

# 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.

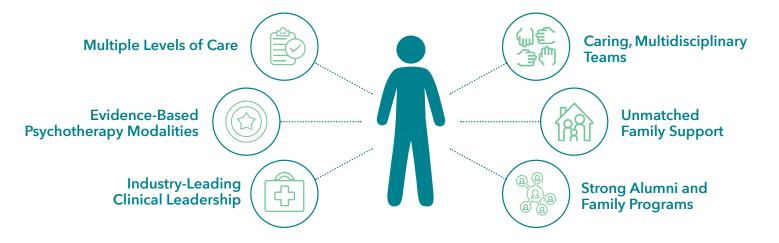
# **Eating Recovery Center Offers Expert Voluntary Treatment for:**

- 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



#### 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

## 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

Most commercial insurance accepted

<sup>\*</sup> Denotes average length of stay; treatment length varies by individualized treatment plans.