



# TAKE RECOVERY HOME

## Virtual Intensive Outpatient Programs for Eating Disorders and Mood and Anxiety Disorders

With our programs, your clients continue to learn to navigate life's stressors and build resilience in everyday life.

### ADULT PROGRAMS

- Eating Disorders Treatment
- Binge Eating Disorders Treatment
- Mood and Anxiety Disorders Treatment

### CHILD & ADOLESCENT PROGRAMS (ages 12+)

- Eating Disorders Treatment
- Mood and Anxiety Disorders Treatment

### WHAT YOUR CLIENTS CAN EXPECT



Coverage by most **major commercial insurers**



Same proven treatment offered on-site from **the comfort of home**



**Specialized experienced care team** includes licensed therapist, registered dietitian,\* consulting physician and care coordinator; **7,000+ patients** treated virtually **since 2016**



**Group therapy sessions** with the **same small peer group** and clinical team ensure optimal outcomes



Extensive **family involvement**, education and support



Robust **alumni network, support groups and resources** available post-treatment

*\*Eating disorder programs*

“By providing support, accountability and oversight this program is critical in preventing step-ups to higher-level on-site treatment.”

— Anne Marie O'Melia, MS, MD, FAAP, Chief Medical Officer of Eating Recovery Center and Pathlight Mood & Anxiety Center



NAMED BEST ONLINE THERAPY SERVICES 2022 AND 2023

verywellmind

verywellfamily

Parents.

People

Health.com

## WHAT OUR PROGRAMS INCLUDE

- Three 3-hour weekly groups including:
  - ✓ Evidence-based skills focused groups (DBT, CBT, ACT, ERP, FBT, EFFT)
  - ✓ Process-oriented group therapy
  - ✓ Behavior modification group therapy (exposures, behavioral activation)
  - ✓ Nutrition groups with meal-time support, cooking classes and group meals to provide structure and accountability\*
- One weekly individual/family therapy session
- One weekly session with a registered dietitian\*
- Recovery Record mobile app tracks treatment, moods and meals\*
- Remote patient monitoring with numberless scale\*
- Continuing education options for all referents
- Weekly peer, alumni and caregiver support groups

\*Eating disorder programs only

## OUR RESULTS SPEAK VOLUMES

### Positive Outcomes

MORE THAN

40%

improvement in **anxiety** (GAD-7), **depression** (PHQ-9) and **PTSD** (PCL-5) symptoms.<sup>1</sup>

MORE THAN

50%

improvement in overall **eating disorder behaviors** (EDE-Q).<sup>2</sup>

### High Levels of Engagement

ALMOST

90%

**attendance rate** in virtual IOP<sup>3</sup>

MORE THAN

25%

**increase in completion rate** in virtual IOP versus on-site IOP<sup>3</sup>

ALL  
PATIENTS

report **feeling connected** to facilitators and group members.<sup>4</sup>



### COLLABORATION AND CARE COORDINATION

From assessment through discharge, we partner and communicate with you to provide a bridge to recovery for your patients.

### LEARN MORE

Scan Me!



Watch our video to learn more about the program.

Meet our virtual IOP clinicians  
[EatingRecovery.com/AtHome](https://EatingRecovery.com/AtHome)  
[PathlightBH.com/AtHome](https://PathlightBH.com/AtHome)

1. General Anxiety Disorder-7 (GAD-7), Eating Recovery Center, Patient Health Questionnaire-9 (PHQ-9), Eating Recovery Center, PTSD Checklist for DSM-5 (PCL-5), Pathlight. November 2020 – April 2022. | 2. Eating Disorder Examination Questionnaire (EDE-Q), Eating Recovery Center. November 2020 – April 2022. | 3. Michel, D.M., O'Melia, A.M., Mathes, W.F., & Tallent, C.N. (2022). Telebehavioral health intensive outpatient program attendance and length of treatment compared to in-person service. [Manuscript submitted for publication] | 4. Blalock, D.V., et al. (2020). Pilot assessment of a virtual intensive outpatient program for adults with eating disorders. *European Eating Disorders Review*, 28(6), 789-795.

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://EatingRecovery.com/AtHome) | [PathlightBH.com/AtHome](https://PathlightBH.com/AtHome)