

# WHAT IS DAY TREATMENT?

Entering treatment for an eating disorder can be a very confusing process. There are a variety of different treatment options including outpatient psychotherapy, intensive outpatient, day-treatment, inpatient and residential programs. A commonly asked question is which is the best environment in order to address your needs and provide the best chance for recovery? The answer depends on many factors including the severity of the eating disorder; previous treatment, and the level of support from family or loved ones.

## SUMMIT'S DAY TREATMENT PROGRAM— ADOLESCENTS & ADULTS

The focus of our services at Summit Eating Disorders and Outreach Program is primarily on the Day Treatment level of care for both adolescents and adults. While in Day Treatment, you attend our program 9-11 hours a day, 5 days per week, and receive a variety of services, including:

- Daily Nursing Care
- Weekly Medical and Psychiatric Care
- Daily Individual, Family or Nutrition Counseling
- Meal Support, including cooking, grocery shopping, independent meal planning, incorporating challenge foods and restaurant outings
- Family education, Maudsley-based family meals and family support groups
- Yoga, Pilates and Mindfulness Education
- For adolescents and those attending school, a separate study room with computer access and designated study time



FOR INFORMATION OR TO SCHEDULE AN ASSESSMENT,  
PLEASE CALL (916) 920-5276 OR VISIT US AT [WWW.SEDOP.ORG](http://WWW.SEDOP.ORG).

## WHY DAY TREATMENT?

You receive the high intensity of services and medical management you would often see at a residential or higher level of care but you are able to continue living at home. Each night and on the weekend you can go home to your family. If needed, parents are able to help you with homework. You can share an evening with your significant other or simply be with your family. You experience both the comforts and working through the triggers of being at home. If you are attending treatment from outside the Sacramento area, you can go to our luxurious apartment within walking distance of the clinic and return home on the weekends.

## INTENSIVE, MEDICALLY- SUPERVISED TREATMENT, CLOSE TO HOME.

### THE ROLE OF YOUR LOVED ONES

We strongly believe that you need the support of your loved ones while receiving treatment. A major focus of our treatment program is teaching your family how to support you in your recovery – from learning how to provide structure at meals to simply knowing the right thing to say. This process is enhanced by giving your family a chance to practice this support while under the supervision and guidance of a team of experts. We believe that by having you stay connected to your loved ones and continuing to participate in family activities the likelihood of long term recovery increases.



Summit owners Dr. Tony Paulson, Dr. Lisa Petersen and Jennifer Lombardi, MFT.