

## EATING DISORDER PROGRAM

### ***Mission:***

The mission of the Eating Disorder Program is to provide outstanding treatment services tailored to the individual's needs, for children, adolescents, and young adults with eating disorders. The program strives to simultaneously restore physical well-being by facilitating adaptive eating behaviors and enhance emotional well-being by targeting dysfunctional beliefs and self-perceptions and addressing psychosocial issues. Our multidisciplinary team provides specialized treatment across a continuum of care, ranging from comprehensive, full-time, hospital-based treatment (first inpatient care, then partial hospitalization), to outpatient groups and outpatient pharmacologic management.

### ***Inpatient Treatment:***

The inpatient program is organized to create a highly structured, intense therapeutic milieu, designed to curtail patients' maladaptive eating behaviors, begin the weight restoration process, and begin identifying and exploring psychosocial issues. Individuals admitted to the inpatient eating disorder program exhibit a variety of difficulties in the areas of specific eating and weight altering behaviors, which may result in significant medical instability. Patients admitted to the inpatient program must be medically evaluated prior to admission.

Program components include the eating program, individual and group psychotherapy, family therapy, activity groups, and pharmacotherapy as indicated. Each patient receives multidisciplinary assessments and interventions, and each patient's treatment is overseen by a care coordinator who also provides the patient's individual psychotherapy. The comprehensiveness and intensity of the program requires a high staff to patient ratio. The staff meets regularly regarding clinical and administrative issues, in order to assure an integrated and consistent program. Staff members from each discipline have expertise in the treatment of eating disorders and are knowledgeable regarding the goals and interventions for each patient.

### ***Inpatient Facilities:***

The Eating Disorder Program is integrated with the adolescent inpatient service. The inpatient unit includes a day room/activity room, conference room, dining room, bedrooms, bathrooms, a staff office, laundry room, and storage space. Other hospital areas used by the inpatient program include the school classrooms, recreation decks, and occupational therapy clinic. The outside community, the university campus, and Westwood Village are often used for therapeutic recreational and social activities as well as meal and snack outings.

### ***Partial Hospitalization***

Decisions to "step down" inpatients in the eating disorder program to less intense intervention are made by the interdisciplinary treatment team. The partial hospitalization program provides services seven days a week, from 8:00 a.m. to 6:00 p.m. Participants in the program are initially expected to attend the

program on a daily basis, and then may decrease their attendance as determined by the treatment team. The partial hospitalization therapeutic milieu is designed to help patients continue the work started during the inpatient stay, with an increased emphasis on strengthening and practicing relapse-prevention skills and strategies.

***Inpatient and Partial Hospitalization Eating Program:***

A structured, individualized eating program is begun for each patient during inpatient hospitalization and then continued during partial hospitalization. Meals and snacks are prescribed by the team dietician in collaboration with the Assistant Program Director to ensure adequate nourishment and facilitate weight restoration as needed. Following a comprehensive physical exam, each patient is assigned a target weight range. This range is determined by the treatment team to be the minimally acceptable weight range that the patient must maintain for healthy physical and cognitive functioning. Meal and snack content is initially determined by the dietician. Patients then progress to completing their own menus. Meals and snacks are monitored by the program staff. During partial hospitalization, patients gradually take on greater responsibility for self-regulation of eating. This includes practicing snacks and meals off the unit—initially supervised by the dietician or other program staff, and later with family or (for adult patients) alone. In addition to individual meetings with the dietician, patients meet with the dietician as a group. This group format provides an arena for discussion and education regarding various aspects of management of eating behaviors.

***Inpatient and Partial Hospitalization Therapeutic Program:***

A multimodal therapeutic program is started during the inpatient stay and continued during partial hospitalization. Therapeutic modalities include individual psychotherapy, psychotherapy process groups, eating disorder group therapy, young adult eating disorder group therapy, family therapy, relaxation group, occupational therapy, recreation therapy, and pharmacotherapy as needed.

***Outpatient Eating Disorder Services:***

Outpatient services are available to patients who have completed the inpatient and partial hospitalization programs as well as to individuals living in the Los Angeles area who have not been previously treated at UCLA. These services include an adult eating disorder group that meets twice a week and includes patients eating dinner together under the supervision of a dietician, a weekly adolescent eating disorder psychotherapy group, and medication management for adolescent and adult patients with eating disorders.

***Directors:***

The Program Director oversees all aspects of the program including preadmission assessment, psychiatric evaluation, treatment planning, and disposition planning in collaboration with other members of the team. The Program Director is responsible for integrating the overall philosophy of the program with each patient's treatment goals, as well as seeing that the program complies with quality management requirements.

The Assistant Director of Inpatient and Partial Hospitalization Programs, in collaboration with the Program Director, oversees nearly all aspects of the Eating Disorder Program including the admission process, psychiatric evaluation, treatment planning, disposition planning, and regular assessment of patient progress. The Assistant Program Director ensures the maintenance of the program structure and helps provide a smooth transition from the inpatient program to partial hospitalization.

The Assistant Director of Outpatient Services, in collaboration with the Program Director, oversees the preadmission assessment and psychiatric evaluation of patients requesting outpatient eating disorder services, and oversees the adult and adolescent outpatient groups.

The Medical Director, in collaboration with the Program Director, ensures appropriateness of patients for admission to the program. The Medical Director also provides supervision to the treatment team including the overseeing the medical management of patients in the program.

If you have any questions regarding the Eating Disorder Program, please feel free to call.

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