

# Programs At A Glance: Washington

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: 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

### 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 Seattle and Spokane programs

## Residential

### Residential Programs

Adult treatment in Seattle for individuals who need 24/7 supervision and care.

### Children and Adolescents

- Adolescent residential available in Minnesota

### Adults

- Frequency: 24 hours per day/7 days per week
- Licensed 16-bed 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.

[emilyprogram.com](http://emilyprogram.com) • 1-888-EMILY-77

An Affiliate of the University of Minnesota Medical School

# Sample Schedules: Day Treatment

Below are examples of schedules for our Intensive Outpatient Program (IOP) and 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

## PHP

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

## Treatment Locations in Washington

- Seattle  
1700 Westlake Ave. N., Suite 700  
Seattle, WA 98109
- Spokane  
2020 East 29th Ave., Suite 200  
Spokane, WA 99203
- South Sound (Lacey)  
673 Woodland Square Loop SE,  
Suite 330  
Lacey, WA 98503
- Seattle Residential  
4 Nickerson Street, Suite 300  
Seattle, WA 98109



## Insurance At A Glance

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

### 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.

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

Follow us on social media  
@emilyprogram:

