

Same Recovery Support. More Accessible.



Increased Access to Care

Our virtual programs are as effective as our in-person programs.

Clients still **meet with providers individually, participate in groups, and have coached meals.** Everyone is on the same platform to **encourage sharing in a secure, supportive environment.**

Virtual Eating Disorder Treatment Programs

Online-based treatment continues to demonstrate high patient satisfaction, showing patient improvements on par with and exceeding in-person treatment, plus making it possible for us to reach a large percentage of patients we had previously been unable to see at our physical locations due to:

- Lack of or unreliable transportation
- Debilitating anxiety and/or depression
- Demanding work or school schedules
- Families with multiple children and competing demands
- Living in communities without local treatment options



Walden Behavioral Care has earned the Joint Commission's Gold Seal of Approval. Accredited by the Joint Commission 2022.

WaldenEatingDisorders.com/VirtualPrograms



Benefits of Telehealth

- Greater access • Seeking care sooner
- Scheduling flexibility for clients & staff • More privacy
- "In home" support • Decreased vulnerability + shame
- Wider variety of specialty programming
- No weather closures

Levels of Care

ADULT

PHP

- Mon–Fri, optional Sat, 6 hours per day
- Care team includes dietitian, nurse practitioner + therapist

IOP

- Mon–Fri, AM and PM sessions
- 3–5 days a week for 3 hours each day
- Care team includes therapist + mental health counselors

ADOLESCENT

PHP

- Mon–Fri, 6 hours per day
- Care team includes dietitian, nurse practitioner + therapist
- Family-Based Treatment model*

IOP

- 3 days a week for 3 hours each day
- Care team includes therapist + mental health counselors
- Family-Based Treatment model*

* The leading evidence-based model proven to support lasting recovery

Specialty Programs

To better support clients with specific treatment needs, we have developed several virtual day-treatment programs that specialize in providing care for specific diagnoses or populations. More than just tracks, they are staffed by clinicians, dietitians, and medical providers with specific expertise and specialized training.

ARFID IOP

Avoidant Restrictive Food Intake Disorder diagnosis ages 10–17

GOALS IOP

Competitive athletes ages 18+

Free to Be IOP

Binge Eating Disorder diagnosis ages 18+

Rainbow Road IOP & PHP

LGBTQIA+ patients ages 18+

B'SHALOM IOP

Jewish patients ages 18+



 **walden**
behavioral care

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