

Orchard Mental Health Group Expands Integrated Care with New Medical Nutrition Counseling Service

New service provides individualized nutrition counseling designed to support mental, emotional, and physical well-being

ROCKVILLE, MD, UNITED STATES, August 18, 2026 /EINPresswire.com/ -- Orchard Mental Health Group has expanded its continuum of care with the launch of Medical Nutrition Counseling, a new service designed to help individuals address nutrition-related health concerns, improve their relationship with food and support their overall mental, emotional and physical well-being.

The addition of Medical Nutrition Counseling reflects Orchard's continued commitment to providing comprehensive care that recognizes the important connection between mental and physical health. Nutrition can influence mood, energy, sleep, chronic health conditions and overall quality of life, while stress, mental health concerns and life experiences can also affect eating behaviors and an individual's relationship with food.

"Nutrition is an important part of the whole-person approach to care we believe in at Orchard," said Sarah Simpson, Ph.D., Chief Clinical Officer of Orchard Mental Health Group. "By incorporating Medical Nutrition Counseling into our services, we are creating another opportunity to address factors that can have a meaningful impact on both physical and emotional well-being and provide more comprehensive support for the people we serve."

Through individualized sessions with a Registered Dietitian Nutritionist, clients receive evidence-based guidance tailored to their health needs, goals, lifestyle and individual circumstances.

Medical Nutrition Counseling can support individuals with a variety of needs, including:

- Disordered eating and eating disorder recovery
- Emotional eating and challenges surrounding food
- Building a healthier relationship with food and body image
- Prediabetes and diabetes
- High cholesterol and hypertension
- Nutrition during hormonal and life changes
- Chronic health conditions

- Bariatric surgery preparation and support
- General nutrition and wellness goals

Orchard's approach emphasizes individualized, sustainable care rather than restrictive diets or one-size-fits-all recommendations. Nutrition counseling may be used as a standalone service or incorporated into a broader care plan alongside Orchard's behavioral health services, including therapy, psychiatry and medication management.

Expanding Access to Nutrition Care

In keeping with Orchard Mental Health Group's commitment to making high-quality care more accessible, Medical Nutrition Counseling participates with several major insurance plans, helping reduce one of the potential barriers to receiving specialized nutrition care. Coverage and benefits vary by individual plan, and clients are encouraged to confirm their specific nutrition benefits before beginning services.

"Expanding access to care has always been an important part of how we approach growth at Orchard," said Juliane Schoenherr, Chief Operating Officer of Orchard Mental Health Group. "As we considered adding Medical Nutrition Counseling, we wanted to build a service that was not only clinically valuable, but also practical and accessible for the people we serve. Participating with insurance plans and offering virtual appointments are important pieces of making that possible."

Medical Nutrition Counseling appointments are currently available virtually, providing convenient access to care. Orchard plans to continue growing its nutrition services and expanding its team as the service line develops.

To learn more about Medical Nutrition Counseling, insurance participation or scheduling an appointment, visit: <https://orchardmentalhealth.com/nutrition/>

About Orchard Mental Health Group

Orchard Mental Health Group provides comprehensive behavioral health services designed to support individuals and families throughout their mental health journey. With a multidisciplinary team of experienced professionals, Orchard offers therapy, psychiatry and medication management, psychological testing, specialized programs, urgent behavioral health services, nutrition counseling and additional mental health resources across Maryland and beyond.

For more information, visit <https://orchardmentalhealth.com/>.

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