

# A New Path *F*orward: Recovery Starts Today



## EATING DISORDERS PROGRAM



**Robert Wood Johnson | RWJBarnabas**  
**University Hospital HEALTH**  
**Somerset**

110 Rehill Avenue, Somerville, NJ 08876  
800-914-9444 | [www.rwjuh.edu/eatingdisorders](http://www.rwjuh.edu/eatingdisorders)



As you read the words on these pages, you probably feel anxious but I hope you will also be encouraged, and perhaps even excited, that there are people out there who are willing to help you.

Asking for help can be scary. Do I want to look at difficult things, or maybe it would be best to continue to numb myself with my eating disorder? Am I really that sick? If I give up my eating disorder, who would I be? Do I even deserve to be happy?

Everyone is different and everyone is the same. No two people have the same underlying reasons that brought the eating disorder upon them, but what they all have in common is that they are using a coping mechanism to deal with life when a better way is available. Eating disorders make many golden promises to its owners. Has your eating disorder betrayed you yet, or is it still your friend?

## *Message from the Medical Director*

All these questions are quite frightful. Can you maybe just admit that you're not sure about the answers? Discovery starts with taking the first step...and then taking another.

To find out more about what we can offer you, or to schedule an evaluation, please call 1-800-914-9444. Our website can be reached at [www.rwjuh.edu/eatingdisorders](http://www.rwjuh.edu/eatingdisorders).

I wish you the very best in your journey towards recovery.

Joseph A. Donnellan, M.D.

For three decades, patients have chosen the Eating Disorders Program at Robert Wood Johnson University Hospital Somerset for effective treatment and long-lasting recovery from anorexia, bulimia and other eating disorders.



Our nationally-recognized program cares for individuals of all ages, from adolescence through adulthood, with services that include hospital-based inpatient care, partial hospitalization and intensive outpatient treatment.

Led by a psychiatrist, our interdisciplinary team of nurses, social workers, therapists, dietitians and other specialists fully understand the importance of restoring a patient's mental health, while addressing mind and body issues. We also recognize the true medical nature of the disease and far reaching health complications, which is why the decision to seek care at a hospital-based program like ours is extremely important for a full recovery.

Experts tailor individual treatment and nutritional plans for our patients and the comprehensive approach may include behavioral, cognitive, dialectical and supportive therapies in group or one-on-one settings.

*Your* journey begins here

Our goal is to provide you with the highest quality of care while helping you achieve and maintain healthy eating habits and a healthy weight.





The Eating Disorders Program at RWJ Somerset is in-network with most insurance companies. We advocate for patients to secure single case agreements with any out-of-network insurance companies.



The Eating Disorders Program at RWJ Somerset features a private, 14-bed unit. The unit is dedicated solely to the treatment of eating disorders. We accept female patients from age 14 on up and male patients from age 14 to young adulthood.

Our state-of-the-art facility offers semi-private, bright and spacious rooms with a secluded, nurturing setting where patients can feel safe, secure and respected. The program continues to meet the needs of our patients year-after-year, providing a community that values feelings and takes the necessary steps to keep their lives as normal as possible throughout their stay.

For example, certified teachers meet with our school-age patients every day to keep them current in school.

*A* welcome environment

A long-standing resource for high quality, compassionate care, the unit provides a tranquil, family-friendly setting for all of our patients.





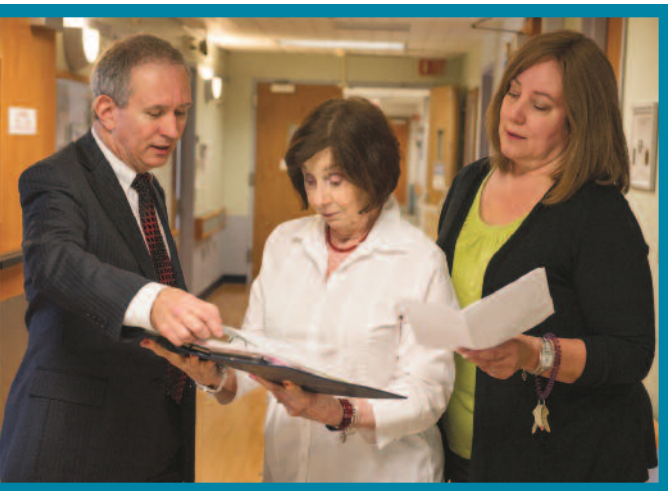
Treatment for eating disorders is not a one-size fits all approach. Our dedicated experts understand the complexity of the disease and tailor individual treatment plans for each patient. Therapies may include psychological, familial, social, nutritional and/or medical and will continue to evolve as a patient progresses through the program.

## An understanding approach

### A HIGHLY QUALIFIED, EXPERIENCED TEAM

Our multi-disciplinary team has a long history of working with eating disorder patients and we provide specialty treatment across the full continuum of care.

- **Board-Certified Psychiatrist:** a physician who is responsible for oversight of the entire care team and will see you seven days per week to coordinate care, provide psychotherapy and monitor medication if indicated.
- **Registered Nurse:** carries out your plan of care and provides support for the patient on a 24/7 basis.
- **Case Manager:** works with your care team to coordinate services and prepare the patient for discharge. The Case Manager is also the liaison between the patient and their insurance and/or managed care companies.
- **Therapist:** provides individual, group and family therapy. They see you daily Monday through Friday and arrange follow-up care after discharge.
- **Registered Dietitian:** works with you to promote healthy eating through nutrition therapy in groups and individually
- **Occupational Therapist:** performs an evaluation of your ability to perform daily activities and develops a program to get you back on track.
- **Teacher:** works with you to keep you current in your academic studies.









## NURSING-LED SUPPORT GROUPS

typically focus on education, goals, journaling, recovery tools, parent groups, and wrap-up and meal-time processing.

- Nursing Education (medication education, stress management, positive coping skills)
- Goals (achieving your goals, goal setting and processing)
- Art Expression (art techniques explore thoughts and feelings)
- Recovery tools (skills for recovery, interpersonal and life management skills, conflict resolution, self-esteem and time management)
- Parent Group (for parents with a child at the inpatient level, this group teaches parents the medical consequences of eating disorders and how they can help)
- Meal Time Processing (discuss problems or challenges experienced during therapeutic meals)

## THERAPIST-LED THERAPY GROUPS

cover a range of critical topics such as social media, body image, assertiveness, social skills, relationships, mindfulness, experiential, spirituality, multi-family and psychotherapy.

- Social Media (explores social media usage, risky online behaviors and plans for post-discharge use of social media)
- Body Image (explores the relationship one has with their body, identifies biological, social, and situational contributors to body image distress, cultivates body appreciation and confidence)

- Relationship/Assertiveness (focus on relationship with yourself, fosters greater sense of self and improved self esteem)
- Relapse Prevention (covers concept of Dialectical Behavioral therapy)
- Multi-family group (for inpatients and their families, brings everyone together to provide education and discussion of common issues)
- Psychotherapy (process oriented therapy group, group interaction between patients with a focus on “eating disorders are not about eating”, we try to not discuss food, weight and calories, etc., focusing on the underlying issues.

## NUTRITIONIST-LED SUPPORT GROUPS

cover a broad range of important topics related to food such as meal planning, nutrition, weekend and weekday planning and processing and food preparation basics.

- Meal Planning (Assists patients in planning balanced meals using the exchange system)
- General Nutrition Education (provides nutrition education via discussion, worksheets and visuals)
- Family Nutrition Support Group (for families and loved ones of our outpatient programs, helps them understand meal plans and nutrition education)
- Food Prep Basics (basic techniques and concepts for meal preparation like grocery shopping, kitchen tools, cooking methods, sanitation and appropriate storing of food)



multi-faceted approach

- Social Skills/Assertiveness (examining yourself and your interactions in relationships of all types in order to improve the health of those connections)

## EXPERIENTIAL THERAPIES

- Art Therapy Group (helps patients express themselves and find insight through art)
- Yoga (provides an outlet to explore centering and relaxation through chair yoga)



The Eating Disorders Program at RWJ Somerset offers over 30 therapy groups led by various team members with expertise on a broad range of topics at the individual, group and family therapy levels.



## STRUCTURED SERVICES

Patients will access care through either the inpatient and/or outpatient programs.



Following a thorough medical, psychological and nutritional assessment by a physician, you will receive an individualized treatment plan and we will determine the most appropriate level of care for you, which may include:

### Hospital-based inpatient care:

- Roughly a 10 to 30 day stay on our unit
- A licensed teacher to work closely with you on an education plan
- Medical management to prevent or detect complications
- Nutritional assessment and management
- Growth and development evaluation
- Individual therapy
  - o Cognitive behavioral therapy
  - o Interpersonal therapy
  - o Psychodynamic therapy
- Family therapy and group therapy

### Partial hospitalization care:

You will have the same treatment team and all the services offered by the inpatient program, but on a graduated, outpatient basis.

The initial commitment is five hours per day, five days per week and as you progress, the time commitment is reduced.

### Intensive outpatient care:

This program provides individual and group therapy on an outpatient basis three hours per day, up to three days per week.

### Transitions:

We know it's important to prepare patients for their transition back to home life.

## Patient access

We start this process on the inpatient unit by helping the patient to anticipate obstacles after discharge. On the weekend, the patient may be eligible for therapeutic passes to try out newfound coping skills.

After inpatient, a step down to our Partial Hospitalization Program is seen as a bridge to outpatient treatment. Continued support and therapy helps prevent relapse and continues recovery as you transition to the outside world. Before you leave the program, we will assist you in setting up follow-up care in your home area.

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