



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), and other feeding and eating disorders. The program is based upon principles of Family-Based Treatment (FBT), the leading empirically-supported treatment for adolescents with eating disorders, and evidence-based practice in general. 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 treatable brain-based illnesses, and full recovery is possible.

LEVELS OF CARE

Each patient has an individualized treatment plan and works with a multidisciplinary treatment team, which includes a family therapist, individual therapist, psychiatrist, dietitian, and nurse. The program offers Partial Hospitalization Program and Intensive Outpatient Programming, both of which have an emphasis on multifamily and parent programming.

Partial Hospitalization Program (PHP)

- + Full day or half-day of program
- + 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 (3+ hours/week)

TREATMENT COMPONENTS & MULTIFAMILY GROUPS

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

Specialized Patient Components

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

Multifamily/Carer Groups

- + Multifamily Meals
- + Parent Management Training
- + FBT-based Parent Psychoeducation
- + Multifamily DBT Skills Training
- + ARFID Parent Group
- + Spanish Speaking Carers Group
- + Parent Mentorship Program
- + Parent Nutrition, Athlete, and Exercise Topics Groups
- + Peer-mentor led support group

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



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