



Eating
Recovery
Center

A GUIDE TO WHEN TO REFER YOUR CLIENTS TO IOP

A Bridge to Recovery



Eating Recovery Center's (ERC) intensive outpatient program (IOP) is designed for clients who are struggling to make progress in an outpatient setting or are stepping down from a higher level of care. Our group-based program helps patients navigate challenges in real life, connect with peers and expert care team members, and form close relationships to support their lasting recovery. Both On-Site and Virtual IOP are covered by most national commercial insurance in conjunction with outpatient providers, ensuring the continuity of care your patient needs.

ERC's On-Site and Virtual IOP Offers Expert Voluntary Treatment for:

- ✓ Anorexia nervosa
- ✓ Bulimia nervosa
- ✓ Binge eating disorder
- ✓ Atypical anorexia nervosa
- ✓ Avoidant restrictive food intake disorder
- ✓ ED - diabetes mellitus type 1
- ✓ Other specified feeding or eating disorder
- ✓ Co-occurring mood and anxiety disorders
- ✓ Co-occurring substance use
- ✓ Exercise addiction

Inclusive Care for All Ages, Body Shapes and Sizes, Races, Ethnicities, Religions, Sexual Identities, Gender Identities and Expressions

➤ Children and Adolescents (ages 8-17)*

➤ Adults (ages 18 and older)

Admission Criteria for Patients

American Psychiatric Association Practice Guideline, 2006

- Is medically stable
- Does not have suicidal thoughts or behaviors
- Has a weight generally above 85%
- Demonstrates fair motivation
- Can accept support with eating from caregivers
- Can resist compulsive exercise urges
- Can reduce purging in unstructured setting
- Has a present and involved support system

When to Refer

- Does not respond to current level of care
- Shows worsened symptoms
- Lacks support in home environment
- Needs additional support/structure
- Has co-occurring conditions that complicate treatment

**Programming for ages 12 and under varies by treatment program and location.*

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

For a list of current programs and states, visit:
[EatingRecovery.com/AtHome](https://www.EatingRecovery.com/AtHome)

Most major commercial insurance accepted

OUR INTENSIVE OUTPATIENT PROGRAM INCLUDES



Therapy 3 hours per day,
3 days per week



Education and support groups
for families and other loved ones



Evidence-based individual
and group therapy



Family and caregiver
therapy sessions



Nutrition counseling
and meal support

Therapeutic Goals

- Support community outpatient provider
- Provide additional structure
- Offer eating disorder education and skills-based training
- Extend peer support and connections
- Interrupt eating disorder symptoms

Outpatient Provider Role

- Continues to see patients (frequency varies)
- Provides feedback or recommendations as part of treatment team
- Assists in implementing clinical recommendations
- Establishes therapeutic relationship, if ERC referred to provider

IOP helps patients continue to develop sustainable skills and strategies for managing symptoms to maintain optimal daily living.

Full recovery is possible with comprehensive treatment, a motivated patient and a committed treatment team focused on skills building.

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