

1 Outpatient Program (OP)

- Weekly, Eating Disorder Specific, individual and family therapy, weekly sessions with a dietician, and routine check-ups with a physician and if appropriate with a psychiatrist
- Client is able and willing to cooperate with treatment
- Eating disorder behaviors and symptoms interfere minimally with daily life
- Minimal external structure is needed to eat appropriately and prevent compulsive behaviors
- Not appropriate if medically or psychiatrically unstable, <85% of expected body weight, or significant progress has not been made after 4 weeks of outpatient treatment

2 Intensive Outpatient Program (IOP)*

- Afternoon or evening Eating Disorder Specific programming for 3-4 hours per day, 3-5 days per week
- Two to three groups per day, daily meal support, weekly individual, family/multi-family, and dietary therapy
- Refer to IOP if client has not made significant progress after 4 weeks in outpatient, or if client would benefit from daily meal support and a group setting
- Not appropriate if medically or psychiatrically unstable, <85% of expected body weight; or if client requires more structure to interrupt behaviors

3 Partial Hospitalization Program (PHP)*

- Six to eight hours of eating disorder specific programming per day, five to six days per week
- Several groups per day, support for multiple meals and snacks per day, and weekly individual, family/multi-family, and dietary therapy in addition to consultation with a psychiatrist
- Refer directly to PHP if client needs multiple meals and snacks per day, needs more structure than IOP, or is not able to function normally in activities of daily life (e.g., school or work)
- Not appropriate if medically or psychiatrically unstable, <85% of expected body weight; or if client requires more structure to interrupt eating disorder behaviors (e.g., bingeing and purging at night)

4 Residential Treatment Center (RTC)*

- 24/7 supervision and support in a highly structured, Eating Disorder Specific, therapeutic setting
- Typically 3-4 individual sessions, 1-2 family sessions, 35+ groups a week, weekly consultation with dietitian, physician, and psychiatrist, family passes, and daily dietary exposures
- Refer to RTC if client is medically stable but <85% of expected body weight, needs supervision at all meals and snacks per day, needs more structure/supervision that PHP provides, or is severely impaired in daily functioning
- Not appropriate when medically or psychiatrically unstable, or has demonstrated that they can successfully manage their behaviors and symptoms at a lower level of care

* Center For Discovery offers intensive outpatient, partial hospitalization, and residential eating disorder programs.

EATING DISORDER
RED FLAGS

www.CenterForDiscovery.com
866.480.3475

- Low body weight
- Weight fluctuation
- Menstrual irregularities
- Insomnia or difficulty sleeping
- Dizzy spells, fainting, or blackouts
- Hair loss
- Often feeling cold
- Swollen, puffy cheeks
- Fine hair growth on body and face
- Dry or yellowish skin
- Swelling of arms or legs
- Constipation
- Dehydration
- Fatigue
- Low blood pressure
- Vitamin or electrolyte deficiencies
- Preoccupation with food, calories, cooking/recipes, or exercise
- Frequent weighing
- Dieting
- Compulsively exercising, moving, or standing
- Laxative/diuretic use
- Evidence of self-induced vomiting
- Restricting liquid intake/refusing to eat
- Frequent trips to the bathroom after meals
- Frequent fad dieting
- Restricting types of foods or food groups
- Becoming vegetarian, vegan, lactose or gluten intolerant
- Eating very rapidly or very slowly
- Deciding to only eat organic, raw, or unprocessed foods
- Eating abnormally large or small amounts of food
- Strange food combinations
- Secretive eating or hiding/hoarding food
- Nervousness or anxiety around food
- Deception about food or exercise
- Defensiveness, anger, or tearfulness when eating behavior is addressed
- Frequent body comparison to others
- Shame or guilt about food
- Dogmatic belief in food being good or bad
- Using food or exercise as a coping method
- Mood swings/emotional outbursts