

# 7 FAST FACTS

## About Our Seven-Day Partial Hospitalization Program



Eating disorders **don't take the weekend off**. Our seven-day Partial Hospitalization Program offers patients the daily support they need to continue to chart their path to long-lasting recovery.

### 1 MEETING PATIENTS WHERE THEY ARE

Whether your patient is stepping down from residential or needs a higher level of care than intensive outpatient programming, our seven-day program provides the critical support and skills building needed at this stage of recovery.

### 2 TREATING A WIDER RANGE OF ACUITY

The maximum clinical standard of care (eight to ten hours per day, seven days per week), coupled with a multidisciplinary team approach, engages patients in their treatment and provides safe containment for complex cases.

### 3 DAILY TREATMENT OFFERS PROGRESSION OVER REGRESSION

Unstructured weekends can create unnecessary setbacks during treatment. Our weekend programming at eight hours per day offers consistency and daily structure so patients continue making progress in their recovery.

### 4 MORE MEALTIME SUPPORT

We offer supportive supervision for all daily meals and most snacks by trained clinicians who watch for behaviors and help patients with emotion regulation during mealtime.

### 5 COMPREHENSIVE CARE WITH EVIDENCE-BASED TREATMENT

Our evidence-based treatment modalities include Dialectical Behavior Therapy (DBT), Emotion-Focused Family Therapy (EFFT), Family-Based Treatment (FBT), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT) and other experiential therapies.

### 6 ROBUST FAMILY PROGRAMMING

We offer an array of resources for families and caregivers rooted in EFFT and FBT. These include our Virtual Family & Friends Education series, family therapy sessions, recorded self-guided education on our website and more.

### 7 STRONG ALUMNI, FAMILY AND COMMUNITY SUPPORT

Patients and families can connect with a clinician-led Community Outreach Liaison team for ongoing support after treatment, including alumni events, support groups, social recovery communities and resources.

**As a nationally recognized treatment model, you can send your patients to our Partial Hospitalization Program (for children, adolescents and adults) with confidence that they will receive expert treatment and that you will be updated on progress along the way. Please partner with us to light their path to recovery together.**

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