

Intensive Outpatient for Eating Disorders

Program Description

LiveWell

Albany Psychological Services for Eating Disorders, PLLC
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We are privileged to work with you on this important program. We have worked hard to support our patients in the outpatient arena and are hopeful that we will be able to establish a sound, highly effective IOP that enables the eating disorder population of the Capital District to seek treatment while staying in their homes, jobs, and schools. We have worked closely with patients who have had multiple experiences, both positive and negative, at various levels of treatment to establish this protocol that we feel addresses their clinical needs.

LiveWell IOP for Eating Disorders

Admission Criteria

Our program is offered to individuals ages 13 and older with a diagnosis of anorexia nervosa, bulimia nervosa, and eating disorder NOS who are in need of more intensive treatment for their symptoms.

Each patient must show that he or she is medically stable to participate in treatment. They will demonstrate this through a recent (completed within one week of admission) EKG and appropriate blood work. Evidence of this stability can be faxed to LiveWell for our nurse practitioner's evaluation. In the event that our clinical staff has concerns about the patient's medical stability for the purpose of participation in the program, he or she will be in touch with the patient's medical providers.

Patients who demonstrate psychiatric instability such as psychosis or who are currently substance-dependent will be referred back to their psychiatric providers until they are stable and able to participate in treatment.

Any patient who develops either medical or psychiatric complications during participation in the program, such as those mentioned above, will be referred elsewhere until they are able to participate in an IOP setting. Once they are stable, they will be welcomed back for further treatment.

Clinical Evaluation and Establishment of Treatment Goals

Initial Evaluation by NP

Patients must be cognitively and physically able to participate in therapy to use our services. Our NP will conduct a clinical interview, review recent labs and EKG, communicate with the patient's providers, establish initial therapy goals, orient the patient to treatment, and conduct symptom re-evaluation throughout the patient's stay.

Initial Evaluation by RD

Patients come to treatment from various referral sources. Many do not have current meal plans or ones that meet the caloric needs at the time of admission. An RD's evaluation is necessary so that our patients have personal identified goals for meal times. This RD would then follow up with patients in nutrition groups and during individual nutritional counseling as needed. The RD would also educate parents on healthy eating and feeding their adolescent.

Standardized Measures Used in Assessment

Our team will assess patients at admission using standardized measures as a baseline of how they function prior to treatment. Each patient will be asked to complete follow-up assessments periodically throughout their stay to ensure our program is indeed improving their symptoms. The team follows up with patients at three, six, and nine months after their discharge to assess their continued progress.

Group Therapy

Patients will attend four hours of group therapy three days a week. They will learn skills to manage eating disorder behaviors, thoughts, and emotions at each treatment. Patients will also improve their understanding of clinical nutrition and the medical effects of their diagnoses. Each patient will attend a daily exposure meal group where they will be encouraged to work toward individual nutrition goals.

Example Group Schedule

Day 1

3-4:30 p.m. CBT/Goals Setting

4:30-5:30 p.m. Exposure Meal

5:30-7 p.m. Nutrition Education/Counseling

Day 2

3-4:30 p.m. CBT

4:30-5:30 p.m. Exposure Meal

5:30-7 p.m. DBT

Day 3

3-4:30 p.m. CBT/Goals Setting/Symptom Management for Weekend

4:30-5:30 p.m. Exposure Meal

5:30-7 p.m. Motivational Interviewing

Additional groups planned include but are not limited to:

Multifamily Group

Parent Group

Additional Services

Most IOPs conduct individual, family, and nutritional counseling during the four designated IOP hours. Clinically, we feel the patients in IOP need the benefit of attending all groups from beginning to end. That said, we will offer additional psychotherapy, family therapy, and nutritional counseling, as well as appropriate NP and MD follow-up as needed within our practice while the patient is admitted into our IOP.

Start Date

We started accepting referrals for IOP on April 22, 2013. Intakes began the week of April 29, 2013, with the intent to begin treatment on May 6, 2013.

If you have a patient who you feel may benefit from IOP at LiveWell, please contact us at (518) 218-1188. All patients will need to speak with practice administrator Ajia Cave, as many insurance plans have varying coverage.

We are dedicated to helping these patients get the treatment they need and deserve. Thank you very much for your support.