

# 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.



**The Emily Program**  
The eating disorder specialists

## Residential

### Residential Programs

For individuals who need 24/7 supervision and care.

#### *In Minnesota:*

Anna Westin House for Adults, Anna Westin House for Adolescents, Anna Westin House West for Adolescents and Young Adults

#### *In Ohio:*

Cleveland Residential for Adults  
Columbus Residential for Adolescents

#### *In Washington:*

Seattle Residential for Adults

### *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

### Partial Hospitalization Programs (PHP)/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 PHP/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 Twin Cities, MN; Seattle, WA; Spokane, WA; Cleveland, OH

- 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 communities 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.*

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# Sample Schedules: Day Treatment

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

IOP		PHP/IDP	
12 pm	Therapeutic Meal	8 am	Therapeutic Meal
1 pm	Psychoeducation	9 am	Self-monitoring
2 pm	DBT Skills Group	10 am	Break/snack
3 pm	End of day	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

## 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  
2230 Como Ave.  
St. Paul, MN 55108
- Anna Westin House West for Adolescents and Young Adults  
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
- Columbus Residential - Adolescents  
8001 Ravines Edge Court  
Columbus, OH 43235

### 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 St., Suite 300  
Seattle, WA 98109