

# THE NATION'S LEADER in Eating Disorder Treatment

## EATING RECOVERY CENTER, COLORADO

With evidence-based treatment and the ability to treat the most complex cases, **Eating Recovery Center (ERC)** offers inclusive treatment for all ages, body shapes and sizes, gender identities and expressions with eating disorders and co-occurring conditions. Our specialized programs provide patients with the tools and support they need to create the perspective and behavior change for long-lasting recovery.

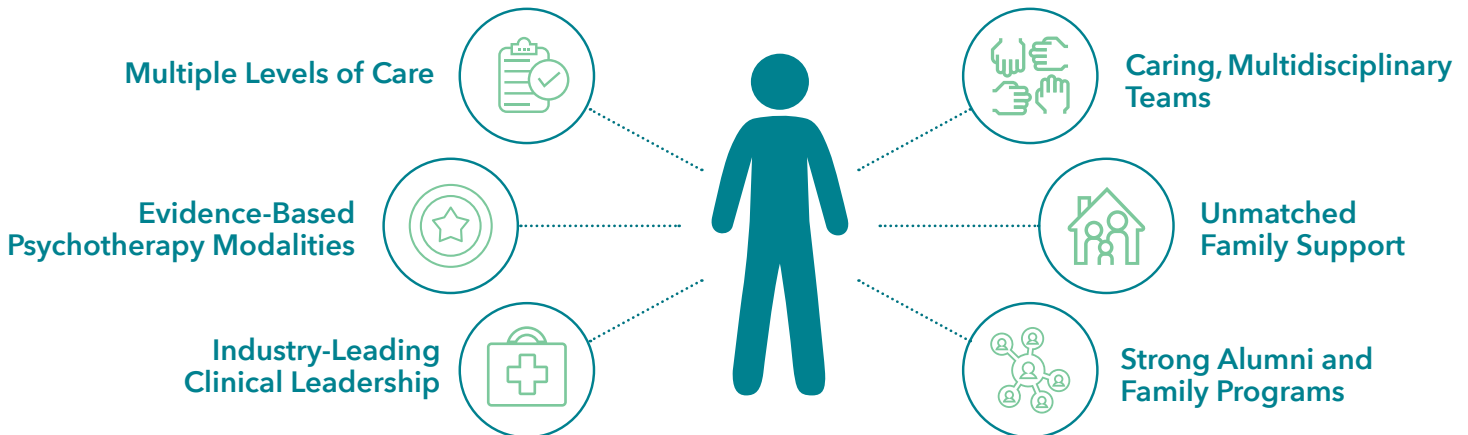
### Eating Recovery Center Offers Expert Voluntary Treatment for:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Atypical Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- ED - Diabetes Mellitus Type 1
- Other Specified Feeding and Eating Disorder (OSFED)
- Co-Occurring Mood and Anxiety Disorders
- Co-Occurring Substance Use
- Exercise Addiction

### COLORADO PROGRAMS

- › Inpatient (IP), Residential (Res), Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs
- › Child & Adolescent (C&A), IP, Res, PHP and IOP
- › Adult and C&A Virtual IOP

## WHY CHOOSE EATING RECOVERY CENTER



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](http://EatingRecovery.com)

Most commercial insurance accepted

## Levels of Care

Multiple levels of care allow patients to step up or step down seamlessly between levels of care and locations based on patients' needs.

<p><b>INPATIENT</b></p> <p>Adults, ages 18+ Children and teens, ages 8-17</p> <p><i>Average length of stay is 4 weeks*</i></p>	<p>For patients who have high-acuity medical and/or behavioral conditions and are able to make progress in a milieu setting.</p> <ul style="list-style-type: none"><li>• Manages high-acuity medical and psychiatric issues in our 24-hour specialized hospital setting</li><li>• Daily psychiatric and medical contact and 24-hour nursing care</li></ul> <p><b>PATIENT GOALS: To achieve medical stabilization and self-regulated management of behavioral safety.</b></p>
<p><b>RESIDENTIAL</b></p> <p>Adults, ages 18+ Children and teens, ages 8-17</p> <p><i>Average length of stay is 4-6 weeks*</i></p>	<p>For patients who would benefit from structured, contained and specialized treatment.</p> <ul style="list-style-type: none"><li>• Full-day programming 12 hours per day, 7 days per week</li><li>• Daily medical presence, two psychiatric visits and one dietitian visit minimum per week and 24-hour nursing care in a licensed psychiatric facility</li></ul> <p><b>PATIENT GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning.</b></p>
<p><b>PARTIAL HOSPITALIZATION</b></p> <p>Adults, ages 18+ Children and teens, ages 8-17</p> <p><i>Average length of stay is 4 weeks*</i></p>	<p>For patients in need of structure, intensive skills practice and who can maintain medication compliance.</p> <ul style="list-style-type: none"><li>• Programming 10 hours M-F, 8 hours Sat. and Sun., 7 days per week</li><li>• One psychiatrist, registered nursing and dietitian visit minimum per week and intensive psychotherapeutic structure including individual, group and family therapy</li></ul> <p><b>PATIENT GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms.</b></p>
<p><b>INTENSIVE OUTPATIENT (ON-SITE AND VIRTUAL)</b></p> <p>Adults, ages 18+ Children and teens, ages 8-17</p> <p><i>Average length of stay is 8 weeks*</i></p>	<p>For patients who would benefit from structure and more group support than outpatient therapy provides.</p> <ul style="list-style-type: none"><li>• Outpatient care for 3 hours per day, 3 days per week</li><li>• Individual psychotherapy, nutrition therapy and group therapy</li></ul> <p><b>PATIENT GOALS: To continue to develop and practice consistent and sustainable skills and strategies for managing symptoms for optimal, independent daily living.</b></p>

\* Denotes average length of stay; treatment length varies by individualized treatment plans.

## TREATMENT PROGRAM LOCATIONS

Adult PHP/IOP • 8190 E. 1st Ave., Suite 105, Denver, CO 80230

Adult ITU/IP/Res • 8199 E. 1st Ave., Denver, CO 80230

C&A IP/Res/PHP/IOP • 1830 Franklin St., Suite 500, Denver, CO 80218

Adult and C&A IOP • Virtual

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