

# Programs At A Glance

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



## 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: Up to 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: Up to 12 hours/week
- 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: 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 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 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 adolescents and young adults, all genders
- 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 all genders, 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.	Lunch
1 p.m.	Psychoeducation
2 p.m.	CBT skills group
3 p.m.	End of day

## IDP

8 a.m.	Breakfast
9 a.m.	Self-monitoring
10 a.m.	Break/snack
10:30 a.m.	Nutrition
11:00 a.m.	Mindfulness
12 p.m.	Lunch
1 p.m.	Psychoeducation
2 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

