

MULTIPLE LEVELS OF CARE for Long-Lasting Recovery



Eating Recovery Center specializes in treating patients and their families who struggle with eating disorders and co-occurring conditions at all levels of care. Our treatment model allows patients to transition up or down seamlessly between different levels of care and locations based on the patients' needs.



See back for programming specifics for each level of care.

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

INPATIENT INTENSIVE TREATMENT UNIT (ITU)

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

- Intensive stabilization for patients with complex psychiatric and medical comorbidities
- 24-hour specialized care in our hospital setting
- Diagnostic, psychopharmacologic, nutritional, behavioral assessment and treatment
- Average length of stay is 2-4 weeks*

Patient Goals: Through diagnostic, psychopharmacologic, nutritional, behavioral assessment and treatment, the patient achieves the stabilization necessary to transition to inpatient or residential care level.

INPATIENT (IP)

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

- Full-day programming 7 days per week
- Daily psychiatric and medical assessments
- 24-hour nursing care in our licensed psychiatric facility
- Individually prescribed nutrition plan and mealtime support
- Education specialists work as school liaisons, so students can maintain educational objectives
- Average length of stay is 4 weeks*

Patient Goals: To achieve medical stabilization and self-regulated management of behavioral safety.

RESIDENTIAL (RES)

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

- Full-day programming 7 days per week
- 24-hour nursing care in a licensed psychiatric facility
- Daily medical presence and 2 psychiatric visits per week minimum
- Intensive psychotherapeutic structure including individual, group and family therapy
- Expert and innovative psychopharmacologic treatment
- Education specialists work as school liaisons, so students can maintain educational objectives
- Average length of stay is 4-6 weeks*

Patient Goals: To learn and apply adaptive, effective and consistent coping skills for daily functioning. Patients and families connect with a support system that will help with a successful transition home.

PARTIAL HOSPITALIZATION (PHP)

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

- Programming 6-10 hours per day, 7 days per week
- Psychiatric visits typically twice weekly and 1 registered nursing visit minimum per week
- Intensive psychotherapeutic structure including individual, group and family therapy
- Patient spends nights at home or nearby apartments for a comfortable, supported environment during evening hours
- Education specialists work as school liaisons, so students can maintain educational objectives
- Average length of stay is 4 weeks*

Patient Goals: To discover new insights into perpetuating factors that amplify symptoms and develop lasting skills and strategies for managing them.

INTENSIVE OUTPATIENT

On-site IOP and Virtual

For patients who can set goals and work toward them but would benefit from more structure and group support.

- Outpatient care for 3 hours per day, 3-5 days per week
- Patient can stay engaged in school or work while participating in intensive treatment
- Individual and group psychotherapy and nutritional counseling
- Average length of stay is 8 weeks*

Patient Goals: To continue to practice and develop additional and lasting skills and strategies for managing symptoms.

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

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