

Resource Guide for Prosperity Eating Disorders and Wellness Center



This packet contains information regarding the services and population-base of Prosperity. We are here to help. If you have any questions about the information contained herein please contact us at

703-466-5150 - Herndon

Or 434-326-4577 - Charlottesville

Program Overview:

Prosperity Eating Disorders and Wellness offers evidence-based, comprehensive and holistic treatment to individuals struggling with eating disorders, depression, anxiety, and self-esteem. Our therapists and nutritionists use an empathetic approach to using evidence-based theories to treat the whole person. Our goal is to help individuals struggling with Eating Disorders and co-occurring illnesses find a full recovery by meeting their psychological, medical, nutritional, spiritual, emotional and relational needs. With locations in Herndon and Charlottesville, Prosperity is equipped to serve the needs of adolescents and adults throughout Virginia.

Who We Treat:

Prosperity offers individualized treatment for teens and adults struggling to overcome eating disorders and co-occurring illness including but not limited to:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder (BED)
- Unspecified Eating Disorders (ED NOS)
- Avoidant/Restrictive Intake Disorder (ARFID)
- Anxiety Disorders
- Mood Disorders
- Trauma and PTSD
- Self-harm
- Substance Abuse/Addiction

Our Approach to Treatment:

At Prosperity, we believe that recovery is a process, and aim to provide a variety of evidence-based psychological, nutritional, experiential, and wellness approaches. Intensive Outpatient (IOP) group composition is carefully designed by our providers by age and developmental level rather than by diagnosis. Our approaches include:

- Acceptance and Commitment Therapy (ACT)
- Art Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- EMDR
- Interpersonal Therapy
- Nutritional Therapy
- Therapeutic Yoga
- Trauma-Informed Care
- Music Therapy
- Yoga

Our Services:

Individual Therapy

Our therapists offer individual therapy services during the day and in the evening to best fit your scheduling needs. Using a wide variety of therapeutic tools such as Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, interpersonal approaches, art therapy, equine-assisted therapy, and Christian Counseling, Prosperity therapists work with clients to reach their potential and realize full and lasting recovery.

Family Therapy

Family Therapy is essential to eating disorder treatment. At Prosperity, family work can involve the entire family working on dynamics or can take a more focused approach on the eating disorder. For example, our therapists trained in Family Based Therapy (Maudsley approach) help families to work with their child on weight restoration and a return to health.

Nutrition Services

Nutrition is a critical component in eating disorder recovery. Prosperity is fortunate to have the expertise of several caring dietitians to help guide clients to weight restoration, behavior management, and a return to optimal health and wellness.

Wellness

Prosperity offers a variety of group and individual wellness activities to enhance our holistic approach to recovery. Services include yoga, acupuncture, Tai Chi, and exploration of essential oils for physical and psychological well-being.

Intensive Outpatient Program

Prosperity's Intensive Outpatient Program (IOP) is comprehensive, evidence-based, and offered to both adolescents and adults. We believe that the best treatment plans are unique to each person's needs, strengths, and interests. After an initial assessment, we will recommend a treatment plan that may include groups, nutrition services, and/or clinical pharmacology management with an outside medical provider.

Partial Hospitalization Program

Prosperity recognized the need for individuals to have more treatment options in the DMV area. We have expanded our services to meet the needs of clients who require the support of a Partial Hospitalization Program (PHP). Our program is designed for adolescents of all genders and sexual orientation. It is a comprehensive, evidence-based program designed to address the unique needs, strengths, and interests of our clients and their family system. After an initial assessment, we will recommend a treatment plan that may include groups, nutrition services, and/or clinical pharmacology management with an outside medical provider.

Top Ten Commonly Asked Questions:

Do you accept insurance?

We are currently in network with Aetna and out of network with other insurance providers. As a courtesy to you, we will submit claims to your insurance for all services. For IOP, we are also working with many insurance companies to provide single case agreements (SCA) for in-network rates for full IOP treatment. As each client's insurance provisions are unique, your intake provider will work with you to explore insurance options.

What is the financial commitment?

Please speak with your intake provider for pricing. If filing with health insurance, Prosperity will work with you and your insurance company to explore your unique rate after the initial intake.

Most insurance companies require clinical information collected during the initial intake to move forward with financial agreements.

How long will treatment last?

Each person is different! Typically, we recommend a minimum of one month commitment; treatment at the IOP level can last one to four months. For outpatient services, treatment is typically ongoing.

How many hours/week is PHP and IOP?

A full IOP consists of a minimum of nine hours/week of group therapy over three days, including one meal support group per day. A full PHP consists of a minimum of 35 hours/week of group therapy over five days, including two meal support groups per day. Research indicates that the most effective eating disorder treatment includes group, individual, nutrition, medical, and family therapy, we require clients to attend a minimum of one hour per week of individual therapy, nutrition therapy, and often family therapy.

Can I continue to see my outside providers while doing IOP?

Yes! We will ask you to sign a release of information so that Prosperity can collaborate with your outside providers.

How many people are in a group, and what will we have in common?

Groups typically range from 5-10 people. Teens and adults are separated in order to provide appropriate care.

How are families involved in treatment?

Prosperity offers family therapy and twice a month free family support group. Parents and caregivers of teens will work closely with your child's individual therapist to feel included in the treatment process.

What are the staff credentials?

In addition to state licensing and registration in areas including social work, counseling, psychology, art therapy, and nutrition, our therapists and nutritionists are focused on providing the most up to date eating disorder treatment by maintaining continuing education in eating disorder specific care. Credentials vary across providers, information is available on our website.

We are Joint Commission Accredited.

What outcome can I expect from treatment?

Expect to learn coping skills, psycho-education, and nutritional approaches to challenge and decrease symptoms, modulate mood, increase distress tolerance, increase self-esteem, explore identity, increase healthy relationships, and maintain a healthy meal plan with the intention of moving towards intuitive eating.

Is this the appropriate level of care for me or my loved one?

Please see the table below for additional information.

What is the Appropriate Level of Care for Myself or My Loved One?

Adapted from NEDA's Webinar "Levels of Care in Eating Disorder Treatment"

	Medical Criteria	Psychiatric Criteria	Average Length of Stay	Supervision	Average Cost
Inpatient Treatment	Medically Unstable; Unhealthy vital signs, acute risk shown in laboratory findings, risk of medical complications	Rapidly worsening symptoms Suicidal or unable to contract for safety	Several weeks to months	24/7 supervision; includes meals, bathroom and medical monitoring	\$500-\$2,000 /day \$30,000/ month
Residential Treatment	Stable	Not responding to PHP or outpatient	2 weeks to 1 year	24/7 supervision and medical monitoring; includes meals and medical monitoring	\$1-2,000/day, \$30,000/ month
Partial Hospitalization (PHP)	Medically stable; needs physiologic and mental status assessment	Struggling to function socially, academically, vocationally	4-6 weeks	5-7 days/week; includes meals, sleep off-site	\$650-\$850/ day
Intensive Outpatient Programming (IOP)	Stable	Stable; integrating therapy skills into daily life	4 weeks to 4 months	3 days/week minimum 9 hours/week; includes 1 therapeutic meal/day	\$430-\$550/ day
Outpatient Treatment	Stable	Stable	Several months to years	Varies	Varies; up to \$100,000/ year

Financial Considerations – Billing, Insurance, and Payment

Some insurance companies will consider Prosperity at the in-network rate if provided appropriate clinical information. Please ask your intake provider about this process if you wish to pursue a single case agreement (SCA). Please note that if you plan to request in-network insurance coverage for IOP services, you may be required to attend a minimum number of treatment hours per week.

Additional Information about payment and Insurance:

A single case agreement means that services provided by Prosperity would be treated as “in network” and you would have coverage per your insurance plan. While we cannot guarantee the single case agreement (SCA) would be approved, we are happy to try to arrange this.

Payment for services is as follows:

If we bill through your insurance, the cost per day of IOP (three groups included, an hour of individual therapy) is \$430.00 and the cost per day of PHP (a full day of therapy, nutrition, psychiatry, family therapy and a full day of groups) groups is \$650.00. Ideally insurance will cover the full amount. If insurance does not cover the full amount, you are responsible for covering the remaining fee.

- For example – if insurance is willing to cover \$100.00 per night of IOP, you are responsible for paying the remainder of \$330.00.

If your insurance does not allow a single case agreement, your insurance will be billed as “out of network”, we will collect payment from your insurance and then you will be responsible for the balance. Like many medical and service offices, we understand that insurance has limitations and it is our desire to make services affordable for those who need them.

Common Insurance Questions

- How do we get this started?
 - The provider will need the name(s) of the insured, a copy of the insurance card, birthday, phone number, and address to call the insurance company and determine available benefits.
 - The family/individual is then informed of the benefit information and coverage of services by the medical billing specialist or individual therapist.
- What happens once I know my benefits information?
 - The client would then complete an assessment with the clinical provider to identify diagnoses, treatment plan, medical records, and coordinate with the interdisciplinary team as needed. Recommendations for treatment are provided to the client. Payment for services are expected on the date of service.
 - The clinician then calls the insurance to obtain authorization and/or establish a Single Case Agreement, if available through the plan
- How is this processed after services are received?
 - Dates of service are captured by the individual providers and sent to the medical billing specialist.
 - The medical billing specialist then sends the records of services to the insurance company for payment and/or reimbursement

- Will I receive an invoice?
 - If you are paying up-front for services you will receive an invoice each week with the record of payment
- When can I anticipate repayment from insurance?
 - All insurance companies are different but typically reimbursement is received within 6-12 weeks from the date of submission.
- What else do I need to know?
 - If you pay in full up front, the refund will be sent to Prosperity, we will send you the refunded amount as quickly as possible once it is received.

Invoicing for Services

For outpatient services (individual therapy, family therapy, and nutrition therapy) you will receive a receipt outlining services rendered and fees paid.

Financial considerations

Additionally, Prosperity is an approved provider with Albemarle County’s CSA program offering funding assistance for children, teens, and families in our community.

The following is a list of services provided at Prosperity and the costs associated with each. We have also included the CPT codes for these services in the event you choose to contact your insurance company to determine out-of-network benefits and reimbursement rates. Please ask us if you have questions or need help navigating the insurance process!

Initial Assessment:	90791: \$175 for non-eating disorder (1-1.5 hours/1Unit) \$220 for eating disorder (1.5-2 hours/1 Unit)
Individual Therapy:	90837: \$150 (1 hour/1 Unit)
Family Therapy:	90847: \$165 (1 hour/1 Unit)
Nutrition Initial Intake:	97802: \$175 (1.5 hour)
Nutrition Follow-Up:	97803: \$150 for (1 hour/4 Units)
Intensive Outpatient Services	0905 or S9480 : \$495 per day

How Can I Make an Appointment?

You can easily schedule an initial intake appointment by calling our office directly:

Herndon: 703-466-5150
Charlottesville: 434-326-4577

You can also request an appointment and fill out required forms via our website www.prosperityedwell.com

After you have completed an initial intake and have a treatment plan in place, you can work directly with your providers to schedule ongoing follow-up appointments.

What information should I prepare for my initial assessment?

The first step in eating disorder recovery is to meet with a psychotherapist specializing in the care of eating disorder treatment for an assessment. At Prosperity, you can expect the initial session to last up to two hours and include an introduction to our program in addition to a thorough history of you or your loved one. It is our goal for you and your family to leave the initial session with a detailed treatment plan including scheduling for IOP groups, individual therapy, family therapy, and nutrition therapy, along with an understanding of the financial commitment to treatment.

Please bring the following to your initial appointment:

- Recent medical or psychiatric testing, discharge paperwork, etc.
- Health Insurance Card
- Contact information for outside treatment providers
- Background information form
- Current work/school schedule
- You will be asked to provide medical information including a medical clearance from your doctor, blood-work, an EKG in order to begin IOP services

We wanted to highlight some important policies:

- A 75% of the session fee will be charged for late cancellation will be applied to all individual sessions cancelled less than 24 hours. No shows are subject to the full session fee. Cancellations may only be made via the **phone**. Late cancels and no shows for IOP are charged 1/2 on second miss and the whole fee the second and subsequent time.
- We do not carry a pager nor provide 24 hour coverage. If you are experiencing a mental health emergency and do not hear back from us in 30 minutes, go to your nearest emergency room.

As part of our work together, you can expect from us:

- To be listened to
- To receive the best possible care
- To be provided support and resources to facilitate this process
- Email access

What I expect from you is:

- To arrive on time for your scheduled sessions
- To call if you are going to be late or need to cancel your session
- Pay each session
- Think about the work that we do outside of therapy.
- Be open to the possibilities that are presented before you.

If you should have any questions about the therapeutic relationship, please don't hesitate to ask.

Adult IOP Group Schedule-Herndon

Prosperity Eating Disorders and Wellness Center provides comprehensive services adults with eating disorders. This is a constructive and safe environment for individuals to gain skills and resources that are meaningful to lasting recovery.

HERNDON ADULT GROUP SCHEDULE			
Time	Monday	Wednesday	Thursday
Free Family Support Group (First Monday of Every Month)*			
11:00AM			
12:00PM			
1:00PM			
5:00PM	Body Image	BED Processing Nutrition/Yoga	DBT/CBT
6:00PM	Meal Support	BED Yoga Meal Support	Meal Support
7:00PM	Empowered Relationships	Life Skills / Process	Art Therapy

Teen IOP Group Schedule-Herndon

Prosperity Eating Disorders and Wellness Center provides comprehensive services for teens with eating disorders. Many eating disorders develop in adolescence and without treatment can progress into a lifelong illness. Prosperity offers a variety of groups designed to address the multiple drivers and underpinnings that contribute to successful recovery.

HERNDON TEEN GROUP SCHEDULE			
Time	Monday	Tuesday	Thursday
Free Family Support Group (First Monday of Every Month)*			
5:00PM	Mindfulness	CBT/DBT	Empowered Relationships
6:00PM	Meal Support	Meal Support	Meal Support (catered)
7:00PM	Body Bio/Music Therapy	Art Therapy	Body Image
Group Name	Group Therapy Descriptions		
Art Therapy	Art is an expressive modality that allows clients to explore boundaries in relation to rules and freedom associated with body love as well as inter and intrapersonal dynamics.		
Body Bio	This group allows clients to explore food myths and rules as well as discuss the role and expectation food plays in our lives. In this, education on food and the body are addressed.		

Body Image	Addresses the challenges, successes, and influences of body image on self-esteem throughout the recovery process.
CBT/ DBT	This is a skills group that focuses on the ability to manage distress tolerance and develop interpersonal effectiveness. Clients are encouraged to think about the connection between their thoughts, feelings and behaviors in an effort to develop new cognitive processes.
Empowered Relationships	Our relationship with ourselves and others is explored as it relates to love, trust, patterns, and fears. Relationships can be the greatest source of joy and pain, in this group we discuss the ideal state of our relationships and explore aspects that facilitate or detract from healthy relationships.
Life Skills and Process	Clients are able to process life events, patterns, and recent stressors or successes in a supportive environment. This is done to facilitate effective functioning throughout the recovery process
Meal Support	This involves eating with others in a safe environment where goals, challenges, and successes can be processed and shared. Meals are required to meet standard criteria so that clients are able to explore well rounded meals that meet their nutritional needs.
Mindfulness	As part of the holistic approach to wellness, clients are able to explore the benefits of acupuncture, stress reduction and mindfulness yoga, and essential oils.
BED Processing	Clients with Binge Eating Disorder are able to come together and process life experiences, empowerment, and gain insight via psychoeducation and group processing.

Equine Facilitated Therapy - these groups are run through SPIRIT and run by Sarah Morehouse at Frying Pan Park. She can be contacted at sarahmorehouseefp@gmail.com. Individual therapy is also offered.

Day Treatment/Partial Hospitalization Program

Date	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	Arrival/Vitals/Weights	Arrival/Vitals/Weights	Arrival/Vitals/Weights	Arrival/Vitals/Weights	Arrival/Vitals/Weights
8:15	Breakfast	Cooking Breakfast	Breakfast	Cooking Breakfast	Breakfast
9:00	Weekend Check in and Goals	ACT	Body Image	ACT	Relapse Prevention

10:00	Wellness Practice (yoga, acupuncture, meditation, movement therapy, mindfulness)	Body Bio/Nutrition	Wellness Practice (yoga, acupuncture, meditation, movement therapy, mindfulness)	Body Image	Wellness Practice (yoga, acupuncture, meditation, movement therapy, mindfulness)
11:00	Individual Sessions/ Independent study work	Individual Sessions/ Independent study work	Individual Sessions/ Independent study work	Individual Sessions/ Independent study work	Individual Sessions/ Independent study work
12:00	Cooking Lunch	Lunch	Lunch Psychiatric appts (12-3pm)	Catered or lunch outing	Cooking lunch
12:45	DBT	Life Skills	Empowered Relations	DBT	Weekend Planning
1:45	Art Therapy	Wellness Practice (yoga, acupuncture, meditation, movement therapy, mindfulness)	Music Therapy	Wellness Practice (yoga, acupuncture, meditation, movement therapy, mindfulness)	Art Therapy
3:00	Journal/snack	Journal/snack	Journal/snack	Journal/snack	Journal/snack
3:15	Individual Nutrition/Therapy	Individual Nutrition/Therapy	Individual Nutrition/Therapy	Individual Nutrition/Therapy	Individual Nutrition/Therapy

Resources for Loved Ones

Eating disorders are very serious illnesses that not only affect the individual suffering, but the loved ones around them as well. If you have a friend or family member in the throes of an eating disorder, you may not know where to turn for help. Even once your loved one is in treatment, it can be hard on you, the caretaker, to find support. It is important to remember that early intervention is an imperative step toward lasting recovery. It is also important that you take care of YOU!

The Alliance for Eating Disorders recommends a simple acronym to help you cope during your loved one's recovery journey:

C	<ul style="list-style-type: none"> • You didn't CAUSE it. • You can't CONTROL it. • You can't CURE it. • You can learn how NOT to CONTRIBUTE to it. • You need to learn how to COPE with it. • Take CARE of yourself.
P	<ul style="list-style-type: none"> • Avoid PANIC. It prohibits clear thinking and calm reactions. • Recovery is a PROCESS. Two steps forward, one step back. • PROGRESS, not PERFECTION, is the goal. PATIENCE is critical.
R	<ul style="list-style-type: none"> • RESPOND instead of REACT. • REMEMBER to listen. • REFLECT and REASON before you speak. • RECOVERY is a journey, a long ROAD that may include RELAPSE. • REACH out to others for love and support.

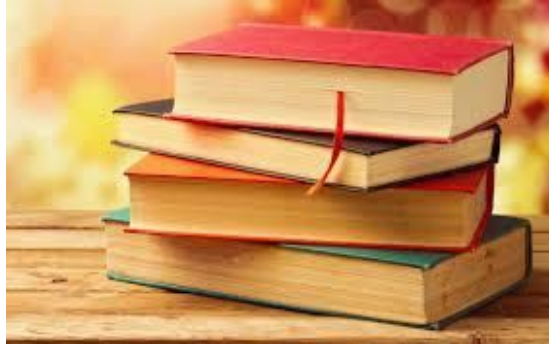
For more information about resources for loved ones, or to contact Prosperity for assistance, visit our website at www.prosperityedwell.com.

*Adapted from The Alliance for Eating Disorders; www.allianceforeatingdisorders.com

Suggested Reading for Loved Ones*

- **100 Questions and Answers About ED** - Carolyn Costin, MA, MED, MFCC
- **Brave Girl Eating** - Harriet Brown
- **Eating With Your Anorexic** - Laura Collins
- **Father Hunger** - Margo Maine, PhD
- **Parent's Guide to Eating Disorders** - Marcia Herrin, EDD, MPH, RD & Nancy Matsumoto
- **Life Beyond Your Eating Disorder** - Johanna S. Kandel

*Adapted from the Alliance for Eating Disorders, www.allianceforeatingdisorders.com



Online Resources

- National Eating Disorders Association (NEDA): Provides support, advocacy, treatment finder, parent and educator toolkits, blogs, and general information regarding eating disorders. www.nationaleatingdisorders.org
- National Association of Anorexia Nervosa and Related Illnesses (ANAD): A long-standing organization dedicated to the prevention and alleviation of eating disorders. www.anad.org
- The Alliance for Eating Disorder Awareness: An organization that endeavors to raise awareness, promote early intervention, and eliminate stigma related to eating disorders. The Alliance publishes Treatment Referral Guides each year for providers and families as they search for the right treatment program. www.allianceforeatingdisorders.com
- Maudsley Parents: A resource website that provides information about Family Based Therapy and links to providers and programs that offer the Maudsley approach. www.maudsleyparents.org
- Eating Disorder Hope: Education and support for individuals suffering from eating disorders and their families and friends. www.eatingdisorderhope.com
- Families Empowered and Supporting Treatment of Eating Disorders (FEAST): Empowering families through education, support, and advocacy. www.feast-ed.org



Program Requirements for Participation in Prosperity IOP Services:

- **Medical Stability** - you must have this form signed by medical personnel. It is in your initial intake packet, or the provider can coordinate with your PCP. We can coordinate with your medical provider, via fax or phone, to discuss risk factors and confirm stability at this level of care.
- **Intake Sessions** - before being admitted into IOP you must attend intake sessions with a Prosperity therapist and nutritionist. You are welcome to see outside providers for follow up sessions.
- **Nutrition Support** - you must see a nutritionist consistently. At the outpatient level of care, nutrition is the entity that monitors weight and intake. Weekly weigh-ins and assessments regarding intake vs. nutrition needs and food goals are addressed in these one-on-ones.
- **Individual Therapy** - you must see a therapist consistently. This helps us gauge emotional stability, progress in recovery and develop effective coping strategies that combat the disorder.
- **Group Attendance** - If you are enrolled in IOP, this is based on your insurance and single case agreement. You must attend a full night of IOP in order for claims to be submitted successfully. If for some reason you only attend 1 or 2 groups in an evening, you will be charged \$65.00 per group. If you require 3 or more groups a week (not on the same night) this is considered partial IOP, please confer with your individual provider regarding pricing and insurance. Some insurance companies require 9 hours of participation a week to approve submitted claims, others are more flexible. It is your responsibility to follow up with your insurance to determine participation requirements.

Strongly Encouraged

- **Family Support Group** - this is a free forum for families to ask questions and gain additional information regarding eating disorders, their treatment, and common challenges in the recovery process
- **Family Meetings** - at the outpatient level of care, you are our first line of defense in the recovery process. Family meetings allow you and your providers to openly share and discuss progress and observations, education regarding eating disorders and their treatment is also discussed. This time can be set aside by coordinating with your providers, fees apply.



Program Requirements for Participation in Prosperity PHP Services:

- **Medical Stability** - you must have this form signed by medical personnel. It is in your initial intake packet, or the provider can coordinate with your PCP. We can coordinate with your medical provider, via fax or phone, to discuss risk factors and confirm stability at this level of care. Vitals will be taken each morning and action taken as needed.
- **Intake Sessions** - before being admitted into PHP you must attend intake sessions with a Prosperity therapist and nutritionist.
- **Nutrition Support** - you will be scheduled with a nutritionist for individual sessions weekly. You will also be provided with nutrition support at meals and in nutrition groups. Weigh ins will be blind and happen daily as part of the morning vitals check.
- **Individual Therapy** - you will be scheduled with a therapist twice weekly. One session will be individual and one will be family therapy. This helps us gauge emotional stability, progress in recovery and develop effective coping strategies that combat the disorder.
- **Family Therapy** - you will be scheduled with a therapist twice weekly. One session will be individual and one will be family therapy. Families are the first line of defense in the recovery process. Family therapy allow you and your providers to openly share and discuss progress and observations; education regarding eating disorders and their treatment is also discussed.
- **Group Attendance** - Per insurance companies, PHP coverage requires consistent attendance. You must attend a full day of PHP in order for claims to be submitted successfully.

Strongly Encouraged

- **Family Support Group** - this is a free forum for families to ask questions and gain additional information regarding eating disorders, their treatment, and common challenges in the recovery process. It occurs on the first and third Monday of the month at 5PM.

Attendance Policy

In an effort to effectively anticipate census, encourage engagement, and effectively track attendance Prosperity will be implementing the attendance compliance policy present in your admission packet. While this policy has been in place, we have not been consistent in implementation. Please see below for a summary of the Policy.

Partial Hospitalization / Intensive Outpatient / Group Attendance

For missed (late cancel/no show) days of PHP or nights of IOP, the first night missed is not charged, the second missed night is half the insurance rate, the third and subsequent missed nights are subject to the full fee for services missed.

Please note the fees are determined based on the insurance rate, and **cannot** be billed through insurance. This applies to all individuals enrolled in PHP or IOP services barring emergencies, which must be vetted as such by your provider. If you know you will not be able to attend programming IOP, please let a provider at Prosperity know at least 24 hours in advance to avoid a fee.

Individual Attendance

For missed (late cancel/no show) appointments, the first missed session is not charged. For late cancellations (within the 24 hour timeframe) or no show, you will be subject to a late notice fee of 75% of the service cost on the second instance. Third and subsequent late cancellations or no show incidents you are subject to the full appointment cost.

Catered Meal (IOP)

Due to the nature of Catered Meal we need to know if you or your loved one will be attending the catered supper. We need to have this information by 5PM on the Wednesday night before the Thursday meal support group. If you do not RSVP and show up for meal, there will be a \$25 fine. If you RSVP for catered meal and do not attend the IOP cancellation fee applies.

Drop In Policy (Group or IOP Attendance)

Due to space restrictions and to honor group dynamics we need to know when you or your loved one will be attending groups prior to the Monday of the anticipated participation in IOP. Please coordinate with your primary service provider at Prosperity to confirm your attendance.

If you have questions regarding this policy please contact your clinician or the Program Manager.

Thank you,
Prosperity Staff

Suggested Medical Tests

Medical clearance is required for participation in eating disorder services at Prosperity. Please consult with your doctor regarding clearance. Below is a list of suggested tests. If you would like a referral to a medical specialist please ask our staff.

Standard

- Complete Blood Count (CBC) with differential
- Urinalysis
- Complete Metabolic Profile: Sodium, Chloride, Potassium, Glucose, Blood Urea Nitrogen, Creatinine, Total Protein, Albumin, Globulin, Calcium, Carbon Dioxide, AST, Alkaline Phosphates, Total Bilirubin
- Serum magnesium
- Thyroid Screen (T3, T4, TSH) Electrocardiogram (ECG)

Special Circumstances

15% or more below ideal body weight (IBW)

- Chest X-Ray
- Complement 3 (C3)
- 24 Creatinine Clearance
- Uric Acid

20% or more below IBW or any neurological sign

- Brain Scan

20% or more below IBW or sign of mitral valve prolapse

- Echocardiogram

30% or more below IBW

- Skin Testing for Immune Functioning

Weight loss 15% or more below IBW lasting 6 months or longer at any time during course of eating disorder

- Dual Energy X-Ray Absorptiometry (DEXA) to assess bone mineral density
- Estradiol Level (or testosterone in males)

For a more comprehensive guide on eating disorders treatment, please refer to the [Academy for Eating Disorders \(AED\): Critical Points for Early Recognition and Medical Risk Management in the Care of Individuals with Eating Disorders.](#)



I certify that _____ (patient name) is medically stable to participate in an outpatient eating disorder program three days per week, three hours each day and does not require further medical treatment that would preclude participation (tube feeding, rehydration, I. V.'s to balance electrolytes, etc.)

Date of most recent office visit: _____

Date of most recent labs, if done: _____

Normal _____ Abnormal _____

If abnormal, how is it being treated?

Date of most recent EKG, if done: _____

Normal _____ Abnormal _____

If abnormal, how is it being treated?

Any restrictions/ recommendations?

I am available to consult with if needed at: _____ (phone number).

I plan on following this patient on a regular basis as needed. YES NO

Signature Printed Name

Signed Name

Please fax form back to 703-649-3557 along with copies of the patient's initial office visit note, labs and EKG. Thank you.

Pricing for our Intensive Outpatient Program (IOP)

Cost of IOP when receiving weekly individual therapy from a provider at Prosperity: \$495 per night, \$1,485 per week*

Payment Plan	1 Night of IOP	1 Full Week of IOP
A: 15% of Cost	\$74.25	\$222.75
B: 25% of Cost	\$123.75	\$371.25
C: 50% of Cost	\$247.50	\$742.50
D: 75% of Cost	\$371.25	\$1113.75

Please note, if you opt to participate in one of our payment plans, you will be charged *weekly* until the balance for all services rendered is met. If we are submitting to insurance on your behalf, what is paid to Prosperity by your insurance provider will be applied to your balance.

For questions concerning reimbursement rates and coverage, please contact your insurance provider directly. We are currently in-network with most Aetna plans and clients under these designated plans will be charged a co-pay for each service rendered.

*Nutrition and psychiatric services are not included in this cost.

****The above rates are subject to change every 6 months****

Pricing for our Partial Hospitalization Program (PHP)

Cost of PHP includes biweekly therapy, nutrition, and psychiatric care at Prosperity: \$650 per day, \$3,250 per week*

Payment Plan	1 Day of PHP	1 Full Week of PHP
A: 15% of Cost	\$97.50	\$487.50
B: 25% of Cost	\$162.50	\$812.50
C: 50% of Cost	\$325.00	\$1,625.00
D: 75% of Cost	\$487.50	\$2,437.50

Please note, if you opt to participate in one of our payment plans, you will be charged *weekly* until the balance for all services rendered is met. If we are submitting to insurance on your behalf, what is paid to Prosperity by your insurance provider will be applied to your balance.

For questions concerning reimbursement rates and coverage, please contact your insurance provider directly. We are currently in-network with most Aetna plans and clients under these designated plans will be charged a co-pay for each service rendered.

*Nutrition and psychiatric services are not included in this cost.

****The above rates are subject to change every 6 months****

Pricing for our Intensive Out-Patient Program (IOP) OR Partial Hospitalization Program (PHP) with a Single Case Agreement

What is a Single Case Agreement (SCA)?

An SCA is an agreement between Prosperity and your insurance provider that allows our services to be covered at an in-network rate based on your coverage plan. Please note, Prosperity cannot guarantee that your insurance provider will approve an SCA.

How does an SCA get initiated?

After you or your loved one attend a therapeutic intake with one of our providers, the provider will complete an initial assessment that will then be submitted to our billing company. Our billing company will then contact your insurance company with the necessary clinical information and attempt to initiate a SCA. If an SCA is approved, your provider will contact you immediately with pertinent details.

How much will I owe for services if Prosperity is able to establish a SCA with my insurance provider?

What you will owe weekly will be based on the co-insurance/co-pay determined by the contract established between Prosperity and your insurance provider. If your co-insurance/co-pay causes financial hardship, you can agree to one of the aforementioned, percentage-based payment plans, paying a percentage of the co-payment/co-insurance weekly.

What if my insurance company reimburses me directly?

If you or your loved one are covered under an insurance plan from the following providers that reimburse you directly, Prosperity will charge you up-front for IOP based on the contracted negotiated rate:

- Magellan
- BlueCross/BlueShield
- Carefirst
- Anthem

If the weekly cost causes financial hardship, you can agree to one of the aforementioned, percentage-based payment plans, paying a percentage of the contracted negotiated rate weekly.