



**Alexian Brothers Behavioral Health Hospital**

# EATING DISORDERS PROGRAM

For those who seek professional medical treatment and care in overcoming psychological difficulties relating to nutrition and weight, the Alexian Brothers Behavioral Health Hospital is your place to begin the journey to health.



The Joint  
Commission  
Disease-Specific  
Care Certification



**ALEXIAN BROTHERS**

HOSPITAL NETWORK

**A Healthy Community Begins with Alexian Brothers.**

Anorexia nervosa

Bulimia nervosa

Compulsive overeating

Binge eating disorders

## WHAT HAPPENS?

Eating disorders are life-threatening behaviors that cause significant deterioration in a person's physical, social, psychological and spiritual functioning. A person begins to lose track of their goals and values. The eating disorder symptoms begin to take on a consuming, almost addictive, quality. Eating problems do not just affect a single person, but put terrible stress on their families and friends too.

### Do I have an eating disorder?

The first step in treatment is to come to grips with the fact that you may have a problem.

- Are you constantly thinking about, planning, worrying, or changing your daily life plans in order to achieve weight loss?
- Are you already considerably underweight? People tell you that you are too thin, yet you continue to see yourself as fat.
- Are you exercising excessively, using purgatives, or going on severely restrictive diets – all to lose more weight?

- Are your eating habits, weight loss, and negative attitude toward your body beginning to impact your ability to function or enjoy life?
- Has it crossed your mind that you might be developing an eating problem?

### What should you do?

The first step is to get information. Begin now! Do not let fear govern your decisions. That fear is coming from the eating disorder. Remember that eating disorders can be life-threatening.

- Get a complete physical exam from your physician.
- Schedule an eating disorder assessment with one of our specialists. Experts can give you the most specific and comprehensive information about your condition.
- Seek out support and guidance from family and friends. These are the individuals who will be very important to your recovery.

**Our program helps families return to a more effective, safe and healthy environment. Our philosophy is that successful treatment requires that the needs of the family also be addressed. We work to involve the family in our treatment programs.**



### How important is the family?

*Without a family's involvement in therapy, an eating disorder patient is much more likely to relapse. Even if the patient shows only minimal progress during treatment, but the family is strengthened, then the prognosis is still favorable!*

## HOW WE'LL HELP

Our program focuses on increasing the patient's ability to self-manage without the use of unhealthy or self-defeating behaviors. Such behaviors may seem tempting to patients as they try to overcompensate to achieve balance. Because of the seriousness of the problem, professional treatment is necessary.

### Our range of therapeutic services include:

- Inpatient hospital treatment
- Partial hospital treatment
- Intensive outpatient treatment
- Nutritional education and intervention
- Experiential therapies including movement therapy, Tai Chi, body image work, art therapies
- Medication education and management
- Skills-based therapies
- Outpatient individual and family treatment
- Weekly individual and family support groups
- Spirituality group
- Weekly alumni group



## WHAT THE FAMILY SHOULD KNOW

Many families believe that if the individual would just eat, the problem would disappear. Research and extensive clinical experience suggests this is simply not true. But until they gain this insight, families often find themselves in one or more of these situations...

- Family members blame themselves for the individual's disorder
- They believe the individual truly cannot eat and must be treated specially
- They may begin to create elaborate plans to force the individual to get better
- They begin to see and treat the individual as suffering other diseases (e.g. diabetes or cancer), thus reinforcing a sick role
- They feel powerless and begin to get angry, controlling and intrusive
- Parents feel they can no longer parent the individual and begin to withdraw
- Parents begin to disagree with each other, thus increasing conflict within the family

*We offer specialized services for children ages 3–12 who have eating disorders.*

For more information about our Eating Disorders Program, visit our website:

[www.abbhh.org/ED](http://www.abbhh.org/ED)

## BEGIN HERE

One call is all it takes to access any of the services provided by Alexian Brothers Behavioral Health Hospital. Calls are taken by trained counselors 24 hours a day, 7 days a week; therefore we can quickly respond in cases of emergency. Appointments are made immediately; walk in appointments are welcome.

We provide around the clock behavioral health support for the emergency rooms and medical-surgical units at Alexian Brothers Medical Center and St. Alexius Medical Center.

Our services are covered by most health plans so help is there when it is needed. We are JCAHO accredited and DASA licensed.

## For more information

If you would like more information about any of our behavioral health services, or for questions regarding insurance coverage, please contact us:

**Phone: 800.432.5005**

**Address: Alexian Brothers Medical Group  
347-361 West Golf Road, Schaumburg**

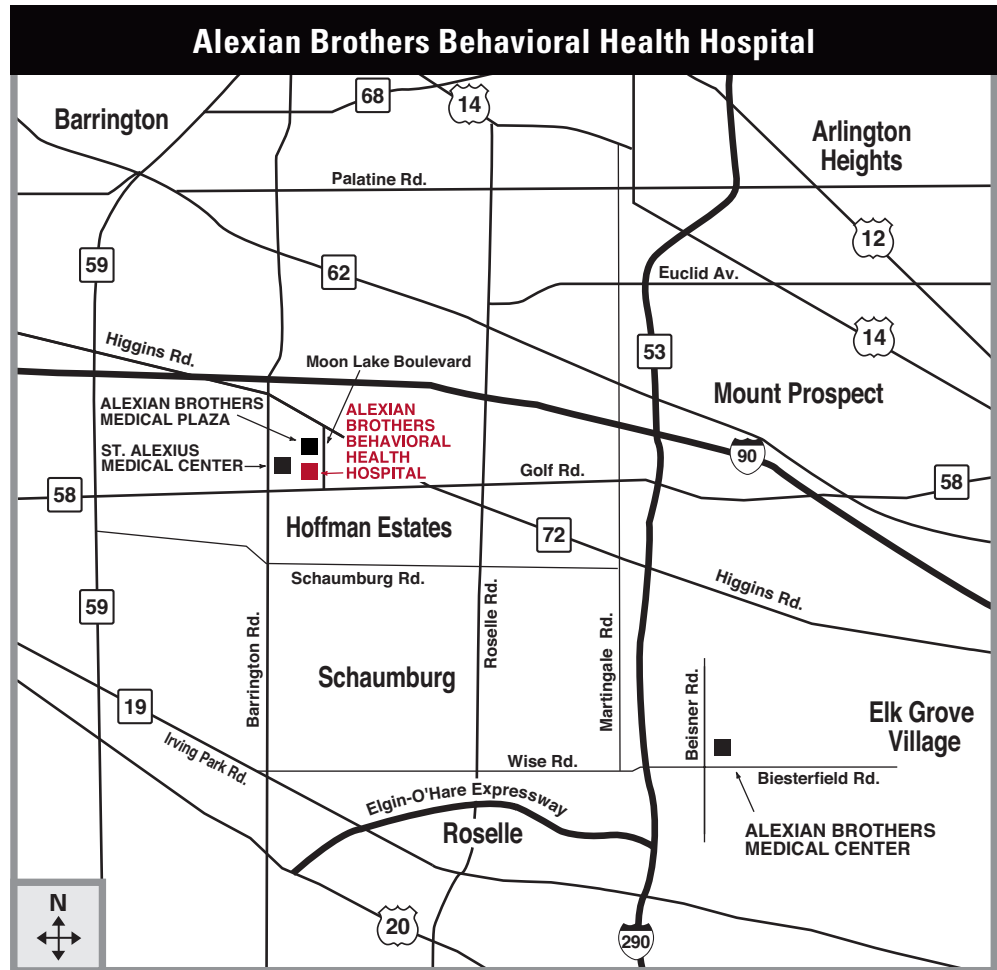
**Web: [www.abbhh.org/ED](http://www.abbhh.org/ED)  
[www.abbhh.org](http://www.abbhh.org)**

## How to get here

### Alexian Brothers Behavioral Health Hospital

1650 Moon Lake Boulevard  
Hoffman Estates, IL 60169  
(800) 432-5005

Alexian Brothers Behavioral Health Hospital is located approximately a quarter mile east of the intersection of Barrington Road and Route 72 Higgins Road. Located directly east of the campus of St. Alexius Medical Center.



#### From the North

47 South to 90 East, exit 59, turn left (North) at the end of the exit, turn right at first stoplight which is Higgins (72), take 72, cross Barrington Road to the next stop light which is Moon Lake Boulevard. Take a right on Moon Lake Boulevard, Hospital is the first building past the fire department.

#### From the South

Take 355 North, to 290 North (53 North), exit on 90 West (toward Rockford) to Barrington Road South exit, go to the 2nd light which is Higgins Road (72), turn left on Higgins, turn right at first light which is Moon Lake Boulevard, Hospital is the first building past the fire department.

#### From the East

Take 90 West, exit Barrington Road South, go two stop lights, turn left on Higgins (72) to the next stop light which is Moon Lake Boulevard, turn right on Moon Lake Boulevard, Hospital is the first building past the fire department.

#### From the West

90 East, exit route 59 North, one block to Higgins Road (72), turn right, approximately 2 miles, cross Barrington Road to the next stop light – Moon Lake Boulevard, turn right on Moon Lake Boulevard, Hospital is the first building past the fire department.



**ALEXIAN**  
BROTHERS  
HOSPITAL NETWORK

[www.abbhh.org](http://www.abbhh.org)

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*For more than seven hundred years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire health care team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the health care ministry.*

*Alexian Brothers Behavioral Health Hospital carries out the healing mission of the Catholic Church through the Alexian Brothers ministries by identifying and developing effective responses to the health needs of those we are called to serve.*