

# 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

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**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 and 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

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### **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)
- Interpersonal Therapy
- Nutritional Therapy
- Therapeutic Yoga
- Trauma-Informed Care

### **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

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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 premier 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. The program runs three nights a week from 5-8 pm. Individual therapy is included. Our program runs 5-8pm, three nights a week.

*Partial Hospitalization Program*

Designed to help clients restore to normalized eating patterns and improve psychological, emotional, behavioral and social functioning. We use an individualize, evidence-based and holistic therapies to create the change the clients are looking for. Program includes Psychiatry, Dietetics, Individual and Family therapy, meal outings, cooking, art therapy and yoga therapy.

**Top Ten Commonly Asked Questions:**

**Do you accept insurance?**

We are in network with Aetna and are currently working to be in-network with Cigna, United, BCBS, Optum and Optima. We are happy to submit your insurance claims for you, and to work with your insurance provider to obtain reimbursement at the out of network rate. We are also working with many insurance companies to provide single case agreements (SCA) for

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in-network rates for full IOP treatment and PHP services. As each client's insurance provisions are unique, our billing department will work with you to explore insurance options.

**What is the financial commitment?**

Please speak with our billing department 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. PHP is typically 3 weeks to 12 weeks. For outpatient services, treatment is typically ongoing.

**How many hours/week is IOP and PHP?**

A full IOP consists of a minimum of nine hours/week of group therapy over 3 days, including one meal support group 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.

PHP runs 7 hours a day, which includes psychiatry, individual therapy, family therapy and 2 meals and one snack a day.

**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. Although, your insurance may require that you see the therapist at Prosperity. Coordination of care with providers is far superior when all services are being seen at Prosperity. This is a top priority.

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

Groups typically range from 3-10 people. Teens and adults are separated in order to provide appropriate care.

**How are families involved in treatment?**

Prosperity offers family therapy and a once- 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.

**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. Our focus and goal is for a full recovery.

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

Please see the table below for additional information.

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

	<b>Medical Criteria</b>	<b>Psychiatric Criteria</b>	<b>Average Length of Stay</b>	<b>Supervision</b>
<b>Inpatient Treatment</b>	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
<b>Residential Treatment</b>	Stable	Not responding to PHP or outpatient	2 weeks to 1 year	24/7 supervision and medical monitoring; includes meals and medical monitoring
<b>Partial Hospitalization (PHP)</b>	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
<b>Intensive Outpatient Programming (IOP)</b>	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
<b>Outpatient Treatment</b>	Stable	Stable	Several months to years	Varies

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

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## Financial Considerations – Billing, Insurance, and Payment

Prosperity serves as an out of network provider for most insurance companies. We are happy to submit your insurance on your behalf, however, some services, such as the initial intake, will need to be paid in full at the time of service. Some insurance companies will consider Prosperity at the in-network rate if provided appropriate clinical information. Please ask our billing department about this process if you wish to pursue a single case agreement. 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. ***If you are approved by your insurance company for in-network coverage, we ask that you honor our pre-payment policy.***

### **Additional Information about payment and Insurance:**

Prosperity has hired a biller to work with insurance in an effort to ease the burden and confusion associated with claims and payment. While we are currently out of network with most insurance, we are happy to check benefits/coverage and attempt to establish a single case agreement with your insurance company.

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 obtain a single case agreement with your insurance, the cost per day of IOP (three groups included, and 1 hour weekly of individual therapy) is \$495.00. 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, you are responsible for paying the remainder of \$395.00.

If your insurance does not allow a single case agreement, we will work with you to establish an affordable payment plan. It is our desire to make services affordable for those who need them.

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*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
  - If an SCA is not obtained, Prosperity will collect your estimated co-insurance at the time of service, and you will be invoiced for any balance remaining after insurance 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 and we will credit your account.

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*Financial considerations*

In an effort to make treatment affordable for all who need it, Prosperity does offer discounted services based on proof of financial hardship, as well as flexible payment plans. If you are in need of assistance, please ask our billing department for an application. 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: \$220 (1.5-2 hours/1 Unit)
Individual Therapy:	90837: \$150 (1 hour/1 Unit)
Family Therapy:	90847: \$175 (1 hour/1 Unit)
Nutrition Initial Intake:	97802: \$175 (1.5 hour)
Nutrition Follow-Up:	97803: \$150 for (1 hour/4 Units)

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## 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**

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

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Welcome to my Prosperity!

I am looking forward to this exciting and challenging journey that lies before us. Enclosed are forms to get us started in the process. Please take a moment and read over the documents and sign those that require your signature.

I wanted to highlight some important policies:

- A \$75 late cancellation fee will be applied to all sessions cancelled less than 24 hours. It will be due at your next scheduled session. No shows are subject to the full session fee. Cancellations may only be made via the **phone**.
- I do not carry a pager nor provide 24 hour coverage. If you are experiencing a mental health emergency and do not hear back from me in 30 minutes, go to your nearest emergency room.

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

- 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.

<https://www.nationaleatingdisorders.org/sites/default/files/NEDA%20Webinar%20Levels%20of%20Treatment.pdf>

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## Charlottesville

709 A West Main Street, Charlottesville Virginia 22903. 434-326-4577.

[www.prosperityedwell.com](http://www.prosperityedwell.com)

If you have any questions, please contact: [MichelleS@prosperityedwell.com](mailto:MichelleS@prosperityedwell.com)

## Herndon

1031 Sterling Road, Suite 203, Herndon, VA 20170

703-466-5150 x 800

If you have any questions, please contact: [information@prosperityedwell.com](mailto:information@prosperityedwell.com)

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**Group Schedule-Charlottesville**

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.

<b>CHARLOTTESVILLE GROUP SCHEDULE</b>			
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>
<b>Free Aftercare Support Group (First Tuesday of Every Month)*</b>			
5:00	Nutrition	Body Image	Yoga/ Meditation
6:00	Therapeutic Meal Support	Therapeutic Meal Support	Therapeutic Meal Support (Catered)
7:00	Art Therapy	CBT/ DBT	Goals
<b>Group Name</b>	<b>Group Description</b>		
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.		
BED Binge Eating Support	This group allows individuals struggling with binge eating to address thoughts, feelings, and behaviors associated with binge eating, to include loss of control eating that may occur post gastric bypass.		
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.		

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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.
DBT Closed	The DBT closed group teaches distress tolerance, interpersonal effectiveness, mindfulness, and emotional regulation. Please ask a Prosperity representative about scheduling and attendance.

## 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:

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

For more information about resources for loved ones, or to contact Prosperity for assistance, visit our website at [www.prosperityedwell.com](http://www.prosperityedwell.com).

\*Adapted from The Alliance for Eating Disorders; [www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

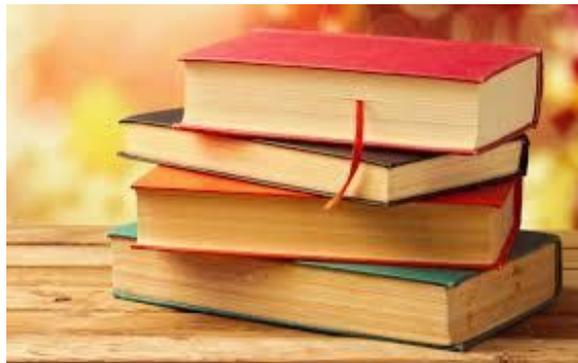


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**Suggested Reading for Loved Ones\***

- [100 Questions and Answers about Eating Disorders](#)
- by 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 Masumoto
- [Life Beyond Your Eating Disorder](#)
- Johanna S. Kandel
- [Ed Says U Say](#)
- By Catherine Sangster and June Alexander
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\*Adapted from the Alliance for Eating Disorders, [www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)



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## 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](http://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](http://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](http://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](http://www.maudsleyparents.org)
- Eating Disorder Hope: Education and support for individuals suffering from eating disorders and their families and friends. [www.eatingdisorderhope.com](http://www.eatingdisorderhope.com)
- Families Empowered and Supporting Treatment of Eating Disorders (FEAST): Empowering families through education, support, and advocacy. [www.feast-ed.org](http://www.feast-ed.org)

