



IS IT TIME TO CALL FOR HELP?

Answer these questions to help you decide if someone you know may need professional help with their eating habits.

1. Does it seem to you that this person has lost control over how they eat?
2. Does this person ever purposefully vomit because they feel uncomfortably full?
3. Does this person believe they are fat, even when others say they are too thin?
4. Do food or thoughts about food dominate this person's life?
5. Do thoughts about changing their body or weight dominate this person's life?
6. Are shared meals difficult because of this person's eating behavior or comments about food, eating, or body image?
7. Are you or others worried about this person's weight?

Answering "yes" to 2 or more questions strongly indicates that disordered eating is present. Call us for a complete assessment, and help someone you love take the first step to healthy living.

Adapted from the *Scoff Questionnaire* by Morgan, Reid & Lacy-BMJ, 1999.



The Emily Program

The eating disorder specialists

Founded in 1993, The Emily Program has become nationally recognized for our compassionate and personalized approach to eating disorder awareness, treatment, and lifetime recovery. We understand the tangled complexities of eating disorders, often from personal experiences. *We know there is hope.*

Beachwood, OH - The Vue Lodging

Seattle, WA - Leeward Lodging

Spokane, WA- Manito Lodging

St. Louis Park, MN - West End Lodging

St. Paul, MN - Park Lodging

TALK TO US TODAY.

To learn more about lodging or our array of eating disorder treatment programs, please contact us at 1-888-EMILY-77 (1-888-364-5977) or visit us online at emilyprogram.com



MAKE PEACE WITH FOOD.

1-888-EMILY-77 | emilyprogram.com

LODGING FOR INTENSIVE PROGRAMMING



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A PLACE TO STAY DURING INTENSIVE DAY TREATMENT

The Emily Program has developed nationally recognized day programs for people who struggle with:

Anorexia Nervosa
Bulimia Nervosa
Binge eating/Compulsive
Overeating

Other Specified Feeding
or Eating Disorders
(OSFED)

Avoidant/Restrictive Food
Intake Disorder (ARFID)

Our Partial Hospitalization/Intensive Day Program (PHP/IDP) is an all-day program in which clients typically spend up to 35 hours a week.

The Emily Program's lodging options give individuals in this program a comfortable, safe, and supportive place to stay while working on their recovery.



“Coming back to lodging after programming every day felt like coming home! The house was cozy and conveniently close to The Emily Program. I’m not sure if coming to treatment would have been possible without my stay there.”
-Lodging

HOME AWAY FROM HOME

The Emily Program offers lodging in Minnesota, Ohio, and Washington for adults of all genders who are admitting to intensive day programming or partial hospitalization and meet lodging criteria:

- 18 years or older
- Live a distance from treatment
- Pass a background check

At The Emily Program, we have created safe havens so that the journey to recovery can begin in a place that feels like home. Lodging accommodations are beautifully furnished and located near our sites, public transportation, shops, and restaurants.

PEER-SUPPORTED COMMUNITIES

Lodging offers a chance for clients to practice real-life recovery skills in a supportive, non-therapeutic setting.

Visit emilyprogram.com for more information or call us to take a tour of any of our lodging locations.

