



The Nation's Leader in Eating Disorder Treatment



Eating Recovery Center, Texas

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.

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

TEXAS 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 – Eating Recovery At Home

WHY CHOOSE EATING RECOVERY CENTER



Call **1-877-825-8584** to schedule a free consultation with a master's-level clinician.
Most commercial insurance plans accepted.

Fax: 425-974-1530
EatingRecovery.com

Multiple Levels of Care

Enables patient's to step up or step down seamlessly between levels of care and locations based on patient's needs.

INPATIENT

Adults, 18+
Children and teens, 8-17**

*Average length of stay is 4 weeks**

For patients who have high-acuity medical and/or behavioral conditions and are able to make progress in a milieu setting:

- Manages high-acuity medical and psychiatric issues in our 24-hour specialized hospital setting
- Daily psychiatric and medical contact and 24-hour nursing care

GOALS: To achieve medical stabilization and self-regulated management of behavioral safety

RESIDENTIAL

Adults, 18+
Children and teens, 8-17**

*Average length of stay is 4-6 weeks**

For patients who would benefit from structured, contained and specialized treatment:

- Full-day programming 12 hours per day, 7 days per week
- Daily medical presence, two psychiatrist visits and one dietitian visit minimum per week and 24-hour nursing care in a licensed psychiatric facility

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

PARTIAL HOSPITALIZATION

Adults, 18+
Children and teens, 8-17**

*Average length of stay is 4 weeks**

For patients 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
- One psychiatrist, registered nursing and dietitian visit minimum per week and intensive psychotherapeutic structure including individual, group and family therapy

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

*Average length of stay is 8 weeks**

For patients 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

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

**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 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 PHP/IOP
12221 Renfert Way, Suite 250
Austin, TX 78758

Adult and C&A IP/Res/PHP/IOP
5120 Legacy Drive
Plano, TX 75025

Adult and C&A PHP/IOP
250 E. Basse Road, Suite 206
San Antonio, TX 78209

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

Adult and C&A PHP/IOP
7515 S. Main St., Suite 400
Houston, TX 77030

Adult IP/Res
4708 Alliance Blvd., Suite 300
Plano, TX 75093

Adult and C&A PHP/IOP
17350 St. Lukes Way, Suite 220
The Woodlands, TX 77384

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