

## Children and Adolescents

## Adults

### Outpatient

For individuals in need of weekly, bi-weekly, or monthly outpatient services.

- Individually tailored treatment plan
- Individual and family sessions with a therapist, dietitian, psychiatrist and/or physician
- Family-Based Therapy (FBT) trained providers
- Group options for adolescents and families
- Available at:

- Individually tailored treatment plan
- Individual sessions with a therapist, dietitian, psychiatrist and/or physician
- Family and support people involved in treatment, when possible
- Multiple group therapy options available
- Available at:

### Intensive Outpatient Programs (IOP)

For individuals in need of a higher level of care that includes more structure and support.

- Frequency: 3-5 days/week; 3 hours/day
- Focused therapeutic group intervention for adolescents and families
- Therapeutic meals/snacks
- Weekly family participation enhances development of recovery and relapse prevention skills
- Available at:

- Frequency: 3-5 days/week; 3 hours/day
- Group-based intervention provides enhanced therapeutic support and symptom interruption
- Therapeutic meals/snacks
- Emphasis on recovery and relapse prevention skills
- Available at:

### Intensive Day Programs (IDP)/Partial Hospitalization Programs (PHP)

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

- Frequency: 5 days/week; 6 hours/day
- Structured therapeutic meals and group therapy
- Regular family participation enhances development of coping and recovery skills
- Psychiatric assessment, medication management, and medical monitoring
- Integrated school services coordinated with client's home school
- Available at:

- Frequency: 5-6 days/week; 6 hours/day
- Structured therapeutic meals
- Group therapy for development of emotion regulation and relapse prevention skills
- Psychiatric assessment, medication management, and medical monitoring
- Lodging accommodations available for Twin Cities programs
- Available at:

### Residential Programs

For individuals who need 24/7 supervision and care.

*In Minnesota:  
Anna Westin House-Adolescent and Young Adult (AWHA) & Anna Westin House (AWH)*

*Residential Care Coming Soon to Washington and Ohio.*

- Frequency: 24-hours per day/7-days per week
- Licensed 10-bed facility for adolescent and young adult males and females
- 24/7 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
- Available at:

- Frequency: 24-hours per day/7-days per week
- Licensed 6- and 16-bed facility for males and females, ages 18+
- May serve as an alternate to hospitalization
- 24/7 monitoring and support
- Structured schedule based on individual medical, psychological, and nutritional needs
- Family involvement is strongly encouraged
- Monthly Family Week strengthens recovery promoting support skills
- Available at:

### Partial Plus Lodging

For adult women 18+ who live a distance from our treatment locations.

- Not available for children and adolescents

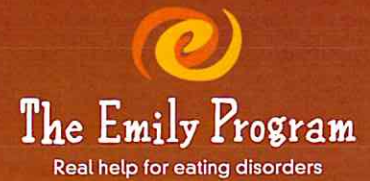
- Attend intensive programming at nearby Emily Program facilities
- Facility for females, ages 18+
- A comfortable homelike setting near our offices
- A safe, charming residential area near public transportation, restaurants and shopping
- Quiet, semi-private rooms
- Available at:

- Color Legend:
- St. Paul (Como), MN
  - St. Paul (Toogood), MN
  - St. Paul (AWH), MN
  - St. Louis Park, MN
  - Woodbury, MN
  - Burnsville, MN
  - Duluth, MN
  - South Sound (Lacey), WA
  - Seattle, WA
  - Spokane, WA
  - Cleveland, OH

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888-364-5977

## Sample Schedules

Below are examples of schedules for our higher levels of care in Intensive Outpatient Program and Intensive Day Program/Partial Hospitalization Program. Start and end times as well as programming will vary by location.



### SAMPLE DAY IN IOP

Time	Programming
4:30 p.m.	Acceptance and commitment therapy group
5:30 p.m.	Therapeutic meal
6:30 p.m.	Mindfulness group

### SAMPLE DAY IN IDP/PHP

Time	Programming
12:00 p.m.	Therapeutic meal
1:00 p.m.	Cognitive behavioral therapy group
2:00 p.m.	Recovery skills group
3:00 p.m.	Snack
4:00 p.m.	Art therapy group
5:00 p.m.	Nutrition group
6:00 p.m.	Therapeutic meal
7:00 p.m.	Mindfulness group

#### THE EMILY PROGRAM IN MINNESOTA

- Burnsville  
Gateway Plaza Office Building  
350 W. Burnsville Pkwy  
Suite 629  
Burnsville, MN 55337
- Duluth  
26 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

## INSURANCE INFORMATION\*

### Minnesota

- BlueCross BlueShield
- Group Health Cooperative
- HealthPartners (Specialty Network)
- Humana
- Medica (United Behavioral Health)
- Minnesota Medicaid
- Medicare
- MMSI
- Patient Choice
- PreferredOne
- America's PPO
- SelectCare
- TRICARE/TriWest
- UCare

### Ohio

- Mutual Health Services
- Aetna
- Anthem BlueCross BlueShield
- Apex Health Solutions
- SummaCare
- AultCare
- CareSource
- Cigna
- Medical Mutual
- United Behavioral Health / UnitedHealthcare
- ValueOptions

### Washington

- Asuris Northwest Health
- First Choice Health
- Premera Blue Cross
- Regence BlueShield
- SHIP
- SHIP PLUS
- GAIP
- Group Health
- Medicare (Seattle only)
- Aetna
- UBH/Optum

#### THE EMILY PROGRAM IN OHIO

- Cleveland  
*Formerly Cleveland Center for Eating Disorders*  
25550 Chagrin Blvd  
Suite 200  
Beachwood, OH 44122

#### THE EMILY PROGRAM IN WASHINGTON

- Seattle  
1700 Westlake Ave. North  
Suite 700  
Seattle, WA 98109
- Spokane  
2020 East 29th Ave.  
Suite 200  
Spokane, WA 99203  
509-252-1366
- South Sound (Lacey)  
673 Woodland Sq Loop SE  
Suite 330  
Lacey, WA 98503

\*Coverage varies by insurance policy. Speak with your insurance provider to learn about services covered by your plan. If your insurance company is not on the list, there may be other options. Coverage may still be available on a case-by-case basis through insurance companies not on this list. Call us at 888-EMILY-77 (888-364-5977) for assistance.