



THE NATION'S LEADER in Eating Disorder Treatment

EATING RECOVERY CENTER, MARYLAND

With evidence-based care 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.

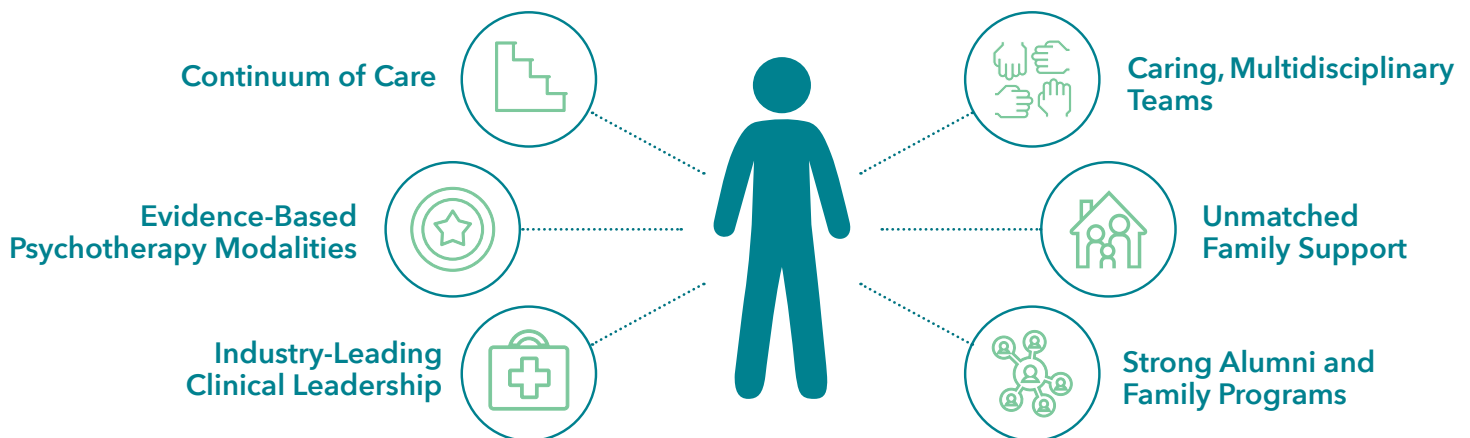
Your clients will get specialized care for:

- 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

MARYLAND PROGRAMS

- ⊗ Adult residential (RES), partial hospitalization (PHP) and intensive outpatient (IOP) programs
- ⊗ Child and adolescent (C&A) Res, PHP and IOP
- ⊗ Specialized C&A ARFID program, Res and PHP
- ⊗ Adult and C&A virtual IOP - Eating Recovery At Home

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](https://www.EatingRecovery.com)

Most commercial insurance accepted

Continuum of Care

Your clients can step up or down seamlessly between our levels of care so they get the exact support they need.

RESIDENTIAL

Adults, ages 18+
Children and teens, 10-17**

For those who would benefit from structured, contained and specialized treatment.

- Full-day programming 12 hours per day, 7 days per week
- 24-hour nursing care in a licensed psychiatric facility
- Daily medical presence, two psychiatrist and one dietitian visits minimum per week
- Expert and innovative psychopharmacologic treatment
- Intensive psychotherapeutic structure including individual, group and family therapy
- Education specialists work as school liaisons, so students can maintain educational objectives
- Average length of stay is 4-6 weeks*

PATIENT GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning.

PARTIAL HOSPITALIZATION

Adults, ages 18+
Children and teens, 10-17**

For those in need of structure, intensive skills practice and who can maintain medication compliance.

- Programming 10 hours M-F, 8 hours Sat. and Sun., 7 days per week
- Three sessions per week with a primary therapist
- Two psychiatric and nutrition sessions per week
- One psychiatrist, registered nursing and dietitian visits minimum per week
- Intensive psychotherapeutic structure including individual, group and family therapy
- Patient spends nights at home or nearby apartments for a comfortable, supportive environment during evening hours
- Education specialists work as school liaisons, so students can maintain educational objectives
- Average length of stay is 4 weeks*

PATIENT GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms.

INTENSIVE OUTPATIENT (On-site and Virtual – Eating Recovery At Home)

Adults, ages 18+
Children and teens, 10-17**

For those who would benefit from structure and more group support than outpatient therapy provides.

- Outpatient care for 3 hours per day, 3 days per week
- Individual psychotherapy, nutrition therapy and group therapy
- Patient can stay engaged in school or work while participating in intensive treatment
- Average length of stay is 8 weeks*

PATIENT GOALS: To continue to develop and practice consistent and sustainable skills and strategies for managing symptoms for optimal, independent daily living.



Our specialized ARFID program for kids and teens is designed specifically to address the unique challenges that come with this condition, delivered by experts who care. Learn more about our ARFID program by scanning the QR code.



SCAN TO LEARN MORE

Our Partnership Includes

- Responsive, efficient assessment and admission process
- Fast-track assessments and admissions available in most cases for patients admitting directly from a hospital setting
- Care teams that keep you updated on your client's progress and collaborate with you to ensure smooth transition back to your care

Treatment Program Locations

- Adult and C&A Res • 55 Schilling Rd., Hunt Valley, MD 21031
- C&A ARFID Res/PHP • 55 Schilling Rd., Hunt Valley, MD 21031
- Adult and C&A Adult PHP/IOP • 101 Schilling Rd., Hunt Valley, MD 21031
- Adult and C&A PHP/IOP • 6931 Arlington Rd., Bethesda, MD 20814
- Adult and C&A IOP • Virtual – Eating Recovery At Home

*Denotes average length of stay; treatment length varies by individualized treatment plans. **Programming for ages 10 and under varies by treatment program and location

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