



THE NATION'S LEADER in Eating Disorder Treatment

EATING RECOVERY CENTER, CALIFORNIA

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

CALIFORNIA PROGRAMS

- > Adult Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs
- > Child & Adolescent (C&A) PHP and IOP
- > Adult and C&A Virtual IOP

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

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

PARTIAL HOSPITALIZATION

*Adults, ages 18+
Children and teens,
ages 12-17*

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
- Three sessions per week with a primary therapist
- Two psychiatric and nutrition sessions per week
- One psychiatrist, registered nursing and dietitian visits 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 12-17*

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 PROGRAM LOCATIONS

Adult and C&A PHP/IOP • 3610 American River Dr., Suite 140, Sacramento, CA 95864

Adult and C&A PHP/IOP • 114 Pacifica, Suite 450, Irvine, CA 92618

Adult and C&A IOP • Virtual

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