# **Programs At A Glance:**Ohio

The Emily Program offers a continuum of treatment options for children, adolescents, and adults of all genders. In-person and telehealth options are available.



### Residential

### **Residential Programs**

Treatment for clients who are medically stable, but require 24-hour behavioral and medical supervision.

### Children and Adolescents

- · Residential treatment offered in Columbus
- Individualized support from a multidisciplinary team addressing medical, psychological, and nutritional needs
- · Therapeutic meals
- 24/7 nursing, monitoring, and support
- Intensive individual, group, and community-ofsupport programming
- Family-based treatment (FBT)
- Integrated education coordinated with client's home school

#### Adults

- Individualized support from a multidisciplinary team addressing medical, psychological, and nutritional needs
- Therapeutic meals
- · 24/7 nursing, monitoring, and support
- · Intensive individual and group programming
- · Family involvement is strongly encouraged

### Intensive

### Intensive Day Programs (IDP)

Structured, intensive treatment for clients beginning care or stepping down from a higher level of care.

### Children and Adolescents

- Frequency: Minimum of 30 hours/week, 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

#### Adults

- Frequency: Minimum of 30 hours/week
- 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 in Cleveland

# Intensive Outpatient Programs (IOP)

Intensive treatment for clients beginning care or stepping down from IDP.

- · Frequency: Minimum of 12 hours/week
- Focused therapeutic group intervention for clients and families
- · Therapeutic meals
- Weekly family participation to enhance development of recovery and relapse prevention skills
- Frequency: Minimum of 12 hours/week
- Group-based intervention provides enhanced therapeutic support and symptom interruption
- · Therapeutic meals
- Emphasis on recovery and relapse prevention skills

### 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 community involved in treatment whenever possible
- Multiple group therapy options available

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 sample schedules for our Intensive Outpatient Program (IOP) and Intensive Day Program (IDP). Times and programming vary by location.



**Treatment Locations** 

in Ohio

Beachwood, OH 44122

8001 Ravines Edge Court

Columbus, OH 43235

Cleveland Residential 2141 Overlook Road Cleveland Heights, OH 44106

8001 Ravines Edge Court Columbus, OH 43235

3401 Enterprise Pkwy, Suite 250

Columbus Residential for Adolescents

Cleveland

Columbus

**IOP** 

Therapeutic Meal 12 pm Psychoeducation 1 pm **DBT Skills group** 2 pm

End of day 3 pm

**IDP** 

8 am Therapeutic Meal 9 am Self-monitoring 10 am Break/snack

10:30 am **Nutrition Education** 

11:00 am Mindfulness/Yoga Therapy

Therapeutic Meal 12 pm **DBT Skills Group** 1 pm

End of day 2 pm



### Insurance At A Glance

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

### Ohio

- · Anthem BlueCross BlueShield
- Apex Health Solutions
- AultCare
- Beacon Health Options
- CareSource

- Cigna
- · Humana LifeSynch
- HealthSmart
- · Molina Healthcare
- · Medical Mutual of Ohio
- · Mutual Health Services

\*Coverage varies by insurance policy. Speak with your insurance provider to learn about services covered by your

- OSU Health Plan
- SummaCare
- · United Healthcare/Optum

· Ohio Health/Optima Health



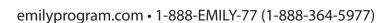












plan. Call us at 1-888-EMILY-77 (1-888-364-5977) for assistance.

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