



**Eating
Recovery
Center**

THE NATION'S LEADING MENTAL HEALTH CARE SYSTEM FOR THE TREATMENT OF EATING DISORDERS



There Is No Substitute When It Comes to Higher-Level Care for Eating Disorders

At Eating Recovery Center (ERC), the foremost experts in the field specialize in treating the most complex eating disorders and co-occurring conditions. By offering all levels of program-based care, from our Inpatient Intensive Treatment Unit to our Intensive Outpatient Program, we provide patients and their families with a seamless transition as they progress through treatment, ensuring a successful transition back to outpatient care.

Our innovative model of care integrates medical, psychiatric and psychological treatment with unmatched family support to provide patients with the best-in-class, comprehensive care needed to sustain long-lasting recovery.

WHY CHOOSE EATING RECOVERY CENTER



Vertically Integrated Clinical Model

Provides for seamless transitions through levels of care needed for patient progression through treatment and helps ensure a successful transition back to outpatient care.



Industry-Leading Clinical Leadership

With the foremost experts in psychiatry, psychology, and medicine and more full-time doctors on staff than most other treatment centers, we can treat the most medically severe and psychiatrically complex cases.



Comprehensive Care with Evidence-Based Treatment

Evidence-based treatment model was designed by renowned experts in the eating disorders treatment field. Psychotherapy modalities including Emotion-Focused Family Therapy (EFFT) and Family-Based Treatment (FBT) are personalized to patient needs for optimal outcomes.



Caring, Multidisciplinary Teams

Expert, compassionate care team includes a therapist, skilled in individual and family therapy, a psychiatrist, primary care physician, nurse and dietitian who collaborate to provide individualized treatment plans.



Robust Family Programming

Programming for families and caregivers includes therapy sessions, support groups, education, webinars and resources to empower each patient's support system.



Strong Alumni and Family Liaisons

Clinician-led team provides ongoing support for patients who have transitioned to outpatient care via ongoing alumni events, support groups, social recovery communities and resources.

**On-site IOP currently unavailable during COVID-19.*

Master's-level clinicians are available for care consultation and assessment.

Please contact us to schedule a free consultation.

1-877-825-8584 • Fax: 425-974-1530 | [EatingRecovery.com](https://www.EatingRecovery.com)

Most commercial insurance accepted

"ERC very literally saved my life. I did not realize until I was feeling better what a bad place I had been in. My team was attentive and very willing to work with me. I know that the medication changes and the consistent therapy that I received at ERC was what gave me relief from my depression and helped me make progress with my eating disorder recovery."

– Anna, ERC Program Alumni



Professional Collaboration Throughout Your Patient's Admission, Treatment and Discharge

- Responsive, efficient referral and admission process
- Comprehensive pre-admission assessment by a master's-level clinician
- Fast-track admissions available in most cases for patients admitting directly from a hospital setting*
- Regular updates provided to outpatient team regarding patient's progress while in our care
- Transition of care to ensure smooth patient transition back to outpatient care

INCLUSIVE CARE FOR ALL AGES, BODY SHAPES AND SIZES, RACES, ETHNICITIES, RELIGIONS, SEXUAL IDENTITIES, GENDER IDENTITIES AND EXPRESSIONS

> Children and Adolescents (ages 8-17)**

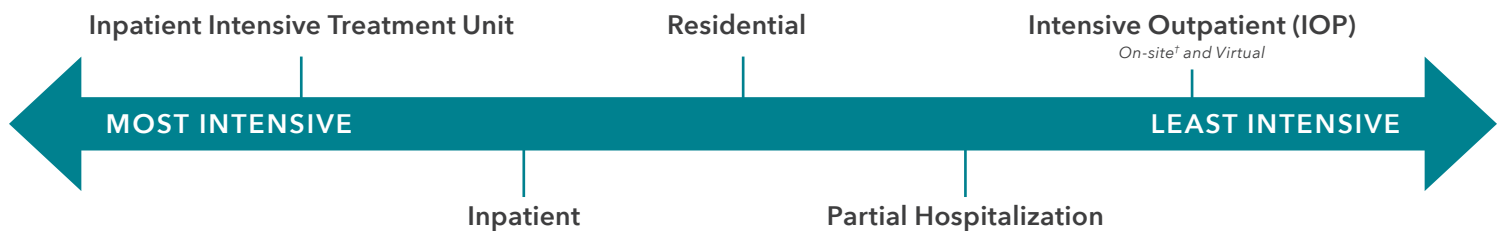
> Adults ages 18 and older

Eating Recovery Center Offers Expert Voluntary Treatment for:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Atypical Anorexia Nervosa
- Avoidant Restrictive Food Intake Disorder (ARFID)
- ED - Diabetes Mellitus Type 1
- Other Specified Feeding and Eating Disorder (OSFED)
- Co-Occurring Mood and Anxiety Disorders
- Co-Occurring Substance Use
- Exercise Addiction

LEVELS OF CARE

National System Offers Fully Integrated Continuum of Care to Treat Full Spectrum of Patient Acuity



TREATMENT CENTER LOCATIONS

California • Colorado • Illinois • Maryland • Ohio • Texas • Washington

VIRTUAL IOP OFFERED IN MORE THAN 30 STATES

For a list of current states, visit [EatingRecovery.com/VirtualCare](https://www.eatingrecovery.com/VirtualCare)

* For calls received after 4:00 p.m. CT, assessments will be available the following day. **Programming for ages 10 and under varies by treatment program and location.

*On-site IOP availability may vary during COVID-19.

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