NP

With 5+ years of experience in acute care as a hospitalist, previously working as an assistant director of nurses and currently serving as a nursing professor, Beth is dedicated to helping patients achieve their health goals through personalized care and evidence-based practices.



Sheri Sharp, NP, CDOE

Recently graduating NP school and passing her boards, Sheri will be transitioning to a Nurse Practitioner at our clinic. With 20+ years of experience in nursing at various hospitals Sheri has prioritized patient education, care coordination and positive health outcomes. Sheri became a Certified Diabetic Outpatient Educator further combining her passion for teaching and empowering patients.

Arianna Centonze
Exercise Physiologist



Camille Gregorian, LICSW
Clinical Social Worker



Laura Tedeschi, MS, RD, LD
Registered Dietician



Jill Sjogren, RN, BSN
Registered Nurse



Jeannine Whitham, RN
Registered Nurse



Theresa Jerominek
MS, RDN, LDN, CDOE
Registered Dietician

Meet Our Clinical Team

Our Dietary Protocols

All Food Diet	Partial Liquid Diet	Full Liquid Diet
<p>This program is a structured, all-solid-food diet designed to help patients develop sustainable, healthy eating habits while achieving gradual and consistent weight loss. No meal replacements or supplements are used. The program includes regular support across all key areas—medical, behavioral, nutritional, and physical activity.</p> <ul style="list-style-type: none">• Average Weight Loss: 1–2 pounds per week• Caloric Intake: Balanced deficit diet of approximately 1,200–1,500 calories per day• Medical Oversight: Monthly visits with our medical team to monitor progress and adjust plans as needed	<p>This program combines one healthy meal with three to four Robard meal replacements each day, providing a structured approach to weight loss with built-in flexibility. Patients receive comprehensive support through regular medical, behavioral, nutritional, and exercise components.</p> <ul style="list-style-type: none">• Average Weight Loss: Approximately 3 pounds per week• Medical Oversight: Bi-weekly visits with our medical team• Transition: Gradual reintroduction to all food as patients progress <p>This approach helps promote significant weight loss while supporting long-term habit formation and sustainability.</p>	<p>This medically supervised program consists of five or more Robard meal replacements per day, with no solid food consumed during the active weight loss phase. This approach, known as stimulus narrowing, minimizes food-related triggers by removing the chewing and eating process associated with traditional meals. Patients receive comprehensive support through regular medical, behavioral, nutritional, and exercise components.</p> <ul style="list-style-type: none">• Average Weight Loss: 4–5 pounds per week• Medical Oversight: Weekly visits with our medical team• Transition: Gradual reintroduction to solid foods over time <p>This intensive, structured plan is ideal for patients seeking significant weight loss under close medical supervision.</p>

What is Robard?

We offer high-quality nutritional supplements specifically designed for safe, long-term use and effective meal replacement. Each serving is nutritionally balanced, and just three servings per day provide 100% of the Recommended Daily Intake (RDI) for essential vitamins and minerals.

- **Formulated for Long-Term Use**
- **Meets 100% RDI in 3 Servings**
- **Accommodations Available:** Gluten-free, lactose-free, dairy-free, and soy-free options
- **Product Variety:** Shakes, puddings, bars, soups, and snacks in a wide range of delicious flavors

Please note: These products are not covered by insurance and must be purchased out-of-pocket



To Achieve the Best Results:

- ❑ **Attend all scheduled appointments** regularly to stay engaged and supported throughout your journey.
- ❑ **Plan ahead** by booking upcoming appointments well in advance to maintain consistency in your care.
- ❑ **Follow your personalized program protocols and recommendations** closely to ensure optimal nutrition—an essential component of healthy, sustainable weight loss.

Consistency, commitment, and communication are key to long-term success!



- ❑ **Follow the recommendations provided by your clinical team**—including guidance on nutrition, physical activity, and behavioral strategies—to the best of your ability. Trust the process: no more, no less.
- ❑ **Approach your program with a focus on long-term success.** Our goal is to help you create sustainable lifestyle changes that support lasting weight loss and overall improved health.
- ❑ **Remember**, we are here to support you every step of the way. Please don't hesitate to reach out—we're always happy to help in any way we can.

Program Costs

- ❑ Medical, nutrition, and behavioral health visits are billed to your insurance. Copayments and deductibles may apply, depending on your plan. This information is typically located on the front of your insurance card or can be obtained by contacting your insurance provider directly.
- ❑ A detailed overview of program costs will be included in your intake paperwork.
- ❑ Please note: **Robard meal replacements are not covered by insurance.** However, you may be able to use HSA or FSA accounts for these purchases—coverage varies by plan and is not guaranteed.

- ❑ A **monthly Program Fee of \$40** is charged to cover services not billable to insurance. This includes appointments with our exercise physiologist, weigh-ins with our registered nurses, and any educational materials or resources provided throughout your participation in the program.

If you have any questions, please don't hesitate to contact us at 401-895-9937. We're here to help!



The Weight and Wellness Institute

a program of South County Psychiatry