

# Programs At A Glance: Minnesota

The Emily Program offers a continuum of treatment options for children, adolescents, and adults of all genders. In-person and telehealth options are available.



**The Emily Program**  
The eating disorder specialists

## Residential

### Residential Programs

Treatment for clients who are medically stable, but require 24-hour behavioral and medical supervision.

- Anna Westin House for Adolescents in St. Paul
- Anna Westin House for Adults in St. Paul
- Anna Westin House West for Adolescents and Young Adults in Minneapolis

### *Children and Adolescents*

- Individualized support from a multidisciplinary team addressing medical, psychological, and nutritional needs
- Therapeutic meals
- 24/7 nursing, monitoring, and support
- Intensive individual, group, and community-of-support programming
- Family-based treatment (FBT)
- Integrated education coordinated with client's home school

### *Adults*

- Individualized support from a multidisciplinary team addressing medical, psychological, and nutritional needs
- Therapeutic meals
- 24/7 nursing, monitoring, and support
- Intensive individual and group programming
- Family involvement is strongly encouraged

## Intensive

### Intensive Day Programs (IDP)

Structured, intensive treatment for clients beginning care or stepping down from a higher level of care.

### Intensive Outpatient Programs (IOP)

Intensive treatment for clients beginning care or stepping down from IDP.

### *Children and Adolescents*

- Frequency: Minimum of 30 hours/week, plus school hours
- Structured therapeutic meals and group therapy
- Regular family participation to enhance development of coping and recovery skills
- Psychiatric assessment, medication management, and medical monitoring
- Integrated school services coordinated with client's home school

- Frequency: Minimum of 12 hours/week
- Focused therapeutic group intervention for clients and families
- Therapeutic meals
- Weekly family participation to enhance development of recovery and relapse prevention skills

### *Adults*

- Frequency: Minimum of 30 hours/week
- Structured therapeutic meals, behavioral exposure groups, and experiential challenges
- Group therapy for development of emotion regulation, behavior change, and relapse prevention skills
- Psychiatric assessment, medication management, and medical monitoring
- Lodging accommodations available for St. Paul and St. Louis Park programming

- Frequency: Minimum of 12 hours/week
- Group-based intervention provides enhanced therapeutic support and symptom interruption
- Therapeutic meals
- Emphasis on recovery and relapse prevention skills

## Outpatient

### Outpatient Programs

For individuals in need of non-intensive eating disorder treatment.

### *Children and Adolescents*

- Personalized treatment plan, including individual and/or family therapy, nutrition, and medical services as needed
- Family-Based Therapy (FBT) from trained providers

### *Adults*

- Personalized treatment plan, including individual and/or family therapy, nutrition, and medical services as needed
- Family and support community involved in treatment whenever possible
- Multiple group therapy options available

*Optimal length of stay at each level of care includes achieving adequate symptom management, nutritional rehabilitation, and recovery of weight and health parameters.*

emilyprogram.com • 1-888-EMILY-77

An Affiliate of the University of Minnesota Medical School

# Sample Schedules: Day Treatment

Below are sample schedules for our Intensive Day Program (IDP) and Intensive Outpatient Program (IOP). Times and programming vary by location.



IOP

12 pm	Therapeutic Meal
1 pm	Psychoeducation
2 pm	DBT Skills group
3 pm	End of day

IDP

8 am	Therapeutic Meal
9 am	Self-monitoring
10 am	Break/snack
10:30 am	Nutrition Education
11:00 am	Mindfulness/Yoga Therapy
12 pm	Therapeutic Meal
1 pm	DBT Skills Group
2 pm	End of day



## Treatment Locations in Minnesota

- Duluth  
26 East Superior St., Suite 315  
Duluth, MN 55802
- St. Louis Park  
5354 Parkdale Drive, 2nd Floor  
St. Louis Park, MN 55416
- St. Paul (Como)  
2265 Como Ave.  
St. Paul, MN 55108
- St. Paul (Toogood)  
2230 Como Ave.  
St. Paul, MN 55108
- Anna Westin House for Adults  
1449 Cleveland Ave. N.  
St. Paul, MN 55108
- Anna Westin House for Adolescents  
2230 Como Ave.  
St. Paul, MN 55108
- Anna Westin House West for Adolescents and Young Adults  
3012 West 44th Street  
Minneapolis, MN 55410

## Insurance At A Glance

If your insurance company is not on this list of our current providers, there may be other options available.

### Minnesota

- America's PPO
- BlueCross BlueShield
- Group Health Cooperative
- HealthPartners
- Humana/LifeSynch
- Medica (United Behavioral Health)/ Optum
- Medical Assistance
- Medicare
- MMSI/Mayo Health Solutions
- PreferredOne
- SelectCare
- South Country Health Alliance
- UCare

\*Coverage varies by insurance policy. Speak with your insurance provider to learn about services covered by your plan. Call us at 1-888-EMILY-77 (1-888-364-5977) for assistance.

emilyprogram.com • 1-888-EMILY-77 (1-888-364-5977)

Follow us on social media  
@emilyprogram:

