

Residential Treatment for Children and Adolescents

24/7 Care for Eating Disorders

The Emily Program's residential treatment programs for children and adolescents are designed to provide structured, around-the-clock care for young clients and families seeking lasting recovery from an eating disorder. At the residential level, interventions are focused on interrupting eating disorder behaviors, developing new coping skills, and restoring medical and nutritional stability.

Program Components



Therapeutic meals



Individual therapy sessions



Individual nutrition sessions



Skills-based group therapy



Family therapy



Psychiatry and medical services with 24-hour nursing care



Academic support



Case management services



Expressive arts and movement therapy



Eating disorders are caused by a combination of biological, psychological, and social factors. That's why we address the needs of the whole person, with individualized treatment delivered by a multidisciplinary team of experts, including medical professionals, therapists, and dietitians. To ensure recovery continues outside our walls, we collaborate with clients, families, and outside healthcare providers to lay the groundwork for sustained health and wellness.

Learn more or make a referral:

www.emilyprogram.com | 1-888-364-5977

 The Emily Program

Around-the-clock care and support for lasting recovery

The Emily Program's residential eating disorder treatment centers in St. Paul, Minnesota and Columbus, Ohio are safe, welcoming spaces for children and adolescents of all genders up to 18 years of age. No matter the location, clients will be in a comfortable, homelike environment where real healing can happen.

Clients typically spend a minimum of 8 hours per day in programming during residential treatment. The Emily Program also offers education support services that allow school-age clients to continue their studies while receiving care.

Early intervention at the appropriate level of care is key to eating disorder recovery. The right treatment at the right time reduces the risk of complications and improves long-term outcomes, empowering individuals as they move on to the next phase of their recovery. With nearby outpatient centers and virtual options for partial hospitalization (PHP)/ intensive day treatment (IDP), intensive outpatient treatment (IOP), and outpatient sessions, we offer a continuum of care to meet our clients where they are on their recovery journey.

For more information, visit emilyprogram.com or call us at 888-364-5977.

Sample Child & Adolescent Residential Schedule

7:00 am	Hygiene & vitals
8:00 am	Breakfast
8:45 am	Meal process & guided skills
9:00 am	Psychoeducation
10:00 am	AM snack
10:30 am	DBT
11:30 am	Break
12:00 pm	Lunch
12:45 pm	Meal process & guided skills
1:00 pm	School
3:00 pm	PM snack
3:30 pm	Break
4:00 pm	Yoga
5:00 pm	Phone time
5:30 pm	Dinner
6:15 pm	Meal process & guided skills
6:30 pm	Homework
8:00 pm	Evening snack
8:30 pm	Hygiene
9:30 pm	Bedtime



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I cannot stress enough how wonderful The Emily Program was for me! I came from out of state and was terrified. The Eating disorder therapists were absolutely wonderful. Unlike other eating disorder facilities I've been to, The Emily Program was very understanding and gentle with their clients. The homey environment was definitely helpful, and the house was clean and well kept. All of the staff went above and beyond, and it was a huge milestone for me on my path to recovery.

– Emily Program Client

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The Emily Program wrapped around my child and our family, supporting her as a whole person.

– Parent of an Emily Program Client