

# Programs At A Glance: Washington

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*

- Adolescent residential programs available in Minnesota and Ohio

### *Adults*

- Licensed 16-bed facility for all genders, 18+
- 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)

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 for Seattle and Spokane programs

### Intensive Outpatient Programs (IOP)

Intensive treatment for clients beginning care or stepping down from PHP

- 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 Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP) which are offered in-person and via telehealth. Times and programming vary by location.



## IOP

12 pm	Therapeutic Meal
1 pm	Psychoeducation
2 pm	DBT Skills group
3 pm	End of day

## PHP

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 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.

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