

Throughout the Chicagoland area, **Linden Oaks at Edward** is known for its comprehensive **Eating Disorders Program**. Led by an exceptional team of psychiatrists and psychologists, Linden Oaks offers the latest techniques and programs to help adults and adolescents recover from anorexia, bulimia and other eating disorders.

Beginning with a comprehensive assessment and medical stabilization, Linden Oaks uses a variety of treatment approaches to address an individual's physical, emotional, spiritual, and social needs.

...❖ **Help is only a phone call away.**  
For an assessment or more information,  
please call the Linden Oaks Help Line  
at (630) 305-5500.



Accredited by:  
The Joint Commission

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[www.linden Oaks.org](http://www.linden Oaks.org)

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# Eating Disorders

**LINDEN OAKS**  
— at —  
**EDWARD**

## About the program

The Eating Disorders Program cares for adults and adolescents ages 13 and over. The treatment team consists of

- ...✦ Psychiatrists
- ...✦ Psychologists
- ...✦ Licensed Therapists
- ...✦ Registered Nurses
- ...✦ Dietitians
- ...✦ Recreational Therapists
- ...✦ Art Therapists
- ...✦ Medical Doctors
- ...✦ Therapy Dogs

After completing a thorough medical and psychological assessment, the treatment team will partner with the patient to develop an individualized plan of care. Many people suffering from an eating disorder may also be facing other complex behavioral health issues, such as anxiety. In order to fully embrace recovery, individuals need to address those issues as well, which is why Linden Oaks offers help for those suffering from a combination of eating and anxiety disorders.

The Eating Disorder Program provides a therapeutic community that promotes a safe environment in which to begin work on core treatment issues. Group psychotherapy - cognitive and acceptance and commitment therapy, dialectical behavioral therapy, trauma recovery, spirituality, body image, and animal assisted therapy are where the individual begins to explore treatment issues and start their recovery process. Educational groups on nutrition, medical complications, medication management, and relapse prevention empower the patient with the knowledge needed to sustain recovery after discharge.

The program philosophy promotes learning all things in moderation. Foods are no longer labeled as good or bad but are fully incorporated into a healthy meal plan. The program philosophy is based on wellness, so exercise is incorporated into the program to teach moderation and increase strength. Based on the recovery model, Linden Oaks provides individuals with the opportunity to give back to their community by participating in volunteer activities while in treatment.

## Four levels of care

A comprehensive assessment with a registered nurse or licensed mental health professional will be completed and reviewed with a psychiatrist. An EKG and lab work will also need to be completed to assist the psychiatrist in determining the safest level of care.

### ...✦ Inpatient Hospitalization

This is the most intense level of care. Here patients are monitored by medical personnel around the clock. This level of care is for patients who need medical stabilization, intensive symptom management, or are unable to maintain safety outside of a structured environment. A physical examination by an internal medicine physician will be completed within twenty-four hours after admission. Patients will participate in the structured treatment program, including group, individual and family therapy, menu selection and supervised meals.

### ...✦ Partial Hospitalization

In this level of care, patients attend a full day of structured programming six days per week. Participants return home in the evening to practice the skills they have learned.

### ...✦ Intensive Outpatient Services

This level of care is for patients who have made progress toward recovering from an eating disorder. The number of hours in programming and the frequency of programming are decreased by the psychiatrist as the patient begins to integrate back into their home and community.

## ...✦ Arabella House

Arabella House is a unique residential care home that was designed and created based on input from former patients and their family members. Highly motivated women ages 16 and over who need additional treatment and support flourish in this quaint residential setting while being supervised by a caring and compassionate treatment team. The three pillars of trust, honesty, and respect guide the recovery journey as these women learn to embrace life once again as they cook, clean, shop, laugh, and learn together. Visit [edward.org/arabella](http://edward.org/arabella).

## Discharge planning & support groups

Planning for discharge begins the first day treatment begins. Collaboration with the individual's outside support systems including family members, schools, and therapists will ensure a successful transition back into the community.

Linden Oaks offers a variety of support groups specific to eating disorders. Patients, families, and community members are encouraged to attend these meetings for education, support, and inspiration. Please visit [lindenoaks.org](http://lindenoaks.org) or call (630) 305-5500 for more information.

## Am I Hungry?

*Am I Hungry?* is an ongoing set of mindful eating workshops that are designed to help individuals relearn their innate ability to eat in a way that honors their body while giving them the freedom to enjoy food again. Sessions are behavioral based for a non-diet approach to weight management.

Linden Oaks' Eating Disorders program – awarded a **Center of Excellence** by Joint Commission.

