



## 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.

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

### INPATIENT INTENSIVE TREATMENT UNIT

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

### INPATIENT

- 24-hour registered nursing care in our licensed psychiatric facility
- Daily medical presence and 2 psychiatric visits per week

### RESIDENTIAL

- Outpatient care for 10 hours M-F, 8 hours S-S, 7 days per week
- Psychiatric visits typically twice weekly

### PARTIAL HOSPITALIZATION

- Outpatient care for 3 hours per day, 3 days per week
- Individual and group psychotherapy and nutritional counseling

### INTENSIVE OUTPATIENT ON-SITE AND VIRTUAL

↑  
MOST  
INTENSIVE

↓  
LEAST  
INTENSIVE

**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](https://www.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 our 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 8-10 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 long-lasting skills and strategies for managing symptoms.

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

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