

Eating Disorders Day Treatment Program Guidebook

Kingston Health
Sciences Centre

Centre des sciences de
la santé de Kingston

Program Guide

The Kingston Health Sciences Centre Eating Disorders Day Treatment Program (DTP) is an intensive program located in the community.

Our role in 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 binge eating, purging, restriction, excessive exercise),
3. Building recovery-oriented skills (e.g. mindfulness, distress tolerance, emotional regulation, interpersonal effectiveness skills),
4. Improve participants' quality of life.

Eligibility:

We specialize in the treatment of eating disorders, including Anorexia Nervosa, Bulimia Nervosa, and Other Specified Feeding and Eating Disorders, for individuals aged 16 and older who have moderate to severe eating disorders.

To be considered for the program, an individual must:

- have a BMI of 16.0 kg/m² or above (for individuals with a BMI below
- 16.0 kg/m² or weighing less than 80% predicted body, we recommend a higher level of care. If weight decreases during the assessment or treatment phase, a higher level of care will be recommended),
- be medically stable and agree to regular medical monitoring carried out by their primary care provider (the primary care provider is responsible for medical monitoring while an individual is waiting for service and throughout the assessment and treatment program),
- commit to staying alive and addressing eating disorder behaviours,
- be able to engage in activities of daily living, and
- be ready and willing to work on recovering from the eating disorder.

Q: What is the time commitment?

- Phase 1 (variable, over several weeks): 1.5-3 hours weekly to bi-weekly.
- Phase 2 (13 weeks): Half- days Tuesday through Thursday, plus availability on Mondays and Fridays for individual sessions and homework.
- Phase 3 (8-weeks): 1.5 hours up to 3 hours weekly.

Q: Do I have to commit to all phases?

- This is a voluntary program, meaning that you can choose to discontinue.
- services at any time.
- An alternate treatment approach may be recommended by the team during any phase of the program.

Q: Can I continue to attend school or work?

- It is recommended that you pause school or work during phase 2 to fully focus on recovery.

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?

- 190 Wellington Street, Suite 302
Kingston, ON K7L 3E4

Treatment Phase 1 Assessment and Readiness

After initial assessments with the team psychiatrist, nurse practitioner, and allied health team (therapists, dietitian), eligible patients will work with the team to prepare for phase 2.

Not all people who enter the program will continue to phase 2. Medical stability, a willingness to stay alive, and a willingness to engage in recovery work determine readiness to progress.

Phase 1 includes:

- weekly sessions with the dietitian and nurse practitioner,
- establishing mechanical eating through a meal plan,
- psychoeducation topics, such as physical health and eating disorders, meal planning, and malnutrition,
- sessions with the psychiatrist and therapist to lay groundwork for treatment goals.

Food is Medicine

In order to achieve the best possible outcome, you must fully commit to treatment, which includes adherence to your meal plan, and elimination of eating disorder behaviours during and while away from day treatment.

Treatment Phase 2 Intensive

13 weeks (12 weeks of scheduled programming, and 1 week of at-home practice).

Half-days (Tuesday through Thursday), plus individual sessions and homework on Mondays and Fridays.

Commitment to recovery work: mechanical eating, medical stability, symptom interruption, weight restoration, and skills training.

Phase 2 includes:

- daily commitment to a meal plan and skills to replace eating disorder symptoms,
- twice daily meal support (morning, lunch) at least three days per week (Tuesday, Wednesday, Thursday),
- weekly (50-minute) individual CBT-E therapy with an occupational therapist practicing psychotherapy,
- weekly nutrition counselling with the dietitian, and medical monitoring with the nurse practitioner,
- individual sessions with the team psychiatrist,
- group therapy sessions and group psychoeducation focused on eating disorder recovery,
- weekly homework sessions that aim to enhance the recovery process,
- family and friend support session.

Treatment Phase 2 Intensive

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---------------------|-------------------------------|-------------------------------|-------------------------------|---------------------|
| 9-9:30 a.m. | Individual sessions | Morning meal support | Morning meal support | Morning meal support | Individual sessions |
| 9:30-10:15 a.m. | | Target group | Target group | Target group | |
| 10:30-11:45 a.m. | | CBT-E and commitment | Nutrition | DBT-skills | |
| 12-12:30 p.m. | | Meal support lunch | Meal support lunch | Meal support lunch | |
| 12:30-1 p.m. | | Skills check in | Skills check in | Skills check in | |
| 1-1:30 p.m. | | Check-out group and meal plan | Check-out group and meal plan | Check-out group and meal plan | |
| | | | | | |

schedule subject to changes

Group Descriptions:

Meal Support: Supervised times to nourish, at morning (breakfast or snack if having an earlier breakfast outside of program) and lunch. Meals are reviewed for adequacy prior to eating, and program staff offers support and encouragement during meals. Patients are expected to bring food according to their meal plan. All patients and staff members are expected to complete their meals in the allotted time (30 minutes). Meal support guides patients to eat in a normalized way and offers opportunity to practice skills that help to replace eating disorder behaviours.

Target Group:

A daily check-in group designed to keep patients and program staff focused on the most acute symptoms. Each participant has an equal opportunity to share about their recovery actions, and the things that interfere. Each participant selects a daily “target” (goal) to focus their recovery efforts upon. It is expected that participants keep a daily diary card/self-monitoring form to guide these discussions and target- setting.

CBT-E and Commitment:

A therapy group focuses on motivation for change, commitment to treatment, and CBT-E core treatment topics such as self-evaluation, shape-checking, functions of an eating disorder, driven exercise, and comparison making. You will practice skills in challenging unhelpful thoughts, challenging dietary rules, building a life worth living, and cultivate recovery-focused actions.

Nutrition:

A psychoeducation group that explores nutrition, biology, relationship with food, and normalized eating. People cannot recovery from an eating disorder without eating; this group aims to educate and empower participants with recovery-focused explorations into the role of food in body health. Topics include: effects of starvation, mechanical eating, nutrition rehabilitation, nutrients and the body, negative effects of diet cycles, weight science, gut health, food exposure, food neutrality, and body

DBT-Skills:

A therapy group that builds skills to change behavioural, emotional, thinking, and interpersonal patterns associated with eating disorders. DBT skills include mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Participants are encouraged to actively use DBT skills during program and outside of program to navigate difficult situations. DBT skills will be encouraged at all meal support sessions.

Skills Check-In:

This group is designed to provide patients an opportunity to debrief and discuss their experiences after meals and to apply relevant coping skills through structured skills practice (e.g. mindfulness, arts and crafts, interactive discussion and life-worth living activities).

Check-out Group & Meal Plan:

This group is designed to wrap up the day and give patients to plan for the evening and next day. Participants will be asked to complete a detailed evening/next day meal plan and coping plan with support from program staff.

Individual Sessions:

Individual weekly sessions with the therapists will be scheduled any day Monday through Friday. Therapy Sessions occurring on Tuesday, Wednesday, or Thursday are scheduled following the group programming (typically 1:30-2:30pm). Individual sessions with the nurse practitioner and dietitian will be scheduled Monday or Friday.

Food Exposure:

Some participants will be invited to participate in food exposure sessions, which may take place at a grocery store, coffee shop, or restaurant. Food exposure is a part of eating disorder recovery and nutrition rehabilitation, allowing for more flexible food choices and eating experiences. Ultimately, this makes eating less stressful and allows people to participate in many life experiences.

Additional psychoeducation homework:

Participants will receive psychoeducation homework on Thursday each week. It is expected that this homework be completed and ready for discussion on Tuesday each week. The homework topics enhance understanding for weekly CBT-E, Nutrition, and DBT sessions. Homework typically involves watching a video or doing a reflection or worksheet activity.

Treatment Phase 3 Intensive

8 weeks, continuing individual therapy and preparing for transition.

Eligibility to continue to phase 3 will be assessed by the DTP team near the end of phase 2.

Phase 3 includes:

- weekly CBT-E sessions with the therapist,
- monthly medical monitoring with the nurse practitioner,
- monthly sessions with the psychiatrist,
- nutrition counselling with the dietitian,
- self-directed self-monitoring and target setting,
- preparing for transition (discharge from DTP).

Patient Statement,

I agree to the following Eating Disorders Day Treatment Program (EDDTP) expectations:

To honour responsibility, I will:

- Attend day treatment, unless I am unwell, or have an emergency:
 - Call 613-544-3400 ext 2506 or email the program receptionist at EDdaytreatment@KingstonHSC.ca 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
- Arrive a few minutes early so all sessions can start on time
- Be cooperative with structured treatment
- Limit cell-phone use to times outside of group and individual sessions to ensure that confidentiality and privacy are upheld, and I that I am fully engaged in treatment

To respect safety and medical stability, I will:

- Have a willingness to stay alive
- Work with the day treatment team to develop individualized goals for health restoration and eating disorder recovery
- Maintain medical stability, including electrolyte balance and BMI ≥ 16.0 kg/m²
- Promptly respond to medical recommendations that support medical stability and safety in the community setting, such as bloodwork and consults with my primary care provider
- 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
- Be adherent to all prescribed medications
- Self-administer all medication
- Renew and refill all pre-existing medications prescribed by other providers in the circle of care

To place barriers to eating disorder behaviours, I will:

- Actively participate in group and individual sessions
- 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.)
- Work toward full completion of my individualized meal plan
- Consume meals in 30 minutes and snacks in 15 minutes
- Meet with the team to 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 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
- Use the bathroom prior to meals
- Commit to align with treatment recommendations (including meal plan) in and outside of program
- Provide documentation for all food allergies including celiac disease confirmed by biopsies
- Set daily behavioural targets (both program and non-program days)

I will respect non-negotiable program expectations:

- Ensure the confidentiality of other group members; I will not disclose the names or personal matters of other group members while outside of day treatment
- Non-negotiable program expectations which will result in discharge from the program include imminent life- threatening behaviours, breaching confidentiality, substance use while attending the program, not completing diary cards, and/or missing sessions without explanation.

Frequently Asked Questions

What happens if I have difficulty meeting program expectations or my individual recovery goals?

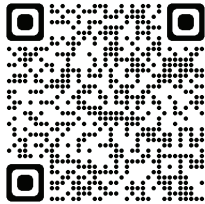
- You will have a meeting with the EDDTP team to talk about challenges
- You may be placed on a therapy vacation:
 - A therapy vacation is an agreement between a patient and the EDDTP, where a patient steps away from the EDDTP for a specified period of time.
 - A person may benefit from a therapy vacation due to a personal crisis, medical instability, family emergency, prolonged illness leading to more than 3 group programming days missed, continued engagement in therapy-interfering behaviours, or other situation that is making it difficult to align with eating disorder recovery.
 - Therapy vacations include patient and team agreement upon parameters, such as duration of the vacation and the behavioural plan that must be completed prior to rejoining the EDDTP. Primary care providers are informed about therapy vacations, including the behavioural plan and conditions for re- entry to the EDDTP.
- You may be discharged from the program.
 - Breaching a non-negotiable program expectations may be a condition for immediate discharge from the EDDTP.
 - Following a therapy vacation, if the behavioural plan is not met, a patient may be discharged from the EDDTP.

- I have read the above and understand the program expectations.
- I understand that the EDDTP team members will review my progress, alignment with the above program expectations, and alignment with my personal recovery goals on a weekly basis to support my recovery.
- I understand that a breach in the above program expectations or difficulty progressing with eating disorder recovery may result in therapy vacation, or discharge from the program.

Printed name: _____

Patient signature: _____

Date: _____



KHSC is located on the ancestral lands and waters of the Anishinaabeg and Haudenosaunee.

Kingston Health
Sciences Centre

Centre des sciences de
la santé de Kingston



Hôpital
Hotel Dieu
Hospital



Hôpital Général de
Kingston General
Hospital

Transforming care, together™

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