

# Telehealth IDP/PHP

## Virtual intensive day/partial hospitalization program



The Emily Program offers an intensive day/partial hospitalization program (PHP/IDP) via telehealth. Telehealth allows us to deliver eating disorder treatment to those who are unable to attend programming in person. Through telehealth, our clients are able to connect with their treatment team and peers over a secure video connection.

Like traditional intensive day programming, this high-intensity therapeutic intervention is delivered by our multidisciplinary care teams who guide clients through comprehensive evidence-based eating disorder treatment that includes:

- Individual therapy
- Skills-based group therapy
- Therapeutic meals
- Nutrition counseling
- Yoga/mindfulness therapy
- Psychiatry and medical services

Prior to the start of programming, clients will have an assessment and participate in an orientation. To prepare for the start of programming, clients will receive materials detailing how to connect, what to expect during telehealth groups and individual sessions, how to optimize the group experience over telehealth, how to prepare for meals, and all group curriculum and materials. Clients will continue to have medical assessment and follow-up appointments in person at The Emily Program, via telehealth, or with a local primary care provider, as needed.

The virtual IDP/PHP will meet a minimum of 30 hours per week (Monday-Friday), including two therapeutic meals plus snacks each day. Hours vary depending on programming site. Weekend programming is also available at most sites to extend care to 7 days/week. Group sessions contain 10 or fewer clients and meal sessions include 5 or fewer clients, along with therapy and/or nutrition staff.

**Telehealth programming is available through all of The Emily Program's treatment sites.**

Contact us to learn more:

**1-888-EMILY-77 | [emilyprogram.com](http://emilyprogram.com)**



**The Emily Program**

The eating disorder specialists

# Keeping you connected so you can recover

## FAQs

### What is telehealth and how does it work at The Emily Program?

Telehealth uses technology to deliver care to clients virtually. It allows you to connect to your treatment team and others in eating disorder treatment by video to receive the structured support you would typically receive in person. You will receive detailed instructions on how to access telehealth services. You will need internet access and a laptop, desktop computer, tablet or cell phone (the larger the screen, the more optimal the telehealth group experience).

### What if I don't have internet access at home?

Please let us know if you have any technology concerns (e.g., internet access, access to a device, etc.) that would make it difficult for you to participate from home. We will provide internet and/or device access for you onsite at The Emily Program so that you can participate in telehealth services.

### Will my sessions be private?

If you have others present in your space while you are in telehealth programming, we imagine it may be a time you can enlist those around you for extra support. When/if you do that during programming, please ensure that they understand these are confidential services. Please ask that they maintain confidentiality regarding anything they may hear or see while you are involved in telehealth services.

### What will meals be like?

Therapeutic meals over telehealth will involve you joining others at the table virtually. You will have a short amount of time to prepare your meal prior to sitting with the group to eat. The group size at meals will be smaller than in other telehealth groups, to allow for more interaction and support. Staff and your peers in the group will offer support at the meal so you are able to accomplish your meal-related treatment goals.

### What will my day look like?

A sample schedule of our telehealth IDP/PHP is below. Our IDP/PHP program is 6-7 hours per day. Schedules vary by site. You will receive a copy of your actual schedule prior to starting programming.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 am					
9:00 am	Self-monitoring/skills	Skills	Skills	Self-monitoring	Skills
9:30 am					
10:15 am	Snack	Snack	Snack	Snack	Snack
10:30 am	Nutrition	Psychoeducation	Skills practice	Psychoeducation	Community meeting
11:00 am	Mindfulness	Yoga	Mindfulness	Yoga	Nutrition
11:30 am					
12:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 pm					
1:00 pm	Skills	Self-monitoring	Psychoeducation	Skills	Self-monitoring
1:30 pm					

To start treatment or learn more about telehealth, contact us at 1-888-EMILY-77 (1-888-364-5977) or [www.emilyprogram.com](http://www.emilyprogram.com)