Outpatient Eating Disorders Program

1. Evaluation
   Vital signs, tests, medical history, referrals

2. Family Homework

3. Treatment — Three elements

4. Recovery*
   
   *This is a general guide. Each patient's needs are different and treatment and recovery time can vary.

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Outpatient Eating Disorders Program

2 treatment options:

**Individual Treatment**
- Who manages: Medical provider
- Time*: 1 to 2 years
- Who: Patient, mental health therapist
- Where: Community clinic OR Children’s Time: 50-60 minutes; weekly
- What: Help with changes, anxiety or depression; build coping skills

**Family-Based Treatment**
- Who manages: Family-based therapist
- Time*: 6-12 months; longer with individual therapy
- Who: Patient, family, family-based therapist (FBT)
- Where: Community clinic OR Children’s Time: 50-60 minutes, weekly
- What: Family helps patient restore weight and reduce eating disorder symptoms

THEN
**Individual Therapy (if needed)**
- Who: Patient, mental health therapist
- Where: Community clinic OR Children’s Time: 50-60 minutes; as needed
- What: Help with changes, anxiety or depression; build coping skills

**Medical Check-ups**
- Who: Patient, parent/caregiver, medical provider
- Where: Adolescent Medicine Clinic
- Time: 30-40 minutes, every 1-4 weeks
- What: Provider monitors vital signs, physical activity; does physical exam and tests

**Nutrition Counseling**
- Who: Patient, parent/caregiver, nutritionist
- Where: Adolescent Medicine Clinic
- Time: First appt — up to 90 minutes Follow-ups — up to 45 minutes, every 1-2 weeks
- What: Nutrition counseling and goals, parenting skills for food/eating

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