



Partial Hospitalization Program (PHP) Admission Day – What to Expect

The first day of PHP typically begins with an appointment with our medical director. It is extremely important to begin your treatment with a full medical exam, in order to assess your current health status and to identify any medical issues you may be experiencing as a result of your eating disorder. Within PHP, you will usually see this physician at least once a week to monitor and address any medical needs you may have.

After your doctor's appointment, you will complete required paperwork so we can prepare your patient chart. This includes taking a photo, providing emergency contact information and filling out various forms (i.e., privacy/legal notices, disclaimers, consents, etc.). All of the information we gather from you is kept in your patient file and held in strict confidence. Your chart allows our clinical team to document and collaborate on your care and treatment. You will be asked to complete a computerized patient assessment. Eating Disorder Center of Denver is actively involved with some select research studies, and you may be asked to participate.

You will be given the Patient Handbook, which we encourage you to review. The Patient Handbook contains an array of handouts and guidelines that will help guide you through the program. This handbook will be a resource throughout your stay and after your discharge.

All PHP patients are assigned a psychiatrist, primary therapist, family therapist and a dietitian who will work with you throughout your stay. On the morning of your first day, you will meet your dietitian. Your dietitian will perform a nutritional assessment, address any food allergies, begin your meal planning and orient you to our meal process. The staff dietitian will continue to monitor your progress and guide your nutritional needs throughout your treatment.

An admissions counselor will orient you to the entire PHP schedule and program guidelines. If you are staying in our apartment, the admissions counselor will discuss these arrangements as well. Just before lunch on your first day, you will be introduced to our "Milieu" staff – "Milieu" refers to the therapists who will interact with you and provide daily guidance. The Milieu staff conducts many of the group sessions, eats meals with all of the patients and is your primary contact. The Milieu staff will introduce you to the other patients.

The Milieu staff will orient you to the meal process. Meals are an important part of your treatment program. You will receive all of your nutritional support while in the program. Monday through Friday you will have your breakfast, lunch, afternoon snack and dinner as part of the program. Weekend schedules are a bit different and will be explained to you. All of your meals are coordinated with the meal plan established by your dietitian. We conduct weekly cooking classes and do meals out as part of transition planning. As you progress in your treatment, your primary therapist may allow you to take certain meals off as part of

your transition plan.

After lunch, you will be introduced to your primary therapist. On this first day, your primary therapist will review all of your pre-admission information and do a complete psychological assessment. Your individualized treatment program begins at this time. Your primary therapist will conduct individual therapy with you twice a week and work collaboratively with the rest of the treatment team to manage your care and recovery as you progress through PHP.

Another important appointment you will have on the first or second day is with your attending psychiatrist. The psychiatrist will do an in-depth psychiatric assessment and address any medications that you may have been prescribed prior to coming into PHP. This visit will help direct your individualized treatment plan and care. You will meet with the attending psychiatrist at least once a week to address any special needs you may have.

Lastly, on your first day, you will meet with our patient account supervisor to confirm and discuss any financial obligations and arrangements. The patient account supervisor will cover all details of your insurance benefits and/or financial payment plan. You can ask to meet with the patient account supervisor any time you have a question regarding your financial obligations or benefits.

We feel very confident that Eating Disorder Center of Denver's services include a wide array of treatment modalities and strategies that will help you accept and treat your eating disorder. We will help you achieve long-term and lasting recovery. Please know that we include an opportunity for family counseling sessions and group sessions on Saturdays, which are important aspects of your treatment. Family and loved ones play a vital role in your treatment and recovery process.