



Alexian Brothers Behavioral Health Hospital

If It Was Your Loved One, Wouldn't You Want Them Treated By The Best?

The Center for Eating Disorders at Alexian Brothers Behavioral Health Hospital offers **outpatient treatment** at the **partial hospitalization** level of care.

Our evidence-based individualized treatment plans allow us to assess the whole picture of what is going on with a patient. While the individual is still in his/her normal environment, we are able to address specific issues such as family, school, and other relationships that may be affecting them.

Benefits of our Partial Hospitalization Program include:

- Patients come to the program daily and process whatever might be going on at home, at school, or in their personal lives while simultaneously learning how to regulate their emotions.
- Patients learn new coping skills that they can immediately begin using in their current relationships and their actual environment.
- Patients learn mindfulness in our DBT groups, and can actively apply these skills to cope with everyday issues in their environment.
- Patients' systems are best understood within the context of a family's structure and routine patterns. With patients attending the program daily and then returning home every afternoon, we are able to work with day to day issues that occur within the structure of the family.
- By allowing patients to continue to live with their family while in treatment, the family can be significantly involved in the patient's daily programming, as well as having the opportunity for interaction with other families in the program.
- Patients are able to process about any emotional, physical, or behavioral struggles and accomplishments over the weekend that they experienced in their usual lives. We help the patient identify and work on coping skills for those situations that were challenging.
- We implement evidenced – based practices, evaluate clinical outcome data, and conduct clinically relevant research to continue to be a leader in the treatment of eating disorders.



For more information on The Center for Eating Disorders Partial Hospitalization Program, please call us at 1-800-432-5005, or visit our website at www.abbhh.org/ED

ACCESS & REFERRALS: We are committed to prompt attention. Please call us at 800-432-5005.



ALEXIAN
BROTHERS

HOSPITAL NETWORK

A Healthy Community Begins with Alexian Brothers.

www.abbhh.org

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