The Emily Program
Real help for eating disorders

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FOR IMMEDIATE RELEASE

The Emily Program Expands Residential Treatment to Seattle

The eating disorder program now offers all levels of care in Washington, including residential, partial hospitalization, and outpatient care.

Seattle, Wash., April 3, 2017 – The Emily Program, a national leader in eating disorder treatment, opened the doors of its new residential facility for adults in Seattle today. The Emily Program expanded its services to include a residential program in Washington so it could offer a full continuum of care options to the estimated 230,000 people in the state struggling with eating disorders.

"We're committed to meeting people where they are and providing a level of care that matches the severity of eating disorder symptoms," said Dr. Jillian Lampert, The Emily Program's Chief Strategy Officer. "We're excited that we're now able to offer exceptional 24/7 eating disorder treatment that is evidence-based, informed by clinical expertise and well-received by patients."

Appropriate eating disorder care decreases health care costs by approximately 30 percent compared to the use of high-cost non-specialty hospitalizations, which are ineffective for treating core eating disorder symptoms and can become a revolving door.

"Our residential program is an effective option for individuals struggling with severe symptoms or those who require more structure and support than an outpatient facility can provide," said Dr. Mark Warren, Chief Medical Officer of The Emily Program. "Our team of physicians, therapists, dietitians and other health and education professionals work together to achieve nutritional, medical and psychological stability. Treatment also equips clients with the skills to continue recovery at lower levels of care or within their own support system."

The Emily Program's Seattle Residential facility, located in the Fremont neighborhood, treats adults of all ages and genders with eating disorders, including anorexia, bulimia, and binge eating disorder. The program also has an outpatient center just over a mile away on South Lake Union that offers partial hospitalization (PHP), intensive outpatient (IOP), and outpatient programs for adults and adolescents.

Individual, family, and group interventions for addressing core eating disorder thoughts and behaviors include Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Family-Based Therapy (FBT), nutritional rehabilitation and counseling, art and yoga therapies, and medical and psychiatric management.

The Emily Program has three other residential facilities, including two in St. Paul, MN (one for adults and another specializing in adolescents and young adults), and one in Cleveland Heights, OH. Seattle Residential is its fourth treatment location in Washington, with outpatient, IOP, and PHP centers in Lacey and Spokane.

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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. Recognizing that one size does not fit all, The Emily Program develops a personalized care plan for its clients 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-EMILY-77 or visit emilyprogram.com.