The Road to Recovery begins here.
No one should face an eating disorder alone. At Laureate, we’re your partner in recovery. The internationally recognized Eating Disorders Program at Laureate Psychiatric Clinic and Hospital is designed to meet the needs of individuals with anorexia nervosa, bulimia and other eating-related difficulties. Laureate’s staff has many years of experience helping patients and families understand the causes of eating disorders and how to recover from them.

The Laureate campus is a perfect blend of nature and architecture. Its beautiful and serene atmosphere provides a safe, secure place for recovery.

Laureate is part of the Saint Francis Health System, a national quality leader with 1,000 medical/surgical beds, which only enhances Laureate’s comprehensive treatment approach. State-of-the-art medical care is available to Laureate patients at Saint Francis Hospital and The Children’s Hospital at Saint Francis, both of which are directly adjacent to the Laureate campus. Families and patients are reassured knowing that medical needs of any kind can be managed by the team of specialists within the Saint Francis Health System.

Admissions: 800-322-5173
www.eatingdisorders.laureate.com
Find recovery in a tranquil setting.

• Center of Excellence for research and treatment
• Separate programming for adolescents and adults
• Highly individualized treatment
• Five distinct levels of treatment: Acute-care hospitalization, residential, partial hospitalization, group home and outpatient care
• Each patient’s psychiatrist, therapist and dietitian remains the same through acute, residential and partial hospital care
• Expertise in nutritional rehabilitation and co-occurring disorders
• Therapist-to-patient ratio of 1:3 ensures personalized care
• Each patient has over 22 hours per week of direct contact with her primary therapist through individual, group and family therapy sessions and meal support
Our levels of care meet her where she is.

WE CREATE A PLAN AS UNIQUE AS EVERY PATIENT.

ACUTE-CARE HOSPITALIZATION
• Daily sessions with a psychiatrist
• 24-hour nursing care provided on a secure eating disorders-specific unit
• Daily medical monitoring with testing and labs as needed
• Medical and psychological stabilization
• Therapist-led groups in addition to individual and family therapy
• Weekly nutritional assessment and therapy

RESIDENTIAL CARE
• Three sessions (minimum) with a psychiatrist per week
• Supervised cottage living situation
• Therapeutic meal outings
• Off-campus therapeutic passes
• Therapist-led groups in addition to individual and family therapy
• Nutritional assessment and therapy on a weekly basis

PARTIAL HOSPITALIZATION
• Off-campus living with a family member (adolescents)
• On-campus living in a supervised cottage (adults)
• Two sessions (minimum) with a psychiatrist per week
• Therapist-led groups in addition to individual and family therapy
• Nutritional assessment and therapy on a weekly basis

MAGNOLIA HOUSE GROUP HOME (ADULT PATIENTS)
• For women who have successfully completed intensive treatment
• Transition from inpatient to outpatient care, with emphasis on learning how to maintain recovery while working, volunteering or going to school
• Staff-supported daily meal
• Daily group therapy to provide support for recovery
• Life skills training through meal outings, grocery shopping and meal preparation
• Complete outpatient team including a therapist, psychiatrist and dietitian

OUTPATIENT CARE
This service is open to patients who are new to Laureate, medically stable and not in need of a more intensive setting. Patients transitioning from a higher level of care participate in outpatient treatment as well. Eating disorders-specific treatment available includes psychiatry, psychotherapy and nutrition therapy.

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The innovative Eating Disorders Program at Laureate has earned international recognition because we deliver positive results. In fact, more than 50 percent of the program’s patients have sought treatment elsewhere before turning to Laureate.

Laureate’s experienced staff is trained in a variety of treatment methods to provide optimal care. In addition to eating disorder symptoms, many patients struggle with depression, anxiety, obsessions/compulsions, chemical dependency and the effects of trauma. We provide the sophisticated therapies needed to remedy these problems.

Laureate’s treatment program is highly individualized, and we never forget that the patient is the most important part of the treatment team. To ensure individualized care, we keep the program small: 12 patients in the adolescent track and 18 patients in the adult track.

We provide treatment specific to the life stages of patients. For example, within the adult track, we provide the Journeys program for women dealing with the demands of managing a family and coping with work as well as struggling with an eating disorder.

Through cutting-edge genetics and neuroimaging research, in coordination with the Laureate Institute for Brain Research, the Eating Disorders Program is exploring the biological factors of eating disorders as well as innovative treatment models.

At Laureate, our methods speak for us. Our methods, research and environment provide the right combination for hope and healing.

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Eating disorders distinguish themselves from a simple desire to lose weight. It is important to understand that many people show signs or symptoms, but the true indicator of an eating disorder is the compulsiveness that accompanies the symptoms or the extremes to which the patient will go. Each patient is an individual, so there is not a set list of symptoms. Some examples that might be preliminary indicators of an eating disorder or a relapse include:

**Thoughts about “feeling fat” when others see you as thin**

**Fear of gaining weight**

**Feelings of loss of control when eating**

**Weight determining self-esteem**

**Body image obsession**

**Guilt or shame after eating**

**Repeated attempts at dieting**

**Eating large amounts of food in a short period of time**

**Self-consciousness or embarrassment about eating**

**Sneaking or hiding food**

**Lying about eating habits**

**Restrictive eating**

**Self-induced vomiting**

**Diuretic abuse**

**Use of diet pills**

**Use of speed**

**Compulsive or excessive exercise**

**Eating to relieve stress or depression**

**Eating when not hungry**

**Eating small amounts of food in front of others, then binge eating when alone**

**Depression**

**Low body weight**

**Embarrassment about body weight**

**Low self-esteem**

**Difficulty identifying or expressing feelings**

**Strict dieting**

**Fasting**

**Menstrual irregularities**

**Gastrointestinal complaints**
Magnolia House makes Laureate an ideal place for recovery. A group home located on the Laureate campus, Magnolia House meets the needs of women transitioning from inpatient to outpatient care. Residents see the Magnolia House treatment team for outpatient psychotherapy, nutrition therapy and psychiatry appointments, with the frequency of services determined by individual need. Each evening, staff provides a supervised meal and group therapy. Weekly dinner outings at local restaurants, as well as “challenge evenings,” are planned by the residents. Cooking groups and grocery shopping provide opportunities to learn healthier lifestyles that last long after treatment. Magnolia House allows patients to transition from Laureate to a new and healthier life of recovery.

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Magnolia House, Laureate’s group home for eating disorders patients.
The Eating Disorders Program at Laureate offers a monthly Family Week, a family involvement program for patients and their families. The families of both adolescent and adult patients come together for this three-day intensive program.

Family Week is one of the most highly rated elements of the treatment program. The material presented provides families with the information, guidance and support they need to assist their loved ones with the illness. Many families attend more than one Family Week program because the information and reassurance are invaluable.

WE PUT HER FUTURE FIRST.
Choosing an eating disorders program can be difficult – we understand. Laureate’s specially trained admissions staff is ready to help with making this difficult decision.

The Laureate Eating Disorders Program’s admissions staff understands the needs of patients struggling with eating disorders. Each admissions staff member personally guides patients and families from the first phone call through the admission process.

Our goal is the same as yours: Recovery from the illness of eating disorders. Every recovery begins with that first important step. We can take the journey with you.
Mission

To extend the presence and healing ministry of Christ in all we do.

Vision

Saint Francis Health System will collaborate with others who share its values to be the regional leader in the delivery of quality Catholic healthcare services.

Values

EXCELLENCE
Promoting high standards of service and performance

DIGNITY
Respecting each person as an inherently valuable member of the human community and as a unique expression of life

JUSTICE
Advocating for systems and structures that are attuned to the needs of the vulnerable and disadvantaged and that promote a sense of community among all persons

INTEGRITY
Encouraging honesty, consistency and predictability in all relationships

STEWARDSHIP
Ensuring prudent use of talents and resources in a collaborative manner