



Eating  
Recovery  
Center

# 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 and Child & Adolescent (C&A) Residential (Res) Programs
- ⊗ Adult and C&A Partial Hospitalization (PHP) Programs
- ⊗ Adult and C&A Intensive Outpatient (IOP) Programs
- ⊗ Adult and C&A Virtual IOP Programs

## 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

## Levels of Care

Three levels of care allow patients to step up or step down seamlessly between levels of care and locations based on patients' needs.

### RESIDENTIAL

Adults, ages 18+  
Children and teens,  
ages 10-17

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

- Full-day programming 12 hours per day, 7 days per week
- 24-hour nursing care in a licensed psychiatric facility
- Daily medical presence, two psychiatrist and one dietitian visits minimum per week
- Expert and innovative psychopharmacologic treatment
- Intensive psychotherapeutic structure including individual, group and family therapy
- 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, safe, effective and consistent coping skills for daily functioning.**

### PARTIAL HOSPITALIZATION

Adults, ages 18+  
Children and teens,  
ages 10-17

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
- Intensive psychotherapeutic structure including individual, group and family therapy
- Patient spends nights at home or nearby apartments for a comfortable, supportive 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 apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms.**

### INTENSIVE OUTPATIENT (ON-SITE AND VIRTUAL)

Adults, ages 18+  
Children and teens,  
ages 10-17

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 can stay engaged in school or work while participating in intensive treatment
- Average length of stay is 8 weeks\*

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

## Collaboration With Professional Referents

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

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

## TREATMENT CENTER LOCATIONS

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

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

**COMING SOON** Adult and C&A PHP/IOP • 6931 Arlington Rd., Bethesda, Maryland 20814

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