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Rittenhouse
PSYCHIATRIC ASSOCIATES

Quarterly Newsletter | Winter 2026

RPA expanding into Baltimore, MD and Wilmington, DE

- The Baltimore location at 1340 Smith Avenue (in the “Mill Works” – Saw Mill Building) offers in-office Psychiatric Appointments for Children, Adolescents & Adults for Eating Disorders, Anxiety, Depression, Bipolar Disorder, ADHD and other psychiatric conditions.
- Our Wilmington, DE at 1407 Foulk Rd, STE 201-A, Wilmington, DE site offers in-office Psychiatric appointments for anxiety, depression, bipolar disorder, ADHD and substance use disorders.



Meet the Staff

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- Dual Board Certified in Child and Adolescent Psychiatry AND Adult Psychiatry
- Trained at Brown University with over 20 years experience treating all types of mental health concerns in all age groups
- Provides psychiatric evaluation, consultation, and ongoing medication management for a range of needs including eating disorders, depression, anxiety, ADHD, bipolar disorder and PTSD
- Awarded "Top Doc" by Baltimore Magazine 2017, 2018, 2019
- Participated in POTS II research study and published research on Body Dysmorphic Disorder



**Director of Eating Disorder Services
Rittenhouse Psychiatric Associates**

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Meet the Staff

Sarah Friedman, Psy.D.

- Licensed clinical neuropsychologist and Pennsylvania-certified school psychologist
- Provides comprehensive neuropsychological and psychological evaluations for children, adolescents, and adults
- Specializes in ADHD, learning disabilities, autism spectrum evaluations, executive functioning, concussion/TBI, and cognitive aging

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and independent school admissions testing

- In addition to assessment, provides evidence-based cognitive behavioral therapy (CBT) across the lifespan
- Focuses on translating evaluation findings into clear, practical recommendations for treatment and educational/workplace accommodations

[Learn More](#)

Director of Neuropsychology & Psychological Assessments

National Eating Disorders Awareness Week (Feb. 23–Mar. 1)

National Eating Disorders Awareness Week is dedicated to increasing public understanding of eating disorders and the serious medical and mental health risks they can pose when left untreated.

Eating disorders—including anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), and other specified feeding or eating disorders—are complex psychiatric illnesses influenced by genetics, brain chemistry, trauma, perfectionism, cultural pressures, and stress.


They can affect individuals of any age, gender identity, race, or body size, and often coexist with conditions such as anxiety, depression, obsessive-compulsive disorder, or substance use disorders. Recognizing that these illnesses are not lifestyle choices is a critical step toward reducing stigma

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Evidence-based treatment often involves a multidisciplinary approach that may include psychiatric care, psychotherapy, nutritional counseling, and medical monitoring.

[Learn More](#)

TREATMENT MATTERS




Did you know that getting treatment early in the course of an eating disorder greatly improves the chances of a positive outcome in recovery?

Don't wait to get help.

Bryant, E., Spielman, K., Burton, A. L., Ong, S. H., Livney, J., Carry, S., & Maguire, S. (2023).

#EDAW

AWARENESS MATTERS




Did you know that **9%** of the US population, or **28.8 million** Americans will experience an eating disorder at some point in their lives?

Smittke Access Associates. The Social and Economic Cost of Eating Disorders in the United States of America. A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders. June 2015.

#EDAW

ACCESS MATTERS



Did you know that only **one in five people with eating disorders seek treatment** from someone who specializes in eating disorders?

Udo, L., Hay, P., & Corbi, J. (2022).

#EDAW

THOSE IMPACTED MATTER



DID YOU KNOW ?

Eating disorders can affect anyone, **regardless of age, race, gender, sex, sexual orientation or body type?**

Academy for Eating Disorders. (2015).

#EDAW

National Eating Disorders Association

Staff Highlight

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- Awarded “Rising Star” Physician by [Castle Connolly Top Doctors](#): 2023, 2024, 2025
- Awarded “Top Doc” Main Line Today Magazine, Adult Psychiatry: 2024, 2025
- Awarded “Top Doc” by Philadelphia Magazine, Adult Psychiatry: 2024
- Recognized as Top Doctor by Philadelphia Magazine, Regional Guide: 2024
- Awarded Top AAPI Doctors: 2024, by Castle Connolly Top Doctors: 2024
- Board Certified by the American Board of Psychiatry and Neurology
- Clinical Assistant Professor and Resident Supervisor at The University of Pennsylvania
- Licensed Physician and Surgeon in Pennsylvania, New Jersey, and New York



**Clinical Assistant Professor
University of Pennsylvania**

**Primary Office: Philadelphia, PA
States Served: NJ, NY, PA**

RPA Staff Winter Event- Yay Clay!

The Rittenhouse Psychiatric team warmed up the winter season with a hands-on event at [Yay Clay!](#) It was a fun day throwing clay, sharing laughs, and getting creative together!



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Medical Director, Chris Pagnani, MD, for his unwavering leadership and commitment to Rittenhouse Psychiatric's patients and providers.

New to the Blog



When to Consider Neuropsychological Testing for ADHD

A comprehensive assessment identifies patterns across attention, executive functioning, processing speed, learning, and emotional factors. [Read more.](#)



What to Expect in a Child Autism Evaluation

Sarah Friedman, Psy.D. discusses what families can expect from Rittenhouse Psychiatric Associates' **targeted autism evaluations** for children and adolescents using a supportive, developmentally informed approach. [Read more.](#)

Our Mission

To deliver the highest quality mental healthcare services available. To do so by hiring academically oriented providers, who trained at the nation's top psychiatric programs, and have a primary focus on clinical patient care.

To allow providers to practice medicine in a way that is consistent with their training, sub-specialization and innate desire to put their patients first, free of outside influences such as private equity, big business and insurance involvement.

To create a more-affordable option for fee-for-service psychiatric care, by providing autonomous private practices to the most well-trained and competent psychiatric nurse practitioners available, and to do so within a framework where case discussion, collaboration and education are part of the culture.



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