

# Programs At A Glance: Minnesota

The Emily Program offers a continuum of treatment options for children, adolescents, and adults.



**The Emily Program**  
The eating disorder specialists

## Outpatient

### Outpatient Programs

For individuals in need of non-intensive eating disorder treatment

### Children and Adolescents

- Personalized treatment plan, including individual and/or family therapy, nutrition, and medical services as needed.
- Family-Based Therapy (FBT) from trained providers

### Adults

- Personalized treatment plan, including individual and/or family therapy, nutrition, and medical services as needed.
- Family and support people involved in treatment whenever possible
- Multiple group therapy options available

## Intensive

### Intensive Outpatient Programs (IOP)

For individuals in need of a higher level of care that includes more structure and support.

### Children and Adolescents

- Frequency: Up to 12 hours/week
- Focused therapeutic group intervention for clients and families
- Therapeutic meals
- Weekly family participation to enhance development of recovery and relapse prevention skills

### Adults

- Frequency: Up to 12 hours/week
- Group-based intervention provides enhanced therapeutic support and symptom interruption
- Therapeutic meals
- Emphasis on recovery and relapse prevention skills

### Intensive Day Programs (IDP)

For individuals stepping out of residential care or in need of more structure/support than IOP provides.

- Frequency: Minimum of 30 hours/week, plus school hours
- Structured therapeutic meals and group therapy
- Regular family participation to enhance development of coping and recovery skills
- Psychiatric assessment, medication management, and medical monitoring
- Integrated school services coordinated with client's home school

- Frequency: Minimum of 30 hours/week
- Structured therapeutic meals, behavioral exposure groups, and experiential challenges
- Group therapy for development of emotion regulation, behavior change, and relapse prevention skills
- Psychiatric assessment, medication management, and medical monitoring
- Lodging accommodations available for St. Paul and St. Louis Park programming

## Residential

### Residential Programs

For individuals who need 24/7 supervision and care.

- Anna Westin House for Adolescents in St. Paul
- Anna Westin House for Adults in St. Paul
- Anna Westin House West for Adolescents and Young Adults in Minneapolis

### Children and Adolescents

- Frequency: 24 hours per day/7 days per week
- Licensed facility for adolescent and young adults, all genders
- 24/7 nursing, monitoring, and support
- Structured schedule of nutritional rehabilitation and therapeutic interventions
- Regular family participation in therapeutic meals, groups, and FBT
- Integrated school services coordinated with client's home school

### Adults

- Frequency: 24 hours per day/7 days per week
- Licensed facility for all genders, 18+
- May serve as an alternative to hospitalization
- 24/7 nursing, monitoring, and support
- Intensive group and individual intervention addressing medical, psychological, and nutritional needs
- Family involvement is strongly encouraged

*Optimal length of stay at each level of care includes achieving adequate symptom management, nutritional rehabilitation, and recovery of weight and health parameters.*

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# Sample Schedules: Day Treatment

Below are examples of schedules for our Intensive Outpatient Program (IOP) and Intensive Day Program (IDP). Times and programming vary by location.



## IOP

12 p.m. Lunch  
1 p.m. Psychoeducation  
2 p.m. CBT skills group  
3 p.m. End of day

## IDP

8 a.m. Breakfast  
9 a.m. Self-monitoring  
10 a.m. Break/snack  
10:30 a.m. Nutrition  
11:00 a.m. Mindfulness  
12 p.m. Lunch  
1 p.m. Psychoeducation  
2 p.m. End of day

## Treatment Locations in Minnesota

- Duluth  
6 East Superior St., Suite 315  
Duluth, MN 55802
- St. Louis Park  
5354 Parkdale Drive, 2nd Floor  
St. Louis Park, MN 55416
- St. Paul (Como)  
2265 Como Ave.  
St. Paul, MN 55108
- St. Paul (Toogood)  
2230 Como Ave.  
St. Paul, MN 55108
- Anna Westin House for Adults  
1449 Cleveland Ave. N.  
St. Paul, MN 55108
- Anna Westin House for Adolescents  
2230 Como Ave.  
St. Paul, MN 55108
- Anna Westin House West for Adolescents and Young Adults  
3012 West 44th Street  
Minneapolis, MN 55410



## Insurance At A Glance

If your insurance company is not on this list of our current providers, there may be other options available.

### Minnesota

- America's PPO
- BlueCross BlueShield
- Group Health Cooperative
- HealthPartners
- Humana/LifeSynch
- Medica (United Behavioral Health)/ Optum
- Medical Assistance
- Medicare
- MMSI/Mayo Health Solutions
- PreferredOne
- SelectCare
- South Country Health Alliance
- UCare

\*Coverage varies by insurance policy. Speak with your insurance provider to learn about services covered by your plan. Call us at 1-888-EMILY-77 (1-888-364-5977) for assistance.

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