# Eating Disorder Treatment

## Levels of Care

<table>
<thead>
<tr>
<th>Level of Care</th>
<th>How Does the Patient Qualify</th>
<th>What the Patient Can Expect</th>
<th>Does Insurance Provide Coverage</th>
</tr>
</thead>
</table>
| Inpatient (IP) | - Patient is medically unstable  
- Patient needs 24/7 supervision to stay safe | - Average stay stay ranges from 7 days – 1 month  
- All meals and snacks are supervised  
- Locked bathrooms  
- Most therapy and nutrition sessions are group-based  
- Patient lives on-site | - Yes, but prior authorization is needed |
| Residential (RES or RTC) | - Patient is medically and/or psychologically stable, but they need a structured environment away from home in order to recover | - Average length of stay ranges from a few weeks to one year  
- All meals and snacks are supervised  
- Program is a mix of group and individual therapy and nutrition sessions  
- Patient lives on-site | - Often private insurance only, and prior authorization is needed  
- SCA possible for private and public health plans |
| Partial Hospitalization Program (PHP) or Day Treatment (DTP) | - Patient is physically and psychologically stable, but they need daily support to keep from declining | - Average length of stay is 4–8 weeks  
- Program meets 5–7 days per week during the day  
- At least two supervised meals per day  
- Program is a mix of group and individual therapy and nutrition sessions  
- Patient lives off-site | - Private insurance does  
- Government funded typically when the program is hospital-based  
- Prior authorization is often needed  
- SCA possible for private & public health plans |
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<tr>
<td>INTENSIVE OUTPATIENT (IOP)</td>
<td>• Patient no longer needs daily support, but they still need a structured environment for recovery</td>
<td>• Average length of stay is 6-12 weeks&lt;br&gt;• Program meets 3 days per week for 3 hours at a time&lt;br&gt;• One supervised meal per session&lt;br&gt;• Therapy and nutrition sessions may be individual and/or group-based&lt;br&gt;• Patient lives off-site</td>
<td>• Yes – often private insurance only, and prior authorization might be needed&lt;br&gt;• SCA possible for private and public health plans</td>
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<td>OUTPATIENT (OP)</td>
<td>• Patient needs support to recover, but can function in their day-to-day life with low risk</td>
<td>• Treatment is ongoing, from a few months to a few years&lt;br&gt;• Treatment includes:  ○ Individual therapy  ○ Group therapy  ○ Nutrition/dietitian therapy  ○ Psychiatry appointments  ○ Medical appointments</td>
<td>• Yes, but it is usually limited to in-network providers and there is rarely a mechanism to search for eating disorder specialists</td>
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<tr>
<td>INTENSIVE FAMILY TREATMENT (IFT)</td>
<td>• Patient is 24 or younger and lives with family of origin</td>
<td>• Entire family is included in treatment&lt;br&gt;• One-week intensive</td>
<td>• Rarely</td>
</tr>
<tr>
<td>FAMILY-BASED THERAPY (FBT)</td>
<td>• Patient is an adolescent or an adult who lives with family</td>
<td>• Treatment is therapist-led&lt;br&gt;• Focused on empowering parents to feed their child&lt;br&gt;• Typically runs for 20 sessions</td>
<td>• Rarely</td>
</tr>
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</table>