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FOR IMMEDIATE RELEASE

The Emily Program and The Emily Program Foundation Support Expansion of Behavioral Health Coverage

Final rule issued today ensures parity for mental health/substance abuse disorder benefits

November 8, 2013 - - The Emily Program, a Minnesota-based eating disorder treatment program with locations in Minnesota and Washington, and The Emily Program Foundation, the non-profit arm dedicated to outreach and advocacy in the prevention of eating disorders, announced today their enthusiastic support of the mental health and substance use disorder parity rule released Friday morning. The final rule issued today implements the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act and ensures that health plan features like co-pays, scope of service for in-patient treatment and intensive out-patient treatment are not more restrictive for mental health/substance abuse disorders benefits than they are for surgical/medical benefits.

“This is great news and provides us with the ability to provide greater access to care for people who are suffering from eating disorders,” said Dirk Miller, Founder and Executive Director of The Emily Program and Board Member of The Emily Program Foundation. “We are ecstatic that these rules have finally been released. We are especially pleased with the parity in residential treatment and outpatient services because so much of treatment from eating disorders occurs in these settings.”

The Emily Program and The Emily Program Foundation have been leaders in advocacy work around eating disorder treatment since before the 2008 Mental Health Parity and Addiction Equity Act was enacted. The Emily Program Foundation Advocacy Director, Kitty Westin, worked closely with legislators, including former Congress person Jim Ramstad and the late Senator Paul Wellstone, to generate awareness and momentum in providing access to care for people with eating disorders.

“Since the death of my daughter Anna from an eating disorder, my life mission has been to prevent even one more person from being denied needed care,” said Westin. “I am thrilled with the final regulations and am proud that our grassroots activism helped make it happen. Today’s rule is a step in the right direction toward making certain that nobody has to suffer like our daughter and no family has to experience the

heartbreak of having a child die from a treatable illness because she could not access the care she needed to save her life."

Dr. Jillian Lampert, Senior Director of Business and Community Development at The Emily Program and Vice President at the Eating Disorder Coalition is pleased with the impact the final rule will have on residential treatment. "For too long, residential treatment for mental health has been specifically excluded from benefit sets. We believe this law and these final rules describing residential as an inpatient service will contribute to saving lives of people struggling with eating disorders by removing some of the all too common arbitrary barriers to accessing care."

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About The Emily Program

The Emily Program was founded in 1993 by Dirk Miller, PhD, LP, after his sister Emily recovered from an eating disorder. To date, The Emily Program has provided more than 4,500 clients with comprehensive treatment for eating disorders. Recognizing that one size does not fit all, The Emily Program develops a personalized care plan for its patients that incorporates individual and group therapy, nutrition, yoga and more. If you or someone you know is struggling with an eating disorder, call 1-888-EMILY77 or visit emilyprogram.com.

About The Emily Program Foundation

The Emily Program Foundation is on a mission to save lives, change minds, and work to eliminate eating disorders. We envision a world without stigma and misconceptions about eating disorders and disordered eating. We will be the catalyst in shaping new, informed conversations through advocacy, social outreach, and collaboration with community partners. For more information go to emilyprogramfoundation.org.