

Programs At A Glance: Ohio

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.

Children and Adolescents

- Residential treatment offered in Columbus
- 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.

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

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 in Cleveland

Intensive Outpatient Programs (IOP)

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

- 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

- 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.

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Sample Schedules: Day Treatment

Below are sample schedules for our Intensive Outpatient Program (IOP) and Intensive Day Program (IDP). 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 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 for Adolescents
8001 Ravines Edge Court
Columbus, OH 43235

Insurance At A Glance

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

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

*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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