

Eating Disorders Day Treatment Program

Kingston Health
Sciences Centre

Centre des sciences de
la santé de Kingston

Eating Disorders Day Treatment Program

Kingston Health Sciences Centre
Hotel Dieu Hospital (HDH) Site
190 Wellington Street
Kingston, ON K7L 3E4
Phone (613) 544-3400 ext.2506

PROGRAM GUIDE

Welcome Patients!

The Kingston Health Sciences Centre Eating Disorders Day Treatment Program is an intensive day treatment program located in the community. We specialize in the treatment of eating disorders (including Anorexia Nervosa, Bulimia Nervosa, and Other Specified Feeding and Eating Disorder) for transitional aged youth (ages 16-24) who have moderate to severe eating disorders.

Our role in day treatment is to provide structure, support, and guidance. You are responsible to do the work. This involves taking an active role in recovery.

PROGRAM GOALS:

1. Restore physical health (including normalization of eating and weight restoration)
2. Symptom interruption (e.g., interruption of bingeing, purging, restriction, excessive exercise)
3. Acquisition of recovery-oriented skills (e.g., mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness skills)
4. Improve participants' quality of life.

*“What are your goals? Let’s work
together to achieve them.”*

WHAT IS TREATMENT (DETAILS):

The Eating Disorders Day Treatment Program follows a cognitive behavioural therapy enhanced (CBT-E) model of therapy that is informed by dialectical behaviour therapy (DBT) to help patients with eating disorders learn and use new skills and strategies to treat their eating disorder. Treatment consists of weekly individual CBT-E sessions, group based skills groups, and meal support. Treatment is divided into 2 phases.

Phase 1 involves 12 weeks of fulltime eating disorder treatment focusing on normalized eating with meal support, symptoms interruption, weight restoration, and recovery-focused skill training. Phase 2 involves 8 weeks of parttime eating disorders treatment focusing on completion of CBT-E protocol for eating disorders and relapse prevention. After completing phase 1 of treatment, you can choose to apply to phase 2.

Frequently Asked Questions

Q: What is the time commitment?

- 16 to 20 hours per week
- The program runs Monday-Friday

Q: How long is the program?

- Phase 1: 12 weeks
- Phase 2: 8 weeks (optional)

Q: Can I continue to attend school or work?

- We ask participants to be available from 9 am to 1 pm daily from Monday to Friday.

Q: How much does it cost?

- We are an OHIP funded service, which means treatment services are at no cost to you.

Q: Where does treatment take place?

- The programming is done in-person.
- We are located at
- 190 Wellington Street
Kingston, ON K7L 3E4

*“Your health is
our concern
and your
responsibility.”*

EXAMPLE OF PATIENT CALENDAR:

Patient Schedule							
	Monday	Tuesday	Wednesday	Thursday		Friday	
9-10 am	Health Check	Individual Sessions/ Small Group Work	Target Group	Target Group		Target Group	
10-1020 am	Snack & Washroom Break	Snack & Washroom Break	Snack & Washroom Break	Snack & Washroom Break	<i>Alternative 10 –1040am</i>	Snack & Washroom Break	
1025-1125 am	Nourishment & CBT-E Group	Individual session/ Small Group Work	Wellness Group	Nourishment Group		<i>Snack Outing Skills check in</i>	DBT Skills Group
1130-12 pm	Meal Prep	Meal Prep	Meal Prep	Meal Prep	<i>Alternative 11:30-1pm</i>	Meal Prep	
12-1230 pm	Lunch	Lunch	Lunch	Lunch		<i>Lunch Outing Skills check in</i>	Lunch
12:30-1 pm	Skills Check in	Skills Check in	Skills Check in	Skills Check in			Skills Check in/Check Out Group
1-1:30pm	Check-out Group	Check-out Group	Check-Out Group	Check-out Group		Check-out Group	
1:30-2:30	<i>Individual CBT-E with Therapist or Individual Nutrition Counselling with Dietitian or Medical Review with NP</i>						

Note: Patient calendar is apt to change with group size and needs.

GROUP DESCRIPTION:

Treatment Phase 1

- 12 weeks
- Fulltime commitment
- Focus on normalized eating, symptom interruption, weight restoration, and skills training.

During phase 1 of treatment, we offer group sessions (60 minutes in length) and meal support daily, as well as weekly individual therapy (60 minutes in length). Individual therapy will be routed in CBT-E for eating disorders, tailored to your individual needs. Group sessions utilize different therapeutic modalities that will include but are not limited to: CBT-E, DBT, psychoeducation, as well as a nutrition group. These groups are outlined in more detail below.

Treatment Phase 2

- 8 weeks
- Parttime commitment
- Focused on completion of CBT-E protocol for eating disorders and relapse prevention.

After completing phase 1 of treatment patients can choose to apply to phase 2.

Target Group- This daily check-in group is designed to keep patients and staff focused on the most acute symptoms as identified by each person daily. Group facilitators look at each patient's diary card to help set the goals based on the DBT target hierarchy.

Skills Check-in- This group is designed to provide patients an opportunity to discuss their experience and feelings after meals and to review and apply DBT skills to overcome their emotions.

Family and Friends Group- This group is designed to provide education and information to family and friends of individuals with eating disorders served by our program. It is an opportunity to increase support, ask questions, discuss concerns and learn helpful ways of coping while they assist a loved one in their road to recovery.

Commitment and Transition Group- This weekly group focuses on motivation for change and commitment to treatment. One of the greatest challenges for most individuals with an eating disorder is staying motivated for recovery. In this group we work with patients to help them identify their own reasons for overcoming their illness. These are often related to those things that provide them with a sense of quality of life. The group facilitator works with patients, listens and validates their feelings, and helps reinforce the patients' sense of choice and autonomy, while helping patients to stay focused on the things that matter most to them outside of body shape and weight concerns at any age or stage of illness.

Wellness Education Group- This weekly group is designed to provide education about topics linked to eating disorders. Topics will be based on participant choices and needs.

Dialectical Behavioural Skills Group- This group is designed to help you learn skills to change behavioural, emotional, thinking, and interpersonal patterns associated with their eating disorder. These sessions give patients an opportunity to identify specific personal goals as well as behaviours they would like to decrease and to learn and practice these skills.

Nourishment Group- This group involves nutrition and food discussion, education, and support. We explore food as nourishment, moving toward a more peaceful and respectful relationship with food. Patients will have opportunity to ask questions about their specific meal plans and prepare a nourishment (meal) plan for the weekend. This group will be held up to twice weekly.

Reflective Group- Reflective group is designed to allow group members a safe space to share challenges, questions, insights and beliefs and will be paired with an activity of the groups choosing (i.e., Yoga, meditation, Art, Mindfulness, ted talks).

Check-Out Group- This group is designed to wrap up the day and gives patients the opportunity to plan their evening nourishment (dinner, snack), evening coping strategies, and any homework to complete.

NUTRITION AND MEAL SUPPORT DESCRIPTION:

Nutrition counseling is founded in meeting biological feeding needs, nurturing a more compassionate relationship with food and your body, and framing food and eating as a practice for life. You will work with the dietitian to develop an individualized nourishment (meal) plan with up to 3 meals (breakfast, lunch, and dinner) and 3 snacks (morning snack, afternoon snack, and evening snack) per day. Nourishment plans will change throughout treatment to support your biological nutrition needs and treatment goals and will reflect the skills that you acquire through individual and group therapy (coping skills and more). Recovery involves full adherence to your meal plan, and elimination of compensatory behaviours (i.e., binging, and purging) during day treatment and while away from day treatment (i.e., at home).

Meal Support within the day program consists of two supervised intakes Monday through Fridays. Recovery cannot occur without nourishment, and mealtimes can be a very difficult experience for those living with an eating disorder. Meal support allows you to practice, with support and modeling, normal eating in a safe environment. Most meals and snacks are completed at home (e.g., breakfast, dinner, evening snack) - this further validates the importance of continuing meal adherence and treatment while away from day treatment and in the home.

Patients are expected to complete their diary cards daily even when away from day treatment.

What is a Diary Card?

Diary cards identify patterns and relationships between eating disorder urges/behaviours and emotions or other behaviours (e.g., suicide, self-injury, substance use).

Diary cards must be filled out daily. Diary card help set the goals based on the DBT target hierarchy.

Food is Medicine

To achieve the best possible outcome, you must fully commit to treatment.

This includes adherence to your meal plan, and elimination of eating disorder behaviours during and while away from day treatment.

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PATIENT EXPECTATIONS

Patient Statement,

I agree to:

- Attend day treatment, unless I am unwell, or have an emergency.
- Arrive a few minutes early so all sessions can start on time.
- Call or email the program receptionist if I will be late or absent for day treatment to let the team know the reason for the absence and date/ time I will be returning.
- Be cooperative with structured treatment.
- Actively participate in group and individual sessions and commit to my treatment goals.
- Address suicidal thoughts and selfharm behaviours, I have a williness to stay alive.
- Abstain from substance use for the duration of the day treatment program.
- Refrain from substance use while attending the day treatment program.
- Refrain from bringing substances or paraphernalia to the day treatment program.
- Work toward my treatment goals to reduce/eliminate eating disorder behaviours that could be a risk to my physical health (i.e. restricting, purging by vomiting, exercise, laxative use etc.)
- Adherence of my individualized meal plan in day treatment and while away from day treatment.
- Consume meals in 30 minutes and snacks in 15 minutes.
- Work with the team to set treatment goals and determine what actions will be taken if a meal or snack is not completed (e.g., replacing uneaten food with a meal supplement)
- Bring my own food in adherence to my individualized meal plan and accept supplements when needed to ensure my meals and snacks meet my individual nutritional needs.
- Complete my diary cards daily even when away from day treatment.
- Work with the dietitian to determine a treatment goal weight and to develop individualized goals for weight restoration.
- Use the bathroom prior to meals.
- Provide documentation for all food allergies including celiac disease confirmed by biopsies.
- Compliance and adherence to all of my prescribed medications.
- Renew and refill all pre-existing medications prescribed by other providers in the circle of care.
- Ensure the confidentiality of other group members and I will not disclose the names or personal matters of other group member while outside of day treatment.
- Put my cell phone or other electronic devices away during day treatment to limit distraction and ensure that confidentiality and privacy are upheld.

- I have read over the above and understand the program expectations.



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TREATMENT AGREEMENT

Printed Name: _____

Patient Signature: _____

Date: _____

We look forward to working with you and supporting you on your journey to recovery.

Sincerely,
The Eating Disorders Day Treatment Team