

Different Levels of Eating Disorder Treatment

Depending on where you or your loved one is admitted and why, you are likely to receive different levels of care, and have different expectations placed on you. It is important to remember that you will make the most of any treatment if you are able to think clearly, and that means being medically stable first. It is important to remember that a hospitalization stay is very often just the beginning of the recover process and not a comprehensive eating disorder “fix”. Sometimes it takes more than one admission.

Medical Stabilization:

General community hospitals admit you to restore your medical health. Their goal is to reduce immediate risks to your life due to symptoms related to your eating disorder. Most often the staff working with you here **do not** have specialized eating disorder expertise, but do know how to restore your medical health. It is important to remember that the focus of the staff during this admission is to take care of your MEDICAL needs and to keep you alive. Stays are usually short and can range from 2-8 days.

Medical and Psychiatric Stabilization:

Something you may be at risk physically AND mentally. For example, you may feel suicidal, and have urges to seriously harm yourself, or be out of touch with reality. This is when both emergency mental AND physical care may be required. Unfortunately, this care is often hard to find. The job of the staff is to make sure you are safe both mentally and physically. These programs don't usually have staff with eating disorder expertise but are experienced with managing general mental health and medical crises. Once stable, you may go on to more specialized eating disorder care. Stays typically are short and can range from 1-4 weeks.

Specialized Eating Disorder Care: We find at all levels of care, clients typically have ambivalent feelings about recovery.

Inpatient Admissions:

Sometimes, prior to a specialized admission, a separate medical stabilization stay may be required. Specialized inpatient stays continue to maintain medical stability through 24 hour medical monitoring. Treatment encourages a resumption of more normalized eating. This may include supervised alternatives to solid food intake, safe withdrawal from laxatives, supervised meals for reduction of purging behaviours and monitoring for severe compromise to your physical health. Individuals who struggle to eat anything may be appropriate. Staff have specialized training.

Day Hospital Admissions:

These are programs where individuals are no longer at imminent medical risk. Clients

can go home in the evenings and eat some foods on their own without needing supervision, but still struggle to maintain their activities of daily living. Motivation for change and deeper issues at the core of the eating disorder can begin to be addressed here. Treatment might include: group, individual and/or family therapy; nutrition assessments and counselling activity groups; medication review; meal planning and support; medication treatment and team consultations. Clients are usually placed with people around their own age. Staff have specialized training.

Outpatient Programs:

These programs are offered to those in the middle, just starting treatment but not medically compromised and to those still undecided about recover. Motivation to change and deeper issues underlying the eating disorder are often addressed. Most often, services include group, individual and/or family therapy; and nutritional assessments and counselling. Staff will usually have specialized training.

Community Programs: What we provide at B.A.N.A.

Adult Program

We are dedicated to the promotion and acceptance of diverse body shapes and sizes through the adoption of a healthy, balanced lifestyle. We know that having an eating disorder is a complex and distressing experience.

At BANA we believe that each person coming to therapy is unique, attempts to do the best possible with the resources available, has wisdom, creativity and strength, and is the authority in their life. We believe that counseling means providing a safe place for you to tell your story, for us to have a conversation and to work together. We use an integrative approach to therapy that is based in the best eating disorder practices.

These treatment services may include, but are not limited to:

- A comprehensive and specialized eating disorder assessment for adults.
- A specialize eating disorder treatment plan.
- Therapeutic interventions that utilize a strengths based perspective that include:
 - Individual and group treatment
 - Family support

In order ensure that you are being offered the best possible treatment, BANA regularly evaluates its therapy programs; making changes as necessary to reflect best practices. We would be happy to answer any questions you may have about the counseling therapies that we practice.

Children Program

We are dedicated to the promotion and acceptance of diverse body shapes and sizes through the adoption of a healthy, balanced lifestyle. We know that having an eating

disorder is a complex and distressing experience. We believe that counselling means providing a safe place for you to tell your story, for us to have a conversation and to work together.

We use an integrative approach to therapy that is based in the best eating disorder practices. These treatment services may include, but are not limited to:

- A comprehensive and specialized eating disorder assessment for children

We would be happy to answer any questions you may have about the counselling therapies that we practice.