

Programs At A Glance

The Emily Program offers a continuum of treatment options for children, adolescents, and adults.



The Emily Program
The eating disorder specialists

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 people involved in treatment whenever possible
- Multiple group therapy options available

Intensive

Intensive Outpatient Programs (IOP)

For individuals in need of a higher level of care that includes more structure and support.

Children and Adolescents

- Frequency: 4 days/week; 3 hours/day
- Focused therapeutic group intervention for clients and families
- Therapeutic meals
- Weekly family participation to enhance development of recovery and relapse prevention skills

Adults

- Frequency: 4 days/week; 3 hours/day
- Group-based intervention provides enhanced therapeutic support and symptom interruption
- Therapeutic meals
- Emphasis on recovery and relapse prevention skills

Intensive Day Programs (IDP)/ Partial Hospitalization Programs (PHP)

For individuals stepping out of residential care or in need of more structure/support than IOP provides.

- Frequency: 5 days/week; 6 hours/day, 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: 5 days/week; 7 hours/day
- 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 Twin Cities, MN; Seattle, WA, Spokane, WA; Cleveland, OH

Residential

Residential Programs

For individuals who need 24/7 supervision and care.

In Minnesota:

Anna Westin House-Adolescent and Young Adult, Anna Westin House for Adolescents, Anna Westin House West for Adolescents and Young Adults

In Ohio:

The Emily Program-Residential

In Washington:

The Emily Program-Residential

Children and Adolescents

- Frequency: 24 hours per day/7 days per week
- Licensed facility for adolescent and young adult males and females
- 24/7 nursing, monitoring, and support
- Structured schedule of nutritional rehabilitation and therapeutic interventions
- Regular family participation in therapeutic meals, groups, and FBT
- Integrated school services coordinated with client's home school

Adults

- Frequency: 24 hours per day/7 days per week
- Licensed facility for males and females, 18+
- May serve as an alternative to hospitalization
- 24/7 nursing, monitoring, and support
- Intensive group and individual intervention addressing medical, psychological, and nutritional needs
- Family involvement is strongly encouraged

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

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Sample Schedules: Day Treatment

Below are examples of schedules for our Intensive Outpatient Program (IOP) and Intensive Day Program (IDP)/ Partial Hospitalization Program (PHP). Times and programming vary by location.

IOP

12 p.m.	Therapeutic meal
1 p.m.	Psychoeducation
2 p.m.	CBT skills group
3 p.m.	End of day

IDP

8 a.m.	Therapeutic meal
9 a.m.	Goals and self-monitoring
10 a.m.	Break/snack
10:30 a.m.	Anxiety management/yoga
12 p.m.	Therapeutic meal
1 p.m.	Nutrition education
2 p.m.	DBT skills group
3 p.m.	End of day

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

Ohio

- Aetna
- Anthem BlueCross BlueShield
- Apex Health Solutions
- AultCare
- Beacon Health Options
- CareSource
- Cigna
- Humana LifeSynch
- HealthSmart
- Molina Healthcare
- Medical Mutual of Ohio
- Mutual Health Services
- Ohio Health/Optima Health
- OSU Health Plan
- SummaCare
- United Healthcare/Optum

Pennsylvania

- Highmark
- UPMC

Washington

- Aetna
- Amerigroup
- Asuris Northwest Health
- Cigna
- Community Health Plan of WA
- Coordinated Care*
- First Choice Health Network
- GAIP
- Kaiser Permanente
- Molina Healthcare
- Premera BlueCross
- Regence BlueShield
- United Behavioral Health/ UnitedHealthcare/Optum
- UHC Community Plan*

* In-network coverage in King County

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.

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Treatment Locations

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 and Young Adults
2230 Como Ave.
St. Paul, MN 55108
- Anna Westin House West
3012 West 44th Street
Minneapolis, MN 55410

OHIO

- Cleveland
3401 Enterprise Pkwy, Suite 250
Beachwood, OH 44122
- Columbus
8001 Ravines Edge Court
Columbus, OH 43235
- Cleveland Residential
2141 Overlook Road
Cleveland Heights, OH 44106

PENNSYLVANIA

- Pittsburgh
4001 Stonewood Dr, Suite 200
Wexford, PA 15090

WASHINGTON

- Seattle
1700 Westlake Ave. N., Suite 700
Seattle, WA 98109
- Spokane
2020 East 29th Ave., Suite 200
Spokane, WA 99203
- South Sound
673 Woodland Sq Loop SE
Suite 330
Lacey, WA 98503
- Seattle Residential
4 Nickerson Street
Seattle, WA 98109

