



Bridge Evening Intensive Out-Patient Program (Bridge EIOP) Admission Day – What to Expect

Your first day in Bridge EIOP will include completing required paperwork to prepare your patient chart (i.e., emergency contact information, photo, consents and releases, etc.), on-line patient assessments and surveys. All of the information we gather is kept in your patient file and held in strict confidence. Your patient information is used by the clinical team to provide the best possible care. The full Bridge EIOP is 10 weeks long and runs four evenings per week. The evening begins with dinner along with other patients in our PHP.

On the first day you will have the opportunity to meet with our patient account supervisor to discuss in detail your insurance benefits and financial arrangements. The admissions staff will orient you to the Bridge EIOP schedule and guidelines.

Every patient in Bridge EIOP is assigned to work with one of our primary therapists. Your primary therapist is responsible for all aspects of your care while in Bridge EIOP. You will meet your primary therapist on the first day and schedule your weekly individual sessions.

You will meet with your dietitian who will assess and develop your meal plan. A dietitian is available for continued counseling on an outpatient basis. An attending psychiatrist will conduct an initial assessment to help develop you individualized and focused treatment plan. A psychiatrist is also available to you for additional counseling on an outpatient basis.

Bridge EIOP is a transition-focused program that will combine traditional therapies and group work. Group sessions include body image, mindfulness, nutrition, art, multi-family, psycho-educational, and dialectical behavior therapy with unique “real world” approaches to assist you in achieving and sustaining long-term recovery. You will be encouraged to continue with your “real life” responsibilities, including school and work, while practicing treatment skills and facing everyday life challenges, such as grocery shopping and meal preparation.

Bridge EIOP will empower you to disrupt old patterns of behaviors, tackle fears, take on new challenges and integrate lasting positive changes in your life. Our expectation is that Bridge EIOP will assist you in freeing yourself from eating disordered behaviors. You will be empowered to enjoy relationships, positively manage your stress, and once again have positive and meaningful direction to your life.