

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
- Adult and C&A Virtual IOP - Eating Recovery At Home

Our **specialized ARFID program** for kids and teens is designed to address the unique challenges that come with this condition. Our program offers both Res and PHP treatment options. **Scan to learn more.**



WHY CHOOSE EATING RECOVERY CENTER



Multiple Levels of Care

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

<p>RESIDENTIAL</p> <p>Adults, 18+ Children and teens, 10-17**</p>	<p>For patients who would benefit from structured, contained and specialized treatment:</p> <ul style="list-style-type: none">• 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* <p>GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning</p>
<p>PARTIAL HOSPITALIZATION</p> <p>Adults, 18+ Children and teens, 10-17**</p>	<p>For patients in need of structure, intensive skills practice and who can maintain medication compliance:</p> <ul style="list-style-type: none">• 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 visit 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* <p>GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms</p>
<p>INTENSIVE OUTPATIENT (on-site and virtual – Eating Recovery At Home)</p> <p>Adults, 18+ Children and teens, 10-17**</p>	<p>For patients who would benefit from structure and more group support than outpatient therapy provides:</p> <ul style="list-style-type: none">• 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• On-site average length of stay is 3-4 weeks*• Virtual average length of stay is 6-8 weeks* <p>GOALS: To continue to develop and practice consistent and sustainable skills and strategies for managing symptoms for optimal, independent daily living</p>

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

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 Road, Hunt Valley, MD 21031

C&A ARFID Res/PHP • 55 Schilling Road, Hunt Valley, MD 21031

Adult and C&A PHP/IOP • 101 Schilling Road, Hunt Valley, MD 21031

Adult and C&A PHP/IOP • 6931 Arlington Road, Bethesda, MD 20814

Adult and C&A IOP • Virtual – Eating Recovery At Home

Please contact us to make a referral or schedule a free consultation with a master's-level clinician at **1-877-825-8584**. Most commercial insurance accepted.

Fax: 425-974-1530
EatingRecovery.com