

TREATMENT SERVICES

EATING DISORDERS



**Forest
View**
HOSPITAL

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EATING DISORDERS TREATMENT SERVICES

Contents

Access System

Services Provided

Treatment Modalities



EATING DISORDERS TREATMENT SERVICES

ACCESS SYSTEM

PATIENT POPULATIONS

Forest View has provided services for adolescents and adults struggling with anorexia nervosa and bulimia nervosa since 1984. Inpatient and partial hospitalization and intensive outpatient treatment services are provided as an integrated part of general psychiatric services and address co-existing psychiatric disorders. Treatment is designed to meet the needs of adults and adolescents ages 9 years and older. Admission for children younger than 9 years of age is assessed on a case-by-case basis.

CRISIS ASSESSMENT AND REFERRAL SERVICES

A key to our adolescent and adult treatment services is the ability to respond to a family or referral source at all times, including holidays and weekends. We provide a 24-hour intake team that can provide assessment and admission or referral services.

LEVEL OF CARE RECOMMENDATIONS

Level of care guidelines for the Eating Disorder Treatment Services include consideration of the following:

- Co-existing psychiatric condition
- Active suicidal ideation/behavior
- Active homicidal ideation/behavior
- Psychotic thought process
- Failure of outpatient treatment
- High medical risk
- History of presenting symptoms



EATING DISORDERS TREATMENT SERVICES

SERVICES PROVIDED

ACUTE INPATIENT TREATMENT

The treatment schedule and patient milieu provide a safe, structured environment that emphasizes a multidisciplinary approach to individual adolescent and adult challenges and issues. Structured programming occurs seven days a week with individual, group and family therapies.

PARTIAL HOSPITALIZATION

The adolescent or adult patient participates in six hours of treatment that includes a combination of comprehensive evaluation and individual, family and group treatment. Treatment is available Monday through Friday and can be scheduled on consecutive or staggered days, depending on the needs of the patient.

INTENSIVE OUTPATIENT TREATMENT

Treatment is provided for three hours and includes a combination of comprehensive evaluation and individual, family and group treatment. Treatment is available Monday through Friday and can be scheduled on consecutive or staggered days, depending on the needs of the patient. Psychiatrist services are available as a separately authorized service.

PSYCHIATRIC CONTINUING CARE

Forest View offers the opportunity to access Child and Adolescent and Adult Psychiatric services as a part of the continuing care plan. One of the predicting factors that may determine the likelihood of readmission to hospital-based services is timeliness of treatment received post discharge. Forest View provides psychiatric services for eating disorder patients on an interim basis between the point of discharge from inpatient, partial hospitalization or intensive outpatient treatment and the patient's first appointment with his or her combination of Certified Psychiatric Nurse Practitioner and Child and Adolescent Board Certified Psychiatrist.



EATING DISORDER TREATMENT SERVICES

SERVICES PROVIDED: SUPPORT GROUPS

SUPPORT GROUPS

- While an individual is a patient in either our inpatient or partial hospitalization program, a family support group is held Monday nights from 5:30 p.m. to 7:00 p.m. This group is open to any person the patient would like to attend.
- Forest View Partial Hospital Community Room is the site for a support group for anyone struggling with an eating disorder and their family and friends. The group is led by a therapist and is held at 7:00 PM on the second and fourth Monday of each month. There is no charge for this group and pre-registration is not required.



EATING DISORDERS TREATMENT SERVICES

TREATMENT MODALITIES

COMPREHENSIVE EVALUATION

Comprehensive evaluation includes the initial assessment, psychiatric evaluations, medical history and physical, nursing assessment, psychosocial assessment, activity therapy assessment, nutrition assessment, and other appropriate evaluations. A dietitian assesses, develops and monitors the individual meal plan of the patient.

INDIVIDUAL CONSULTATION, FAMILY SERVICES AND COMMUNITY PROVIDER INVOLVEMENT

Each patient is assigned a case manager at the time of admission. In order to maximize the benefits of each day of treatment, case management services are available on the weekends and holidays to complete psychosocial assessments, family sessions and discharge planning. The case manager coordinates the assessment, treatment and discharge planning process with the patient, the patient's family, community based providers and internal treatment team.

TREATMENT

Treatment focuses on:

- (1) Weight restoration or normalization of disordered eating.
- (2) Psychological restoration.

The general approach is cognitive behavioral with a focus on education and behavioral modification. After engaging in multidisciplinary assessment

procedures, patients are admitted into inpatient, partial, or intensive outpatient treatment. The treatment milieu consists of a variety of interventions including medical evaluation and management, nutrition counseling, group therapy, family therapy, medication therapy, activities therapy, supervised meals, menu planning, and the opportunity to participate in various community support groups.



EATING DISORDERS TREATMENT SERVICES

TREATMENT MODALITIES

continued

MULTIDISCIPLINARY TREATMENT TEAM

The eating disorders treatment team includes a consistent, specialized team of professionals. The multidisciplinary team consists of a psychiatrist, registered nurse, case manager, dietitian, and occupational or activity therapist.

INDIVIDUALIZED TREATMENT

Treatment services emphasize an individualized treatment planning process. The delivery of services within the continuum of care also offers flexibility in which the patient's benefits are utilized to maximize clinical gains.

GROUP TREATMENT

Group treatment services include a combination of traditional and expressive group therapy, as well as activity and psycho-educational groups. Group services emphasize both general psychiatric and specialized treatment issues.

GROUP FOCUS

While patients are provided a specific eating disorder group to address the individual disordered eating behaviors, patients are also expected to work on psychological restoration through participation in either general groups or another specialty track within the hospital. Operating with the philosophy that an eating disorder is "the external symptom of an internal psychological cause," our program addresses both the symptoms and causes.

Groups are facilitated by a Master's prepared occupational therapist, a Master's prepared social worker, a Master's prepared dietitian, and a nurse. Specific group topics may include the following:

Body Image/Body Awareness	Nutrition Education
Relaxation/Stress Management	Discharge Planning/Relapse Prevention
Communication Skills/Assertive Behavior	Meal Planning
Group Therapy	Exercise Education
Eating Disorder Education	Supported Meal

All patients are expected to be discharged to an appropriate outpatient program.



EATING DISORDERS TREATMENT SERVICES

GROUP DESCRIPTIONS

Each group has a particular emphasis and is part of the overall treatment plan. As a part of our treatment philosophy, eating disorders treatment services are provided as an integrated part of the general adolescent and adult treatment services.

BODY IMAGE/BODY AWARENESS

Through the use of body tracing, music, imagery and discussion, patients are encouraged to explore feelings about their body, body image distortions, and ways to nurture and care for their bodies.

RELAXATION/STRESS MANAGEMENT

Using music, guided imagery and discussion, patients are encouraged to identify stressful situations and explore their responses to these emotional triggers. Patients are asked to participate in relaxation groups and experience the benefits of guided imagery, deep breathing, and progressive relaxation exercises.

COMMUNICATION SKILLS/ASSERTIVE BEHAVIOR

Patients are asked to explore their communication styles and learn better ways to express and meet their own needs. Using education discussion and role-playing, patients are encouraged to use direct expression of feeling and use “I” statements and assertive body language to ask for what they need and want.

GROUP THERAPY

This group helps patients explore the underlying dynamics of their distorted eating patterns.

EATING DISORDER EDUCATION

This didactic group uses films and educational handouts to encourage patients to learn about their illness and better manage the symptoms.

NUTRITION EDUCATION

Patients discuss basic nutrition concepts and applications to the individual with an eating disorder.



EATING DISORDERS TREATMENT SERVICES

GROUP DESCRIPTIONS *continued*

DISCHARGE PLANNING/RELAPSE PREVENTION

Patients are encouraged to begin discharge planning on the day of admission. The use of crisis plans, the relapse prevention model, support systems, journaling, time and meal management when home are skills that patients work to develop prior to discharge.

MEAL PLANNING

The definition of a well balanced diet, development of individualized meal patterns, and menu planning are discussed with the patient.

- Portion Education: Review of food portions from all food groups to aid in menu planning and meal pattern requirements.
- Individualized Menu Planning: Registered Dietitian helps each patient on a one-to-one basis to plan menus to prepare for self-selection.

EXERCISE/LEISURE EDUCATION

The role of healthy exercise and activity is discussed and patients are encouraged to view exercise as a leisure skill as well as a component of a healthy life. Through practical experience in workroom and through structured group exercises, patients are encouraged to explore and develop leisure activities that can serve as positive coping tools.

SUPPORTED MEAL (Supportive Eating)

The meal of a patient is guided using relaxation activities and the processing of feelings toward eating.

In addition to these groups, educational materials on medication and the medical complications of eating disorders are provided and reviewed with the patient by nursing staff.