

Integrated Eating Disorder/ Substance Use Disorder Treatment



Many individuals with an eating disorder may also struggle with alcohol and drugs. If left untreated, this co-occurring condition can result in significant ongoing problems, making it difficult to achieve full recovery. Because eating disorders (ED) and substance use disorders (SUD) are often intertwined, addressing them together is recommended.

The Emily Program's Integrated Eating Disorder/Substance Use Disorder (ED/SUD) programming is designed for individuals who are unable to participate in a traditional SUD treatment program without ED support, have recently completed a SUD program, or need to address both ED and SUD in one setting. Programs are open to clients ages 18+ of all genders who have been diagnosed with an eating disorder and substance use disorder.

Our multidisciplinary teams guide clients through evidence-based treatment that may include:

- Substance use assessment
- Treatment planning
- Skills-based group therapy
- Individual therapy
- Therapeutic meals
- Medical and psychiatric management
- Nutrition counseling
- Care management
- Family education and support services
- Access to mutual peer support, 12-step meetings, partnerships with sober housing facilities

ED/SUD programming is available in the St. Paul-Como location in Minnesota.

1-888-EMILY-77 | emilyprogram.com

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The Emily Program
The eating disorder specialists

Collaborative care for better outcomes

Integrated ED/SUD Program FAQs

How does it work?

Once the initial phone call is placed with our admissions team, a brief screening is conducted to gather essential information about each client. An appointment is then scheduled to conduct a thorough assessment with one of our knowledgeable intake staff. After the assessment, a level of care is recommended based on the client's history, professional collateral contacts, and preferences.

Is The Emily Program a substance use disorder treatment center?

No, but over time we have recognized that many individuals who struggle with eating disorders also struggle with substance use disorders, and not addressing them together can be detrimental to the client's well-being. Therefore, The Emily Program has incorporated components of substance use disorder treatment specifically for those individuals struggling with both disorders.

How is your integrated program different than your other programs?

From the moment a client enters our integrated program we address both substance use and disordered eating patterns. We have a specific curriculum for this population that combines evidence-based practices and a full continuum of recovery management support services. Support includes recommending clients attend mutual aid support groups, such as 12-step meetings or Women for Sobriety, and assisting our clients with building a strong sober support network, which often starts with living in a sober house.

Personalized care every step of the way

At The Emily Program, we match each client's level of care to the severity of their illness. We offer an ED/SUD Intensive Outpatient Program (IOP) and an Intensive Day Program (IDP) with optional lodging for out-of-town clients.

Programming	ED/SUD IDP	ED/SUD IOP
Hours	5-7 days/week, 7 hours/day	5-7 days/week, 3 hours/day
Typical duration	4-6 weeks	6-8 weeks

Admissions guidelines for all levels of care are consistent with the American Psychiatric Association Practice Guidelines for the Treatment of People With Eating Disorders in conjunction with the American Society of Addiction Medicine (ASAM) patient placement criteria for individuals struggling with substance use disorders.

To make a referral or learn more about our Integrated ED/SUD programming, contact us at 1-888-EMILY-77 (1-888-364-5977).

www.emilyprogram.com

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