

THE NATION'S LEADER in Eating Disorder Treatment

EATING RECOVERY CENTER, TEXAS

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.

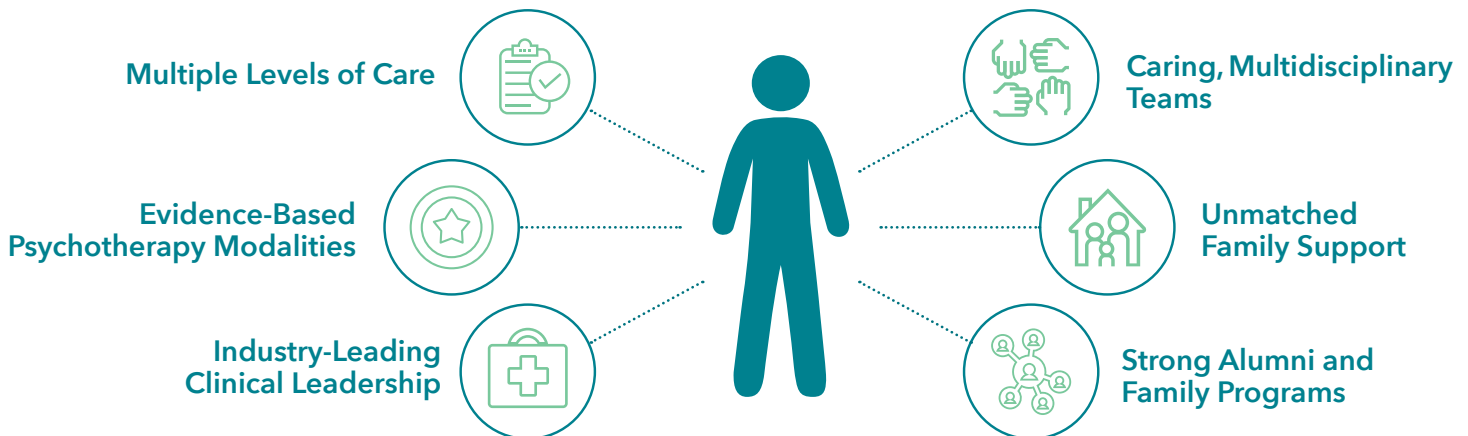
Eating Recovery Center Offers Expert Voluntary Treatment for:

- 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

TEXAS PROGRAMS

- ⊗ Adult Inpatient Intensive Treatment Unit (ITU), Inpatient (IP), Residential (Res), Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs
- ⊗ Child & Adolescent (C&A) ITU, IP, 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

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.

INPATIENT INTENSIVE TREATMENT UNIT

Adults, ages 18+
Children and teens, 8-17**

*Average length of stay is 2-4 weeks**

For patients who have struggled to make progress in a therapeutic community and require structure, containment and an individualized treatment plan.

- Provides intensive medical and psychiatric evaluation and stabilization for patients with complex psychiatric and medical comorbidities in our specialized hospital setting

PATIENT GOALS: Diagnostic, psychopharmacologic, nutritional, behavioral assessment and treatment, resulting in patient transition to IP or Res care level.

INPATIENT

Adults, ages 18+
Children and teens, 8-17**

*Average length of stay is 4 weeks**

For patients who have high-acuity medical and/or behavioral conditions and are able to make progress in a milieu setting.

- Manages high-acuity medical and psychiatric issues in our 24-hour specialized hospital setting
- Daily psychiatric and medical contact and 24-hour nursing care

PATIENT GOALS: To achieve medical stabilization and self-regulated management of behavioral safety.

RESIDENTIAL

Adults, ages 18+
Children and teens, 8-17**

*Average length of stay is 4-6 weeks**

For patients who would benefit from structured, contained and specialized treatment.

- Full-day programming 12 hours per day, 7 days per week
- Daily medical presence, two psychiatric visits and one dietitian visit minimum per week and 24-hour nursing care in a licensed psychiatric facility

PATIENT GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning.

PARTIAL HOSPITALIZATION

Adults, ages 18+
Children and teens, 8-17**

*Average length of stay is 4 weeks**

For patients in need of structure, intensive skills practice and who can maintain medication compliance.

- Programming 10 hours M-F, 8 hours Sat. and Sun., 7 days per week
- One psychiatrist, registered nursing and dietitian visit minimum per week and intensive psychotherapeutic structure including individual, group and family therapy

PATIENT GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms.

INTENSIVE OUTPATIENT (On-site and Virtual – Eating Recovery At Home)

Adults, ages 18+
Children and teens, 8-17**

*Average length of stay is 8 weeks**

For patients who would benefit from structure and more group support than outpatient therapy provides.

- Outpatient care for 3 hours per day, 3 days per week
- Individual psychotherapy, nutrition therapy and group therapy

PATIENT GOALS: To continue to develop and practice consistent and sustainable skills and strategies for managing symptoms for optimal, independent daily living.

**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

Austin • Adult and C&A PHP/IOP
12221 Renfert Way, Suite 250, Austin, TX 78758

Houston • Adult and C&A PHP/IOP
7515 S. Main St., Suite 400, Houston, TX 77030

Plano • Adult and C&A IP/ITU/Res/PHP/IOP
5120 Legacy Dr., Plano, TX 75025

Plano • AD IP/Res
4708 Alliance Blvd., Suite 300, Plano, TX 75093

Plano • C&A IP/Res/PHP
4708 Alliance Blvd., Suite 300, Plano, TX 75093

San Antonio • Adult and C&A PHP/IOP
250 E. Basse Rd., Suite 206, San Antonio, TX 78209

The Woodlands • Adult and C&A PHP/IOP
17350 St. Lukes Way, Suite 220, The Woodlands, TX 77384

Texas Christian University* • Adult IOP
2820 South University Dr., Jarvis Hall, Suite 232, Fort Worth, TX 76129

University of Texas at Austin* • Adult IOP and Virtual
100 W. Dean Keeton St. Student Services Building, 5th Floor Austin, TX 78712

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

**Available to enrolled students only*

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