

Intensive Eating Disorder Treatment for Adolescents

Partial Hospitalization/Intensive Day and Intensive Outpatient Programs (PHP/IDP & IOP)

Intensive eating disorder treatment (PHP/IDP and IOP) is for adolescents who require more structure and support than outpatient sessions alone. Offering greater flexibility than residential treatment, intensive programs allow clients to live at home while receiving the professional care they need throughout the week.

The Emily Program's intensive programming takes place in person and virtually as part of a continuum of care designed to meet clients where they are. Clients can admit directly into intensive programming as a first step in treatment or transition down to it from a higher level of care.

Program Components



Skills-based group therapy



Therapeutic meals



Expressive art/movement therapy



Food skills groups



Educational support



Individual therapy sessions



Individual nutrition sessions



Psychiatry and medical services (PHP/IDP treatment)



Case management services



Our multidisciplinary care teams equip young people with the skills and resources necessary to build a strong foundation for lasting recovery. We're committed to providing personalized, evidence-based treatment to adolescents of all genders in a safe and supportive healing environment.

Learn more or make a referral:
1-888-EMILY-77 (1-888-364-5977)
www.emilyprogram.com



The Emily Program



Structured, supportive treatment for lasting recovery.

Upon admission to intensive programming, each client receives an orientation to care and an assessment to determine their individual needs as they progress through in-person or virtual treatment.

Clients typically spend a minimum of 30 hours per week in PHP/IDP and a minimum of 12 hours per week in IOP. Schedules and program availability vary by site. Our education team works with school-age clients and families to eliminate academic barriers to care. Clients receive quality instruction so they can continue with their coursework during treatment.

Early intervention at the appropriate level of care is key to eating disorder recovery. The sooner an individual receives help, the better the outcomes are likely to be.



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Sample Day Schedules	
PHP/IDP	IOP
 8:00 AM Breakfast	 8:00 AM Meal prep/ breakfast
 9:00 AM Self-monitoring/ skills	 9:00 AM Self-monitoring/ skills
 10:15 AM Snack	 10:00 AM Yoga
 10:30 AM Nutrition	
 11:00 AM Mindfulness	
 12:00 PM Lunch	
 1:00 PM Skills	