

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 an insurance-backed standard of care as they progress toward lasting recovery.

1 DAILY TREATMENT OFFERS PROGRESSION OVER REGRESSION

Outcomes data showed that unstructured weekends were creating unnecessary setbacks during treatment. Our expanded weekend programming at eight hours per day prevents regression, offering consistency through an insurance-backed standard of care.

2 TREATING A WIDER RANGE OF ACUITY

The maximum clinical standard of care (eight to 10 hours per day, seven days per week), coupled with a psychiatrist-led multidisciplinary approach, engages patients in their treatment and provides safe containment for complex cases.

3 COMPREHENSIVE CARE WITH EVIDENCE-BASED TREATMENT

Our evidence-based treatment modalities include dialectical behavior therapy (DBT), emotion-focused family therapy (EFFT), cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT) and other experiential therapies.

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 MEETING PATIENTS WHERE THEY ARE

Our continuum of care model means we provide patients with the the right support at the right time. Whether your patient is coming from more or less intensive treatment, patients progress with the same care model and team.

6 SCHOOL SUPPORT FOR STUDENTS

Kids and teens work with our education specialists to continue their academic progress while in treatment and ensure a smooth transition back to school. For college students, most campuses offer flexibility when seeking mental health care, and we can advocate on your behalf.

7 STRONG FAMILY PROGRAMMING AND AFTERCARE COMMUNITY

We offer an array of resources for families and caregivers rooted in EFFT and family-based treatment (FBT), including an education series, family therapy sessions and more. Patients and loved ones are also connected with a community outreach liaison for ongoing support after treatment.

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 care and that you will be updated on progress along the way. 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