

Choosing the best treatment option can be challenging. To help you in this process, we've created an educational document that will provide you with an understanding of what to look for when you or your loved one is seeking treatment. These information will allow you to understand the intensity of a program as well as the integrity of a program. These questions are most often asked clients or loved ones who have been to a previous center and are now experienced at knowing what to look for. We hope the information will allow you to feel confident in this process.

Canopy Cove Eating Disorder Treatment Center is trusted and recommended by doctors and therapists throughout the country. Our center has 25 years' experience treating clients with an Eating Disorder. We provide clients with clinical excellence and compassionate care in the treatment of eating disorders and co-existing dual diagnosis. When it comes to lasting recovery for you or your loved one, the expertise of the treatment team is of critical importance.

1. **How many years' experience does the treatment center have treating Eating Disorders?** Canopy Cove has 25 years' experience providing specialized care for clients who are dealing with an Eating Disorder. We are considered a pioneer in this field.
2. **Will my loved one be in an age appropriate group or will they be in a group with both adolescents and adults?** Our adult and adolescent programs are completely separate and do not share any time together.
3. **Will she be in groups with clients who are each dealing with an Eating Disorder?** As a specialty center, all clients at our center have a diagnosis of an Eating Disorder.
4. **Do you also treat clients who are dealing with a secondary diagnosis?** Yes, our center specializes in treating clients with an Eating Disorder and co-existing conditions. We provide simultaneous treatment for these secondary conditions.
5. **Is there a physician and a psychiatrist who oversee the care?** Yes, we have a physician and a psychiatrist on staff who are experienced working with Eating Disorder clients.
6. **Is the center accredited?** Yes, Canopy Cove is accredited by The Commission of Accreditation of Rehabilitative Facilities.
7. **Does each client receive a customized treatment plan?** Yes, every client at Canopy Cove receives an individualized treatment plan that is tailored to their specific situation.
8. **Does the team use a multi-disciplinary approach where each professional communicates with the other team members regarding the client's needs?** Yes, our team communicates regularly to discuss each client's specific needs and to make recommendations for individualizing the treatment protocol.
9. **How many days a week is treatment provided?** Treatment is provided at Canopy Cove 7 days a week in both the Residential level of care as well as the Partial Day Program.
10. **How much treatment is provided each day?** We are known as an intensive program. We provide a high number of sessions each day. Residential Client's participate in up to 12 sessions daily of group or individual treatment.
11. **Does the treatment team use a philosophy that views the Eating Disorder as a lifelong condition or does the center use a philosophy which says "full and complete recovery is possible"?** Canopy Cove's philosophy states that full and complete recovery from an Eating Disorder is possible. The philosophy, which is known as "The Recovery Model" is grounded in research and identifies the Eating Disorder as a symptom of a deeper underlying issue. Our approach is to identify and address the core issues. This approach allows the client to separate from the Eating Disorder. When comparing programs, the treatment philosophy is an important factor. Note: Many *other* centers use a very different philosophy which views the Eating Disorder as a life-long condition. This opposing philosophy claims that a person can never fully separate from the Eating Disorder. We openly reject this approach and caution families to realize that this message often discourages clients and can reduce their willingness to work diligently toward recovery.

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12. **Is there a step-down program?** Yes, we provide step-down programs. After the Residential program, clients are able to step down to the Partial Hospitalization Program. This program is a 7 day a week program that provides clients an opportunity to continue to work with the same treatment team while receiving clinical support for tasks that will prepare them to transition successfully back into their home environment. (i.e. meal planning, meal preparation, grocery shopping, restaurant outings and managing free time). Adult clients have access to furnished apartments, transportation is provided each day. Adolescent clients will need a family member to stay locally for this phase: housing options are available.
13. **Can school work be continued while at Canopy Cove?** Yes. We provide the opportunity for students to continue their education while at Canopy Cove. Our Program Director communicates with the student's school system to establish individualized goals for assignment and coursework completion while in our program. Our staff provides daily support and supervision of schoolwork.
14. **Does the center coordinate an after-care protocol with the therapist back in the home town?** Yes, Canopy Cove works with the client's local treatment team to coordinate an after care plan. In addition, we offer an after-care coaching program by phone and SKYPE for 6 months after a client discharges from the program.
15. **How many individual sessions will she have each week?** Clients receive a minimum of 6 individual sessions each week. 3 individual sessions with their primary therapist, one with the family therapist, one with the registered dietitian and one with the psychiatrist if needed.
16. **How are meals handled, do clients eat in a small environment or is there a cafeteria?** Meal times are considered extremely important. Clients eat at a traditional table with a small group. Clients are supported at every meal by staff members.
17. **What meal plan does the center use?** Canopy Cove uses the "exchange system" which has been shown to be most effective for those dealing with an eating disorder. We avoid systems that focus on counting carbs or calories.
18. **Is the center "compliant" or "non-compliant"?** (This term refers to the expectation by the center for clients to participate or comply in the program). Many centers are "non-compliant" which means that the decision to participate in sessions or comply with the treatment protocol is left up to the individual. In these cases, clients will often choose to avoid any topic or session that is uncomfortable to them. In a compliant center, such as Canopy Cove, clients are expected to participate, or comply, with the treatment teams guidelines. This atmosphere provides the best results because clients participate in treatment and receive the support they need to recover.
19. **How many people will be in the program at one time?** We've found that the best results are achieved when group sizes are kept small. Smaller groups ensure that each client has the opportunity to have a high level of access to the treatment team. Our adolescent program will accommodate 8 in the residential program. The adult program will cap out at 12 clients.
20. **What is the atmosphere; is this a hospital setting, an institutional type setting or a home-like setting?** We do not feel like a hospital or an institution. Canopy Cove Eating Disorder Treatment Center gives clients a chance to recover in a home-like setting. We're located on 55 acres in a beautiful and peaceful setting with open pastures and large oak trees. The house accommodations are comfortable and upper scale.

Please feel free to contact us with any questions. Our team is fully devoted to your recovery.

Warmly,
The Staff of Canopy Cove
(800) 236-7524

