# walden *behavioral care*

A Monte Nido Affiliate

*Virtual Eating Disorder Treatment Options*

# Specialty Programs

More than just tracks, these **unique programs** are staffed by **carefully chosen** clinicians, dietitians, and medical providers selected for **specific expertise** and **specialized training**.

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

*Explore details about each program at:*
WaldenEatingDisorders.com/VirtualPrograms

## ADULT   Day and Evening Intensive Outpatient Program (IOP)

### Free to Be

*For* Binge and Emotional Eating

- Individual therapy and group therapy
- Case management, including coordinated care with outpatient team
- Supervision of one therapeutic meal
- Registered Dietitian support

## ADOLESCENT   Intensive Outpatient Program (IOP)

### ARFID IOP

- Three multi-family therapeutic groups each week
- Individualized nutritional support
- Case management, including coordinated care with outpatient team
- Staff trained to support ARFID patients and their families

*For* Avoidant Restrictive Food Intake Disorder *(ages 10–17)*

Intensive Outpatient Program (IOP) *and* Partial Hospitalization Program (PHP)

# Rainbow Road

- Therapeutic meal coaching, individual therapy and group therapy, including queer body nutrition
- Case management, including coordinated care with outpatient team
- Weekly meetings with a Registered Dietitian in PHP and dietetic consultation in IOP
- Psychiatric medication management in PHP

*For the* LGBTQIA+ Community *by* LGBTQIA+ Clinicians

ADULT Intensive Outpatient Program (IOP)

# GOALS *For* Competitive Athletes

- Individual therapy and group therapy
- Case management, including coordinated care with outpatient team
- Supervision of one therapeutic meal
- Registered Dietitian support

ADULT Intensive Outpatient Program (IOP)

# B'SHALOM *for the* Jewish Community

- Case management, including coordinated care with outpatient team
- Supervision of one therapeutic meal
- Individual therapy and group therapy

*For* Jewish Adults

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