

Programs At A Glance: Minnesota

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: 4 days/week; 3 hours/day
- Focused therapeutic group intervention for clients and families
- Therapeutic meals
- Weekly family participation to enhance development of recovery and relapse prevention skills

Adults

- Frequency: 4 days/week; 3 hours/day
- Group-based intervention provides enhanced therapeutic support and symptom interruption
- Therapeutic meals
- Emphasis on recovery and relapse prevention skills

Intensive Day Programs (IDP)

For individuals stepping out of residential care or in need of more structure/support than IOP provides.

- Frequency: 5 days/week; 6 hours/day, 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: 5 days/week; 7 hours/day
- 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 St. Paul and St. Louis Park programming

Residential

Residential Programs

For individuals who need 24/7 supervision and care.

- Anna Westin House for Adolescents in St. Paul
- Anna Westin House for Adults in St. Paul
- Anna Westin House West for Adolescents and Young Adults in Minneapolis

Children and Adolescents

- Frequency: 24 hours per day/7 days per week
- Licensed facility for adolescent and young adult males and females
- 24/7 nursing, monitoring, and support
- Structured schedule of nutritional rehabilitation and therapeutic interventions
- Regular family participation in therapeutic meals, groups, and FBT
- Integrated school services coordinated with client's home school

Adults

- Frequency: 24 hours per day/7 days per week
- Licensed facility for males and females, 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.

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Sample Schedules: Day Treatment

Below are examples of schedules for our Intensive Outpatient Program (IOP) and Intensive Day Program (IDP). Times and programming vary by location.



IOP

- 12 p.m. Therapeutic meal
- 1 p.m. Psychoeducation
- 2 p.m. CBT skills group
- 3 p.m. End of day

IDP

- 8 a.m. Therapeutic meal
- 9 a.m. Goals and self-monitoring
- 10 a.m. Break/snack
- 10:30 a.m. Anxiety management/yoga
- 12 p.m. Therapeutic meal
- 1 p.m. Nutrition education
- 2 p.m. DBT skills group
- 3 p.m. End of day



Treatment Locations in Minnesota

- Duluth
6 East Superior St., Suite 315
Duluth, MN 55802
- St. Louis Park
5354 Parkdale Drive, 2nd Floor
St. Louis Park, MN 55416
- St. Paul (Como)
2265 Como Ave.
St. Paul, MN 55108
- St. Paul (Toogood)
2230 Como Ave.
St. Paul, MN 55108
- Anna Westin House for Adults
1449 Cleveland Ave. N.
St. Paul, MN 55108
- Anna Westin House for Adolescents
2230 Como Ave.
St. Paul, MN 55108
- Anna Westin House West for Adolescents and Young Adults
3012 West 44th Street
Minneapolis, MN 55410

Insurance At A Glance

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

Minnesota

- America's PPO
- BlueCross BlueShield
- Group Health Cooperative
- HealthPartners
- Humana/LifeSynch
- Medica (United Behavioral Health)/ Optum
- Medical Assistance
- Medicare
- MMSI/Mayo Health Solutions
- PreferredOne
- SelectCare
- South Country Health Alliance
- UCare

*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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