

WALDEN'S CONTINUUM OF CARE

Walden's Eating Disorders Programs include:

- **INPATIENT CARE** for patients who require medical and psychiatric stabilization.

A team of specialists evaluates each patient and a case manager is assigned to conduct individual and family therapy, and act as a liaison to the patient's outpatient team. Disordered eating patterns are interrupted and patients are monitored continuously. A treatment plan is developed for each patient that includes medical management, behavioral therapy, psychotherapy, nutritional counseling and medication.

- **RESIDENTIAL CARE** for patients who are ready to make a step toward independent living.

The residential program at Walden Place provides recovering residents with a supportive, home-like setting where they can practice the coping skills they learn in therapy sessions and through real-life activities, such as cooking and shopping, even while they are in a structured, supervised program.

- **PARTIAL HOSPITALIZATION** for patients who are ready to begin the transition back to independent living, but still need a structured program to learn new skills and reinforce what they have already learned.

Programs focus on coping skills, such as teaching patients to deal with the triggers that cause disordered behavior.

- **INTENSIVE OUTPATIENT** care for patients who are recovered to the point where they can live independently.

Patients continue to receive psychotherapy and support, ongoing education about coping strategies, structured meals and planning for relapse prevention.

WE'RE HERE TO HELP

Walden Behavioral Care, Inc. specializes in treating patients with eating disorders, psychiatric disorders, addictions and co-occurring disorders. Because we are focused on these areas, we have a thorough understanding of them and an in-depth experience treating them.

If you believe that you or someone you know can benefit from our services, contact us today at

781-647-6700

or info@waldenbehavioralcare.com.

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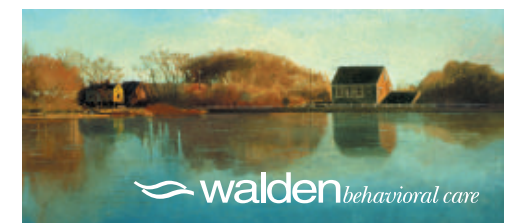
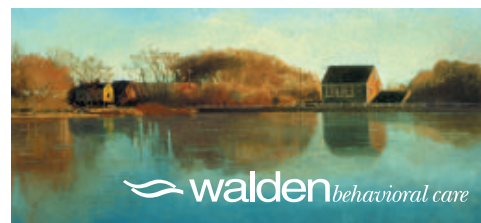
www.waldenbehavioralcare.com

EATING DISORDERS PROGRAMS



*Helping
patients reclaim
their lives.*

*Lasting recovery for
body and mind*



HELPING PATIENTS ADVANCE

TREATMENT THAT ADJUSTS TO THE PATIENT

Walden Behavioral Care has responded to the evolving knowledge of eating disorders by becoming one of the first hospitals in the country to offer a full “continuum” of care for treating eating disorders.

A standard approach does not work for treating eating disorders, because it requires the patient to adjust to the treatment, rather than adjusting treatment to meet the patient’s changing needs.

A continuum of care approach works best because:

- Treatment needs change as the patient makes progress toward recovery.
- Treatment that is effective for one illness is not necessarily effective for another illness.
- Patients begin treatment at different stages of their illness.
- Patients respond differently to treatment. What works for one person may not work for another.

Our progressive continuum of care matches the patient’s needs at any point in time. It adjusts to relapses, as well as breakthroughs. Treatment always adjusts to the patient’s needs, so the patient can progress gradually toward full recovery.



TREATING BODY AND MIND FOR LASTING RESULTS

Eating disorders are becoming a national epidemic. From pre-teens to seniors, girls and boys, men and women, people from every socio-economic class are developing eating disorders. Yet the healthcare community is just learning to respond to this growing health threat. We have learned that successful treatment begins with an in-depth understanding of the patient, and a plan for treating the whole person, body and mind.

Even before a patient is admitted, a team of specialists evaluates the patient thoroughly. We need to know not only the scope of the patient’s illness, but the patient’s medical and psychiatric condition. We need to know whether there are any co-occurring disorders, what medication the patient is using and whether family or others are available to provide support. We need to know about any treatment programs the patient has used in the past – what has worked, what has not and why.

Once we have gathered everything we can, we develop a plan for treating the whole person. Using our “whole health” approach, the patient’s medical, behavioral and psychiatric needs are all taken care of at the same time. If the patient has more than one disorder—which is common for people with eating disorders—the co-occurring disorders are treated concurrently.

THREE-DIMENSIONAL CARE

The continuum of care is just one dimension of Walden’s “whole health” approach. The treatment of the whole person using a team of specialists covering many disciplines is the second dimension.

The third dimension of the “whole health” approach reaches beyond Walden and prepares the patient for independent living. We involve family, friends and, when appropriate, professionals who have worked with the patient in the past.

This support network is important while the patient is at Walden, but it is even more important when the patient leaves Walden. Recovery is a lifelong process. To achieve lasting recovery, the patient must function in the world away from Walden.

Having a support group helps, but patients must also learn to face the challenges of their disorders on their own. Treatment at Walden gives patients an in-depth understanding of their eating disorders, the triggers that cause disordered behavior and the coping skills to control it.

Walden helps patients find the power within them to achieve lasting recovery.

WE’RE HERE TO HELP

Walden’s Eating Disorder Services Programs provide discrete, highly specialized treatment of patients 13 and older (for inpatient care) with anorexia nervosa, bulimia, binge-eating disorder and other eating disorders. If you believe that you or someone you know can benefit from our services, contact us today at 781-647-6700 or info@waldenbehavioralcare.com.



We’re also available to answer any questions you may have. We recognize that being admitted or admitting a loved one for treatment of an eating disorder can create a great deal of anxiety. The more you know about what to expect, the less anxious you will be about the care we provide.