



# THE NATION'S LEADER in Eating Disorder Treatment

## EATING RECOVERY CENTER, MARYLAND

With evidence-based treatment and the ability to treat the most complex cases, **Eating Recovery Center (ERC)** offers inclusive treatment for all ages, body shapes and sizes, gender identities and expressions with eating disorders and co-occurring conditions. Our specialized programs provide patients with the tools and support they need to create the perspective and behavior change for long-lasting recovery.

### 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

### MARYLAND PROGRAMS

- ⤷ Adult Residential (Res), Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs
- ⤷ Child & Adolescent (C&A) Res, PHP and IOP
- ⤷ Adult and C&A Virtual IOP - Eating Recovery At Home

## WHY CHOOSE EATING RECOVERY CENTER



Please contact us to make a referral or schedule a free consultation with a master's-level clinician.

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

Most commercial insurance accepted

## Multiple Levels of Care

Enables patients to step up or step down seamlessly between levels of care and locations based on patient's needs.

<p><b>RESIDENTIAL</b> Adults, ages 18+ Children and teens, 10-17**</p>	<p>For patients who would benefit from structured, contained and specialized treatment.</p> <ul style="list-style-type: none"><li>• Full-day programming 12 hours per day, 7 days per week</li><li>• 24-hour nursing care in a licensed psychiatric facility</li><li>• Daily medical presence, two psychiatrist and one dietitian visits minimum per week</li><li>• Expert and innovative psychopharmacologic treatment</li><li>• Intensive psychotherapeutic structure including individual, group and family therapy</li><li>• Education specialists work as school liaisons, so students can maintain educational objectives</li><li>• Average length of stay is 4-6 weeks*</li></ul> <p><b>PATIENT GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning.</b></p>
<p><b>PARTIAL HOSPITALIZATION</b> Adults, ages 18+ Children and teens, 10-17**</p>	<p>For patients in need of structure, intensive skills practice and who can maintain medication compliance.</p> <ul style="list-style-type: none"><li>• Programming 10 hours M-F, 8 hours Sat. and Sun., 7 days per week</li><li>• Three sessions per week with a primary therapist</li><li>• Two psychiatric and nutrition sessions per week</li><li>• One psychiatrist, registered nursing and dietitian visits minimum per week</li><li>• Intensive psychotherapeutic structure including individual, group and family therapy</li><li>• Patient spends nights at home or nearby apartments for a comfortable, supportive environment during evening hours</li><li>• Education specialists work as school liaisons, so students can maintain educational objectives</li><li>• Average length of stay is 4 weeks*</li></ul> <p><b>PATIENT GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms.</b></p>
<p><b>INTENSIVE OUTPATIENT (On-site and Virtual – Eating Recovery At Home)</b> Adults, ages 18+ Children and teens, 10-17**</p>	<p>For patients who would benefit from structure and more group support than outpatient therapy provides.</p> <ul style="list-style-type: none"><li>• Outpatient care for 3 hours per day, 3 days per week</li><li>• Individual psychotherapy, nutrition therapy and group therapy</li><li>• Patient can stay engaged in school or work while participating in intensive treatment</li><li>• Average length of stay is 8 weeks*</li></ul> <p><b>PATIENT GOALS: To continue to develop and practice consistent and sustainable skills and strategies for managing symptoms for optimal, independent daily living.</b></p>

## Collaboration With Professional Referents

- Responsive, efficient assessment and admission process
- Care team keeps you updated on patient's progress and collaborates with you to ensure smooth transition back to your care
- Fast-track assessments and admissions available in most cases for patients admitting directly from a hospital setting

\* Denotes average length of stay; treatment length varies by individualized treatment plans.

\*\*Programming for ages 10 and under varies by treatment program and location

## TREATMENT PROGRAM LOCATIONS

Adult and C&A Res • 55 Schilling Rd., Hunt Valley, MD 21031

Adult PHP • 101 Schilling Rd., Hunt Valley, MD 21031

C&A PHP/IOP • 101 Schilling Rd., Hunt Valley, MD 21031

Adult and C&A PHP/IOP • 6931 Arlington Rd., Bethesda, MD 20814

Adult and C&A IOP • Virtual – Eating Recovery At Home

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