

EATING DISORDER TREATMENT:

Levels of Care

LEVEL OF CARE	HOW DOES THE PATIENT QUALIFY	WHAT THE PATIENT CAN EXPECT	DOES INSURANCE PROVIDE COVERAGE
INPATIENT (IP)	<ul style="list-style-type: none"> • Patient is medically unstable • Patient needs 24/7 supervision to stay safe 	<ul style="list-style-type: none"> • Average stay ranges from 7 days - 1 month • All meals and snacks are supervised • Locked bathrooms • Most therapy and nutrition sessions are group-based • Patient lives on-site 	<ul style="list-style-type: none"> • Yes, but prior authorization is needed
RESIDENTIAL (RES or RTC)	<ul style="list-style-type: none"> • Patient is medically and/or psychologically stable, but they need a structured environment away from home in order to recover 	<ul style="list-style-type: none"> • Average length of stay ranges from a few weeks to one year • All meals and snacks are supervised • Program is a mix of group and individual therapy and nutrition sessions • Patient lives on-site 	<ul style="list-style-type: none"> • Often private insurance only, and prior authorization is needed • SCA possible for private and public health plans, depending on plan and program
PARTIAL HOSPITALIZATION PROGRAM (PHP) or DAY TREATMENT (DTP)	<ul style="list-style-type: none"> • Patient is physically and psychologically stable, but they need daily support to keep from declining 	<ul style="list-style-type: none"> • Average length of stay is 4-8 weeks • Program meets 5-7 days per week during the day • At least two supervised meals per day • Program is a mix of group and individual therapy and nutrition sessions • Patient lives off-site 	<ul style="list-style-type: none"> • Private insurance does • Government funded typically when the program is hospital-based • Prior authorization is often needed • SCA possible for private & public health plans



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LEVEL OF CARE	HOW DOES THE PATIENT QUALIFY	WHAT THE PATIENT CAN EXPECT	DOES INSURANCE PROVIDE COVERAGE
INTENSIVE OUTPATIENT (IOP)	<ul style="list-style-type: none"> • Patient no longer needs daily support, but they still need a structured environment for recovery 	<ul style="list-style-type: none"> • Average length of stay is 6-12 weeks • Program meets 3 days per week for 3 hours at a time • One supervised meal per session • Therapy and nutrition sessions may be individual and/or group-based • Patient lives off-site 	<ul style="list-style-type: none"> • Yes - often private insurance only, and prior authorization might be needed • SCA possible for private and public health plans
OUTPATIENT (OP)	<ul style="list-style-type: none"> • Patient needs support to recover, but can function in their day-to-day life with low risk 	<ul style="list-style-type: none"> • Treatment is ongoing, from a few months to a few years • Treatment includes: <ul style="list-style-type: none"> ◦ Individual therapy ◦ Group therapy ◦ Nutrition/dietitian therapy ◦ Psychiatry appointments ◦ Medical appointments 	<ul style="list-style-type: none"> • Yes, but it is usually limited to in-network providers and there is rarely a mechanism to search for eating disorder specialists
INTENSIVE FAMILY TREATMENT (IFT)	<ul style="list-style-type: none"> • Patient is 24 or younger and lives with family of origin 	<ul style="list-style-type: none"> • Entire family is included in treatment • One-week intensive 	<ul style="list-style-type: none"> • Rarely
FAMILY-BASED THERAPY (FBT)	<ul style="list-style-type: none"> • Patient is an adolescent or an adult who lives with family 	<ul style="list-style-type: none"> • Treatment is therapist-led • Focused on empowering parents to feed their child • Typically runs for 20 sessions 	<ul style="list-style-type: none"> • Rarely

SOURCE: NATIONALEATINGDISORDERS.ORG

