

# THE NATION'S LEADER in Eating Disorder Treatment

## EATING RECOVERY CENTER, TEXAS

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

### TEXAS PROGRAMS

- ⊗ Adult Inpatient Intensive Treatment Unit (ITU), Inpatient (IP), Residential (Res), Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs
- ⊗ Child & Adolescent (C&A) ITU, IP, Res, 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](http://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.

### INPATIENT INTENSIVE TREATMENT UNIT

Adults, ages 18+  
Children and teens,  
ages 8-17

*Average length of stay is 2-4 weeks\**

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

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

**PATIENT GOALS: Diagnostic, psychopharmacologic, nutritional, behavioral assessment and treatment, resulting in patient transition to IP or Res care level.**

### INPATIENT

Adults, ages 18+  
Children and teens,  
ages 8-17

*Average length of stay is 4 weeks\**

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

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

**PATIENT GOALS: To achieve medical stabilization and self-regulated management of behavioral safety.**

### RESIDENTIAL

Adults, ages 18+  
Children and teens,  
ages 8-17

*Average length of stay is 4-6 weeks\**

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

- Full-day programming 12 hours per day, 7 days per week
- Daily medical presence, two psychiatric visits and one dietitian visit minimum per week and 24-hour nursing care in a licensed psychiatric facility

**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

*Average length of stay is 4 weeks\**

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 and intensive psychotherapeutic structure including individual, group and family therapy

**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

*Average length of stay is 8 weeks\**

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

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

## TREATMENT PROGRAM LOCATIONS

Austin • Adult and C&A PHP/IOP  
12221 Renfert Way, Suite 250  
Austin, TX 78758

University of Texas at Austin • Adult IOP  
100 W. Dean Keeton St.  
Student Services Building, 5th Floor  
Austin, TX 78712

Houston • Adult and C&A PHP/IOP  
7515 S. Main St., Suite 400, Houston, TX 77030

Plano • Adult and C&A IP/ITU/Res/PHP/IOP  
5120 Legacy Dr., Plano, TX 75025

Plano • C&A IP/Res 4708 Alliance Blvd.,  
Suite 300, Plano, TX 75093

San Antonio • Adult and C&A PHP/IOP  
250 E. Basse Rd., Suite 206, San Antonio, TX 78209

The Woodlands • Adult and C&A PHP/IOP  
17350 St. Lukes Way, Suite 220, The Woodlands, TX 77384

Adult and C&A IOP • Virtual

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