



# OUR ADOLESCENT PROGRAM

## OVERVIEW AND PHILOSOPHY

The UC San Diego Health Eating Disorders Center for Treatment and Research (UCSD EDC) adolescent program provides treatment for individuals with Anorexia Nervosa (AN), Bulimia Nervosa (BN), Avoidant/Restrictive Food Intake Disorder (ARFID), Other Specified Feeding or Eating Disorder (OSFED), and Unspecified Feeding or Eating Disorder (UFED). The program is based in evidence-based practices, and is based upon principles of Family-Based Treatment (FBT), the leading empirically-supported treatment for adolescents with eating disorders. Accordingly, the program is immersed in the philosophy that parents and families not only do not cause eating disorders, rather, they are the greatest assets and supports a teenager has to help them recover from an eating disorder. Further, decades of past and ongoing research conducted at UCSD EDC and beyond have found that there are neurobiological differences in the brain between individuals who have eating disorders compared to those who do not. In line with these findings, we know that eating disorders are brain-based illnesses, eating disorders are treatable, and full recovery is possible.

## LEVELS OF CARE

Each patient receives a comprehensive evaluation that determines their individualized treatment plan. Each patient has a multidisciplinary treatment team which includes a family therapist, individual therapist, psychiatrist, dietitian, and nurse.

The program offers 10-Hour Partial Hospitalization Program (PHP), 6-Hour PHP, and 3-Hour Intensive Outpatient Programming (IOP). PHP (both 10- and 6-hour) include treatment Monday-Saturday, with an emphasis on family and parent programming on Tuesday evening, Thursday evening, and Saturday.

### Partial Hospitalization Program (PHP)

- + 6 - 10 hours/day
- + 6 days a week (Monday - Saturday)
- + Multifamily Evenings and Saturday (12+ hours)

### Intensive Outpatient Programming (IOP)

- + 3+ hours/day
- + 3-5 days a week (Monday - Friday)
- + Multifamily Evenings (6+ hours/week)

## UC SAN DIEGO HEALTH EATING DISORDERS CENTER

Contact us today for a free assessment, to schedule a talk for your clinic or school, and/or to learn more about our services and programs.



[eatingdisorders.ucsd.edu](http://eatingdisorders.ucsd.edu)



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## TREATMENT COMPONENTS & MULTIFAMILY GROUPS

In addition to FBT, the program provides a wide-range of treatment components in group, individual, and multifamily (12+ hours) formats.

### Specialized Patient Components

- + Dialectical Behavior Therapy (DBT)
- + ARFID Specific Group
- + Exposure & Response Prevention for Anxiety Management
- + Cognitive Remediation Therapy (CRT) for Eating Disorders
- + Bulimia Focused Groups
- + LGBTQ+ Group
- + Athlete Group and Movement Group
- + After hours skills coaching

### Multifamily/Carer Groups

- + Multifamily Meals
- + Parent Management Training
- + Parent Nutrition Education
- + Multifamily DBT Skills Training
- + ARFID Parent Group
- + Breakout Groups for Spanish Speaking Carers
- + Parent Mentorship Program
- + Athlete & Exercise Topics
- + Peer mentor led support group

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