



## *Integrated Eating Disorder/Substance Use Disorder Program*

### **Integrated Intensive Outpatient Program (IIOB)**

- Structured, group-based treatment for eating disorder/substance use disorder (ED/SUD)
- Monday-Friday, 9 AM-12 PM
- Time typically spent in program: 6-8 weeks

<b>Sample Schedule: ED/SUD IIOB</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9 am</b>	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal
<b>10 am</b>	Movement therapy	Recovery management	Skill development	Nutrition	Recovery management
<b>11 am</b>	Goals and self-monitoring	Interpersonal skill development	Psychotherapy group	Psychoeducation ED/SUD	Art/expressive therapy

### **Integrated Intensive Day Program (IIDP)**

- A higher level of care with more intensive, structured treatment for ED/SUD
- Monday-Friday, 8 AM-3 PM
- Time typically spent in program: 4-6 weeks
- Conveniently located optional lodging for out-of-town clients

<b>Sample Schedule: ED/SUD IIDP</b>					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8 am</b>	Movement therapy	Movement therapy	Movement therapy	Movement therapy	Movement therapy
<b>9 am</b>	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal
<b>10 am</b>	Goals and self-monitoring	Interpersonal skill development	Psychotherapy group	Psychoeducation ED/SUD	Art/expressive therapy
<b>11 am</b>	Interpersonal skill development	Psychotherapy group	Interpersonal skill development	Interpersonal skill development	Interpersonal skill development
<b>12 pm</b>	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal	Therapeutic meal
<b>1 pm</b>	Psychoeducation ED	Skill development	Psychoeducation SUD	Interpersonal process group	Goals and self-monitoring
<b>2 pm</b>	Nutrition	Nutrition	Goals and self-monitoring	Skill development	Recovery management

We also offer **ED/SUD Step-Down Groups** that meet multiple times during the week for clients who are in the later stages of ED/SUD recovery.

Call **1-888-364-5977** to register for an assessment and get started on the track that works for you.