

OUR COMMITMENT to Our Referral Partners



TO YOUR CLIENT

We will craft a treatment plan based on your client's unique story, challenges and eating disorder behaviors.

We believe therapy is both art and science and will utilize evidence-based treatment as well as compassionate human creativity.

We are committed to providing your client with the following:

Therapy

- Four weekly sessions with the therapist at RTC (for the first 30 days), 3 weekly sessions for the remainder of RTC and in PHP, 2 weekly sessions at IOP
- Six hours of daily group therapy at both RTC and PHP
- Three hours of daily group therapy at IOP
- Family/support system involvement in the treatment process, including family therapy and family weeks at no additional charge
- Alumni program involvement that includes 6 months of follow up, semi-annual events, monthly newsletters and access to an alumni web portal

Nutrition

- Two weekly nutrition sessions with a registered dietitian at RTC
 - One to two weekly nutrition sessions at PHP
 - One weekly nutrition session at IOP
- A goal weight range for nutrition stabilization based on clinical assessments and your specific recommendation
- A meal plan designed to restore health and heal the client's food and body relationship, incorporating our "balancing nourishment and pleasure" approach
- Appropriate exposures to fear foods and trauma foods in partnership with therapy goals and each client's individual needs
- Process groups with therapist and registered dietitian
- Nutrition education groups to discuss body changes during recovery, synergistic benefits of balanced fuel groups, meal planning without measurements, and balancing nourishment and pleasure in the real world

Medical and Psychiatric

- Weekly sessions with a psychiatrist
- Medication adjustments based on outpatient history, recommendations and current functioning
- Nursing available 18-24 hours a day (depending on level of care)
- Monitored weight, vitals and lab work (daily or weekly depending on level of care)

TO YOU

We will communicate clearly and on a regular basis with you regarding the clients you send to us.

- Our team will contact you within the first week of admission.
- Our team will also provide client updates based on your desired frequency.
- We will mail you a summary of treatment records on a zip drive after discharge.

It is our policy to refer clients back to you upon discharge from our treatment program.

- If a client indicates a desire to change outpatient providers our first and strongest recommendation will be that the individual discusses the desire for change with his/her Castlewood team and with you. If he/she still wishes for a new treatment team, we are committed to verbally discussing this with you.

We desire and respect your assessment and treatment recommendations for your client, and will create a unique treatment plan based on your recommendations and our assessment of client needs.

We will provide treatment that respects the dignity of the client and is aimed to heal the whole person.

We will clearly articulate our treatment approach and take the time to explain any interventions or treatments with which you are not familiar.

We are committed to partnering with you in providing excellent treatment in the healing of eating disorders. If at any time you feel this is not happening please contact your local Castlewood Outreach Director.



888-822-8938

www.Castlewoodtc.com