

Welcome to



The right care . . .  
. . . at the right time

## Eating Disorders Treatment

### Eating Disorders Partial Hospital Program (Non-Domiciliary)

The mission of the New Oakland Family Centers' Eating Disorders Partial Hospital Program (also known as the **FACE to FACE** ED-PHP) is to provide an opportunity for motivated, at-risk individuals struggling with eating disorders to participate rehabilitative and therapeutic community environment assisting the client in achieving his/her optimal level of functioning and a return to independent living in the community. The New Oakland **FACE to FACE** ED-PHP provides state-of-the-art, evidence-based treatment services for clients struggling with a variety of serious mood/anxiety and eating disorder issues, including but not limited to anorexia nervosa, bulimia nervosa, and binge eating disorder.

The **FACE to FACE** ED-PHP provides evidence-based psychotherapy treatment for eligible clients suffering from an eating disorder and offers medical care for health conditions that impair a person's ability to function at their highest level of independent living in the community. Additional areas addressed in the program include:

- Individual and group support
- Family therapy
- Dietetic meal planning
- Intensive day program, home every night

- Skilled, compassionate team of physicians, psychologists and mental health professionals
- Careful attention to body, mind, relationships and spirit
- Educational needs for future successful empowerment and achievement of goals.

The **FACE to FACE** ED-PHP utilizes a therapeutic community model of care where participants are expected to not only focus on their own treatment, but to also engage in positive peer support of others in the program. In this way, participants work through the process of recovery together, assisting one another, providing support, and intervening when appropriate and necessary to increase every community member's chances of success. Participants must be willing to abstain from alcohol, and all other non-prescribed substances while in the program.

An extensive rehabilitative treatment approach is provided by an Interdisciplinary Team of professionals from Psychiatry, Psychology, Pharmacy, Medicine, Nursing, Social Work, Recreational Therapy, and Dietary services.

Psychoeducational and substance use therapy groups include building/strengthening communication skills, problem solving skills, self-awareness, stress management, coping skills,

medication management, and relapse prevention.

The specific eligibility requirements are:

- Assessed as not meeting criteria for acute psychiatric or medical admission.
- A less restrictive treatment alternative has been tried or is unavailable and the client has been assessed to require the structure and support of a domiciliary treatment environment.
- Assessed as not a significant risk of harm to self or others requiring inpatient hospitalization.
- Lacks a stable lifestyle or living arrangement that is conducive to recovery.
- Capable of self-preservation and basic self-care.
- Has identified treatment and/or rehabilitation needs which can be met by the program.

### **Eating Disorders Partial Hospital Program (Domiciliary)**

New Oakland also provides a domiciliary version of our eating disorders PHP. The domiciliary eating disorders program provides community based lodging. Therapeutic activities are scheduled throughout the week, and domiciliary PHP participants are expected to remain close to the New Oakland Family Center PHP and practice skills learned during the week while residing in the local lodging. Minors enrolled in the **FACE to FACE** EDD-PHP require periodic parent-guardian program participation and continuous supervision at place of lodging. Services include:

- Full PHP day and ED programming
- Lodging
- Transportation to and from treatment and ancillary activities
- All meals/snacks except dinner
- Evening support and check in by tech/ICS staff