

Treating ARFID

A specialized program built for kids, teens and their families

At **Eating Recovery Center Baltimore**, we have designed a one-of-a-kind program using specialized therapies that address the unique needs of kids and teens with ARFID. We are committed to doing more than other programs because we believe families deserve more.

What is ARFID?

Avoidant/restrictive food intake disorder (ARFID) is a serious eating disorder that can impact a child's nutrition, development and overall health. If your child only eats a few different foods, feels anxious around meals or frequently struggles to eat enough, they may be showing signs of ARFID. Left unaddressed, ARFID can lead to other serious health conditions.



Common Signs of ARFID



Lack of interest in food or eating



Avoiding foods because of their texture, smell or appearance



Refusing to try new foods



Insisting food be prepared in a specific way



Fear of choking, vomiting or allergic reactions while eating

How Our Team Sets Families Up for Success

A thorough clinical assessment

Every child's experience with ARFID is different, so our team of experts takes the time to understand their specific challenges to create a personalized treatment plan.

Targeted therapies for ARFID

We utilize a combination of specialized therapies including cognitive behavioral therapy (CBT-E) for ARFID and an approach informed by family-based treatment (FBT) to address avoidance behaviors around food and meals. Therapy is individualized for each patient and family. Our clinical teams are also trained in neurodiversity.

Nutrition management

Sessions with a registered dietitian twice a week focus on personalized meal plans, gradual food expansion, nutritional adequacy and family education.

Specialized groups

Kids and teens will explore new foods, build social skills and manage anxiety in a safe space. We also offer specialty tracks for co-occurring conditions like trauma, anxiety and more.

Educational support

Our on-site education specialist helps kids and teens continue progressing in school while getting the care they need.

Please contact us to make a referral or schedule a free consultation with a master's-level clinician.

1-877-825-8584 | [EatingRecovery.com](https://www.EatingRecovery.com)

Most commercial insurance and select Medicaid plans accepted

We Provide Family Support at Every Step

Parents and loved ones play an essential role in their loved one's recovery. That's why they are actively involved in treatment – from hands-on meal support, to education sessions and regular check-ins – to build confidence and continue making progress at home. And for families traveling for care, discounted housing nearby makes it easier to stay close and navigate this process together.



COMPREHENSIVE CARE FOR LASTING CHANGE

Eating Recovery Center founders were visionaries in the field of eating disorder treatment and research. Since 2008, we have guided thousands of patients and their families toward recovery.

Today, our specialized ARFID program in Maryland supports kids and teens (ages 10-17) with two levels of care at **55 Schilling Road, Hunt Valley, Maryland**.



1. Residential Program

Provides 24/7 support in a safe, structured environment



2. Partial Hospitalization Program

Allows kids and teens to return home in the evenings (weekdays 8 a.m. to 6 p.m., weekends 10 a.m. to 6 p.m.)

IT JUST TAKES ONE CALL TO GET STARTED

We're in this with you. Our collaborative team of experts works closely with you to ensure kids and teens get the most advanced, high-quality care. Schedule a free consultation today to learn how our unique ARFID treatment program can support your clients and their families.



Please contact us to make a referral or schedule a free consultation with a master's-level clinician.
1-877-825-8584 | EatingRecovery.com