



Defining ME[®]

*An inclusive program for teens and families
who are confronting an eating disorder*

EDCare 
www.eatingdisorder.care



Defining

Inspiring *hope.*

Nourishing *acceptance.*

Empowering *change.*



This is a *center of hope and healing*—a place where teens who are struggling with an eating disorder are accepted and embraced for the unique individuals they are.

It is a *comprehensive program* that allows them to connect to the resources and support they need to move forward.





It is a *community free of judgement* where they can have fun, be creative and explore new ideas and avenues of recovery.

And it is a *resource that empowers* them to define who they are—and where their unique journey will lead.



EDCare's Adolescent Partial Hospitalization Program (PHP) and transitional Intensive Outpatient Program (IOP) are designed to support teens and their families who are confronting the challenges of an eating disorder.

Learn more at www.eatingdisorder.care.



Inspiring Hope

Knowing what to do and where to turn when your child has an eating disorder isn't easy, and it's important to know you have a resource to turn to for answers, support and care.

In the U.S. alone, approximately 2.2 million adolescents will suffer from Anorexia, Bulimia or Binge Eating disorder at some point in their lifetime.¹



EDCare provides a center of hope and healing specifically designed to help teens and their families move toward lasting recovery. As one of the nation's foremost centers for the diagnosis and treatment of eating disorders, we fully understand how serious and complex these illnesses can be to overcome. It's why our program utilizes comprehensive, evidence-based treatment proven to advance patient outcomes and the reason for our multidisciplinary approach to care that nurtures holistic healing and health.

At EDCare, we strive to provide the highest quality of care for our patients and their families. We also work with families to ensure care costs do not become a financial burden. Our **experienced financial specialists** help you determine the best payment options for your needs. We accept coverage from over 30 different insurance providers, including Colorado Medicaid and TRICARE®. We also work with out-of-network insurances to negotiate single-case agreements and arrange individual payment plans when necessary. **Complimentary family housing accommodations** are also available for those who do not reside locally.

At EDCare, we want to help you and your family move toward a healthy and fulfilling future.

The journey forward begins here.

CONDITIONS WE TREAT

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Other Specific Eating Disorders
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Orthorexia
- Mood & Anxiety Disorders

Nourishing Acceptance

At EDCare, we want our patients to know that an eating disorder doesn't define who they are. This is a critical and empowering message for teens and their families, and it is at the heart of our program's unique **Defining ME®** focus.

Our **gender-inclusive Adolescent PHP and transitional IOP** offers a safe and supportive environment for patients to address their specific challenges and concerns. Our center is open only to patients who are **13-17 years old**, which helps teens feel more at ease and connect with others who share similar experiences and struggles.

Teens can fully open themselves up to the tools and support needed to overcome their eating disorder, while also receiving assistance from our **dedicated educational coordinator**. This advocate helps families and schools coordinate the educational needs of the patient throughout the treatment process. This allows teens to prioritize their recovery while still meeting their educational goals.

We help teens realize that the recovery journey is different for everyone. It can be colorful, creative, fun, messy—and ultimately freeing.



DiETING and poor body image are the leading precipitating factors into the development of an eating disorder.²

Empowering Change

At EDCare, we believe recovery is possible for every patient. Our goal is to empower your family with the skills, knowledge and support needed to heal, grow stronger and move forward together.



Young people between the ages of 15 and 24 with anorexia have 10 times the risk of dying compared to their same-aged peers.³ For many others, these disorders can turn into lifelong struggles that affect both their health and quality of life.

AN ESTABLISHED SKILL-BUILDING CURRICULUM

At the heart of our program is a unique and effective treatment model centered on empowering patients through **C**onnection, **A**cceptance, **M**indfulness, **S**ense of Self, and **A**ction (**CAMSA**®). It helps teens understand and address the biological, psychological, social, and spiritual aspects contributing to the eating disorder, while teaching them new skills and behavioral patterns.

INDIVIDUALIZED CARE, MULTIDISCIPLINARY TREATMENT

We create individualized care plans based on each person's needs, abilities and goals. Each plan integrates a unique combination of evidence-based treatments that are clinically proven to improve patient outcomes. These include Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Enhanced Cognitive Behavioral Therapy (CBT-E), Group Therapy, Art Therapy, and Nutritional Counseling.

Each patient collaborates with a dedicated team of interdisciplinary specialists who work together to help patients uncover and address issues and triggers that are at the root of the eating disorder.

A FAMILY-FOCUSED APPROACH

We prioritize parent and family involvement throughout treatment because we believe it is critical to a lasting recovery for everyone. We incorporate Emotion Focused Family Therapy (EFFT) into the therapeutic process through regular coaching and group therapy sessions. These include:

- Topic Talks: Therapists help parents and caregivers discuss key issues, such as relapse prevention, technology and teens, and emotion coaching.
- Multi-Family Group Therapy: Clinicians help multiple families explore topics critical to everyone's healing and recovery.
- Weekly Therapeutic Meals: Patients and their families share dinner onsite with the direct support and guidance of staff.

PROVEN EXPERTISE, COMPASSIONATE CARE

At EDCare, the quality of our treatment is a direct reflection of the professionalism, care, concern and strength of our staff. Our specialized eating disorder team includes board-certified physicians, psychiatrists, primary, family and experiential therapists, and registered dietitians. Together, they provide high-quality care and compassionate support that consistently earn The Joint Commission Gold Seal of Approval®.



Schedule an assessment with one of
our experienced clinicians today!

COLORADO

303-771-0861

KANSAS

913-945-1277

Take the first step toward recovery today!

With early intervention and effective treatment, research shows teens have a strong chance of fully recovering from an eating disorder.

Contact us today to schedule a free, confidential assessment with our Admissions team. Assessments last about one hour and are done in person or over the phone. Together, we can help determine the right treatment for your family, so you can begin your journey today.

SCHEDULE AN ASSESSMENT WITH ONE OF OUR EXPERIENCED CLINICIANS



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Defining 


¹ National Institute of Mental Health, <https://www.adolescentgrowth.com/eating-disorder-statistics/>

² Tyrka, Waldron, Gruber, & Brooks-Gunn, 2002.

³ Smink, F. E., van Hoeken, D., & Hoek, H. W. (2012). Epidemiology of eating disorders: Incidence, prevalence and mortality rates. *Current Psychiatry Reports*, 14(4), 406-414.

Fichter, M. M., & Quadflieg, N. (2016). Mortality in eating disorders – Results of a large prospective clinical longitudinal study. *International Journal of Eating Disorders*, Epub ahead of print.