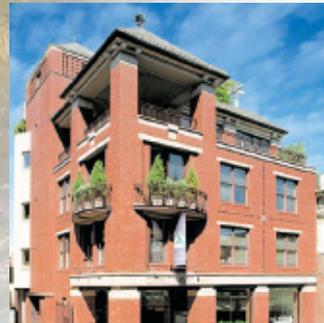


COMPREHENSIVE
TREATMENT FOR
ALL TYPES OF
EATING DISORDERS



**CAMBRIDGE EATING
DISORDER CENTER**
QUALITY CARE IN A COMMUNITY ENVIRONMENT





INTRODUCTION

The Cambridge Eating Disorder Center provides a comprehensive continuum of high quality specialized services in a community setting to individuals suffering from eating disorders. Our treatment programs focus not only on reducing the eating disorder symptoms but also on understanding their development and function.

Because of our unique and serene facility, the Cambridge Eating Disorder Center has earned the reputation for fostering tranquility and recovery in a non-institutional setting. We aim to promote the development of a healthy self that encompasses both emotional and physical well-being.

We are accredited by The Joint Commission. As a Joint Commission accredited organization, CEDC is required to meet rigorous standards related to the quality and safety of client care.





WHY CAMBRIDGE EATING DISORDER CENTER?

A continuum of individualized recovery services.

Each client has an individualized treatment plan to normalize eating and understand the underlying issues that have contributed to the development of a self-destructive means of coping. CEDC offers a complete spectrum of recovery services to support the continuity of care and helps clients achieve lasting recovery including: residential, partial hospital, intensive outpatient, and outpatient services.

A non-institutional community environment.

Located in Harvard Square, our five-story facility provides an uplifting and nurturing atmosphere. Harvard Square is full of history, culture, and intellectual innovations and an ideal setting to provide the highest quality continuum of care in a non-institutional community setting.

A multidisciplinary team of professionals.

With expertise in the treatment of eating disorders, our team of professionals works to provide the highest quality of care to our clients. Our multidisciplinary team is comprised of psychiatrists, psychiatric nurse practitioners, nurses, social workers, psychologists, counselors, and registered dietitians.

The tools and support to overcome the eating disorder.

Clients receive education and therapy on nutrition, how to reduce eating disordered behaviors, develop new coping skills, explore concerns and problems with relationships in their lives, improve body image, develop a new sense of how the mind and body are connected, cultivate a support system for recovery, and plan strategies to deal with future issues.





“Not only did CEDC teach me how to beat my eating disorder, but you also taught me how to be a good person, how to help other people, and listen to them....Thank you all for making me ME again.”





LEVELS OF CARE



Our **Residential Program** provides 24-hour support to females suffering from eating disorders. Our 25-bed program serves medically stable adolescent girls and women who are ages 12 and older struggling with anorexia nervosa, bulimia nervosa, or a binge eating disorder. We offer two separate units: one is dedicated to adolescents and women ages 12 – 20, and one is dedicated to women 21 and older. Residents receive personal, on-site structure and therapeutic support to develop new coping mechanisms, restore normal eating patterns, and gain an understanding about the function of their eating disorder.



The **Partial Hospital Program (PHP)** provides support and treatment to male and female adolescents and adults who are leaving residential or inpatient treatment and need additional structure to continue their recovery. We also accept direct admissions. PHP meets five days a week (Monday through Friday from 9:00AM to 3:30PM). The adolescent PHP group provides opportunities for clients to address developmental concerns. The adult PHP group explores developmental concerns as well but also focuses on helping clients to balance collegiate, career, and family demands with self-care.

“Thank you for everything—especially for believing in me when I couldn’t believe in myself. Sometimes that was what convinced me to keep trying even when I felt hopeless.”



The **Intensive Outpatient Program (IOP)** is a helpful transition program for clients who are discharging from inpatient, residential, or partial hospital treatment. We also accept direct admissions. The program is available five evenings a week, and clients are required to attend a minimum of three evening sessions per week. We offer an Adult Evening Program and an Adolescent Evening Program. Our unique approach enables us to teach clients the skills which will help them navigate the difficulties and stresses in their lives without resorting to their eating disorder as a way of coping. We offer an IOP program for male and female adults 18 years and older and one for male and female adolescents ages 12-17. We also offer a daytime IOP program for both males and females from 11:00AM to 2:00PM.



Our multidisciplinary team of professionals provides comprehensive outpatient services through our **Outpatient Program**. Each client has an individualized treatment plan specifically designed to meet his or her needs. The treatment aims to normalize eating and understand the underlying issues that have contributed to the development of a self-destructive means of coping.



“The CEDC program has left me feeling strong and optimistic, and I cannot say enough positive things about the program....I know that the road ahead will not be easy but just knowing that CEDC is there as a safety net gives me a feeling of calm...”



FAMILY INVOLVEMENT

We believe an individual's family and friends are an integral part of a person's recovery. For individuals in residential and partial hospital care, the Case Manager will have regular contact and meetings with the family or friends as indicated. Our goal is to increase the family's understanding of their loved one's illness, to help them effectively respond in difficult situations, and to help create an environment in which there is more open communication and effective support.

For parents with adolescents in IOP, we offer a weekly support group to assist them with supervision issues as well as discuss coping strategies. In addition, we also provide weekly family therapy for those clients in the adolescent program. For family members who live out of state or who are unable to make it to weekly in-person meetings, we can conduct the support group over the phone. These groups are open to family and friends of individuals currently receiving treatment at our facility.

We also hold monthly support groups for families and friends facilitated by the center's director, Dr. Seda Ebrahimi.

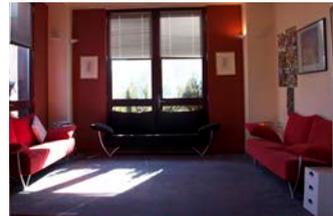




REFERRALS & INSURANCE INFORMATION

All patients are evaluated prior to participating in our programs to determine the appropriate level of care. Individuals and their families can contact us directly for an initial evaluation appointment. Referrals are also accepted.

The majority of funding for a client's stay at CEDC at all levels of care is usually provided by the client's insurance company. We will work with your insurance carrier to gain an understanding of your insurance plan's benefits. Please call us for additional information on evaluations, referrals, and consultations.





CAMBRIDGE EATING DISORDER CENTER

At the Cambridge Eating Disorder Center, our treatment programs focus not only on reducing the eating disorder symptoms but also on understanding their development and function. We aim to promote the development of a healthy self that encompasses both emotional and physical well-being.



“Thank you for your unconditional support throughout my recovery. I couldn’t have done it without you. You are all a remarkable group of individuals that have touched my life in so many ways.”



**CAMBRIDGE EATING
DISORDER CENTER**
QUALITY CARE IN A COMMUNITY ENVIRONMENT

Cambridge Eating Disorder Center

3 Bow Street | Cambridge, Massachusetts 02138

Toll Free: 888.900.CEDC(2332) | Phone: 617.547.2255 | Fax: 617.547.0003

Eatingdisordercenter.org