



## Resource Guide

This packet contains information regarding the services at Prosperity. We are here to help. If you have any questions about the information, please contact us at:

Reston/ Norfolk: 703-466-5150  
[information@prosperityedwell.com](mailto:information@prosperityedwell.com)

Main Fax (276)253-0897 / Billing Fax (703)649-  
3529  
[www.prosperityedwell.com](http://www.prosperityedwell.com)

## **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 employ an empathetic approach, utilizing 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 Norfolk, 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)
- Other Specified Eating Disorder (OSFED)
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Secondary Anxiety Disorders and Mood Disorders
- Trauma and PTSD
- Self-harm

## **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)
- Biofeedback
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Internal Family Systems (IFS)
- Interpersonal Therapy
- Nutritional Therapy
- Therapeutic Yoga
- Trauma-Informed Care
- Chef made supportive meals

## Our Services

### **Partial Hospitalization Program (PHP)**

PHP programming is held Monday through Friday from 8 am-3 pm

Our programs are separate for adolescents (10-17) and adults (18+)

#### Services in PHP include:

- Group therapy focused on relationships, self-esteem, body image, anxiety, and depression, trauma and employs evidence-based modalities of CBT, DBT, ACT, and IFS.
- Meal Support for breakfast, lunch prepared in-house by our chef, and two snacks
- Individual sessions with your assigned therapist twice per week
- Individual sessions with your assigned registered dietitian once-twice per week
- Individual sessions with our psychiatrist once per week
- Family therapy sessions once per week (required for adolescents and optional for adults)
- Family coaching sessions once per week with parents (for adolescents only)
- Family programming

#### **Sample Treatment Day at PHP**

PHP	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Vitals 8:00 - 8:30</b>					
<b>Breakfast 8:30 - 9:15</b>					
<b>Group 9:15-10:30</b>	Weekend Check-in and Art in Recovery	Movement	Nutrition	Resilience and Healing	Cooking Group
<b>Snack 10:45 - 11</b>					
<b>Group 11:00-12:00</b>	Treatment Hour	Treatment Hour	Treatment Hour	Treatment Hour	Treatment Hour
<b>Lunch 12:00 - 1:15</b>					

<b>Group 1:15-2:30</b>	Coping Skills	Empowered Relationships	Cooking Group	Body Image	Wrap up and Goals
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<b>Snack 2:45 - 3:00</b>
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### **Intensive Outpatient Program (IOP)**

IOP programming is held any day during the week at 8 am-11 am, 12 pm-3 pm, or Mondays, Tuesdays, and Thursdays from 5 pm-8 pm

Our programs are separate for adolescents (10-17) and adults (18+)

#### Services in IOP include:

- Group therapy focused on relationships, self-esteem, body image, anxiety, and depression, and employs evidence-based modalities of CBT, DBT, ACT, and IFS. And focuses on recovery in the real world.
- Meal Support for dinner 3 nights per week, with a catered/provided meal once a week
- Individual sessions with your assigned therapist once per week (outside of programming hours)
- Individual sessions with your assigned Dietitian once per week (outside of programming hours)

### **Sample Treatment Day at IOP**

	Monday	Tuesday	Thursday
5 pm	Body image	Nutrition Group	DBT/Skills
6 pm	BYO Meal Support	BYO Meal Support	Catered / Provided Meal
7 pm	Somatic Movement and Mindfulness	Process Group	Art in Recovery

## **Top Ten Commonly Asked Questions:**

### **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. We collect payment upfront if you have a deductible.

### **How long will treatment last?**

Each person is different! Typically, we recommend a minimum commitment of one month; treatment at the IOP level can last from one to four months. PHP generally is 6-12 weeks.

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

You can continue to see your outside provider, but you must also see a therapist and a dietitian at Prosperity, as this is the best way for us to help you reach your full recovery. We will ask you to sign a release of information so that Prosperity can collaborate with your outside providers.

### **Where can I stay if I am coming from a long way?**

We have negotiated discounted rates with local hotels in the area and Airbnbs. Please contact our staff for more information. Financial Assistance for temporary housing is available to PHP participants who meet our Financial Hardship guidelines. Please ask for an application if you require assistance.

### **How many people are in a group?**

Groups typically range from 5-10 people

### **How are families involved in treatment?**

Families of our teenage population is part of the treatment team. This is essential in helping your loved one with an eating disorder. Prosperity provides family therapy to our clients. We also offer a free family support group every week. Parents and caregivers of teens will work closely with their child's providers on a weekly coaching call.

### **What are the staff credentials?**

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

We are Joint Commission Accredited and Licensed by the State of Virginia.

### **What outcome can I expect from treatment?**

Expect to learn coping skills, psychoeducation, and nutritional approaches to challenge and decrease symptoms, modulate mood, increase distress tolerance, boost self-esteem, explore identity, foster healthy relationships, and maintain a healthy meal plan to transition towards intuitive eating. Our outcome studies show a significant decrease in the areas of Drive for Thinness, Depression, and Anxiety. By completing both PHP and IOP, body image improves substantially.

### **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?

	Medical Criteria	Psychiatric Criteria	Average Length of Stay	Supervision
<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	1-2 weeks	24/7 supervision; includes meals, bathroom and medical monitoring
<b>Residential Treatment</b>	Signs of possible medical instability; needs physiologic and mental status assessments daily.	Struggling to function socially, academically, and vocationally without the eating disorder	3-12 weeks	24/7 supervision and medical monitoring includes meals and medical monitoring
<b>Partial Hospitalization (PHP)</b>	Medically stable	Struggling to function in their lives, the eating disorder is primary in their life.	6-8 weeks	5-7 days/week; includes meals, sleep site
<b>Intensive Outpatient Programming (IOP)</b>	Stable	Stable; integrating therapy skills into daily life	2 weeks to 12 weeks	3 -5 days a week minimum 9 hours/week; includes therapeutic meal/day
<b>Outpatient Treatment</b>	Stable	Stable	Several months to years	Varies

### **What if I Can't Afford Treatment?**

Clients can receive a discount of 10-50% on all services based on their income. You can apply for financial assistance by reaching out to Prosperity's main phone number and asking for the financial assistance application. Once you complete this, a provider will reach out to confirm what we can offer you.

## **How Can I Make an Appointment?**

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

**703-466-5150 or email at [information@prosperityedwell.com](mailto:information@prosperityedwell.com)**

After you have completed an initial intake and have received a clinical recommendation, 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 provider 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.

### **Please provide the following prior to your initial appointment:**

- Completion of patient portal documents
- Health Insurance Card
- Recent medical or psychiatric testing
- Contact information for outside treatment providers
- You will be asked to provide medical information including a medical clearance from your doctor, blood-work and an EKG, in order to begin PHP/IOP services

### **We wanted to highlight some important policies:**

- 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.

## 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, and 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.

### Catered Meal (IOP)

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

Twitter: @ProspEDWELL

Instagram: prosperityedwell

Facebook: @prosperityedwell

Please sign up for our newsletter to receive important information and stay up to date.

<http://prosperityedwell.com/home>

## 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).

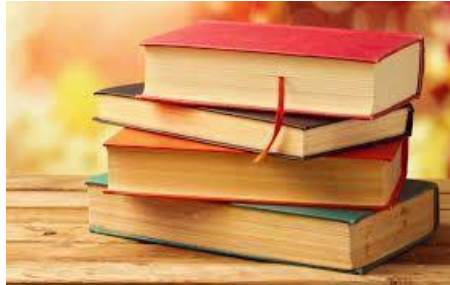
\*Adapted from The Alliance for Eating Disorders; [www.allianceforeatingdisorders.com](http://www.allianceforeatingdisorders.com)

## 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
- **How to Nourish your Child through an Eating Disorder** - Casey Crosbie RD CSSD, Wendy Sterling MS RD CSSD
- **Sick Enough** - Jennifer L. Gaudiani, MD, CEDS, FAED.

- **Parent's Guide to Eating Disorders** - Marcia Herrin, EDD, MPH, RD & Nancy Matsumoto

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



### Online Resources

- 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)
- 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)

## A Guide to Understanding Insurance

Policies vary, and many people find the terminology confusing. Please refer to this guide to obtain a better understanding of your insurance benefits.

While the staff at Prosperity will do their best to determine and explain your insurance benefits to you, it is the responsibility of each client to maintain familiarity with the intricacies of their unique policy, and to confirm any benefit details provided with their insurer.

**In-Network:** This means your insurance company has contracted with a provider to provide services at a reduced rate to any clients of the insurance provider. This saves the Insurer money- that savings is passed on to customers in the form of higher benefit payments and lower deductibles. The client pays only their designated co-insurance or co-pay and the balance is reimbursed directly to the provider.

**Out of Network:** This means your insurance company does not contract with the provider. They have not negotiated discounted rates with this provider. Because this provider's rates are generally higher than a contracted provider, this costs the insurer more money. To offset this, the insurer reduces the amount they will reimburse for services, by raising the deductible and co-insurance that the client is expected to pay. Any reimbursement for **Out of Network** services is generally paid directly to the client, not the provider.

**Allowable Charge:** This is the maximum amount that an Insurer has determined they are willing to pay for a particular service. An **In-Network** provider signs a contract agreeing to accept the **allowable charge**. An **Out of Network** provider **has not** agreed to accept this rate for their services. The Insurer will base co-insurance percentages, deductible accumulations and out of pocket accumulations on the **allowable charge**, not the actual charge. Clients who see an **Out of Network** provider are generally responsible for the balance between what the insurer pays and the actual charge. This is referred to as **Balance Billing**.

**Balance Billing:** The practice of billing a client for the difference between the Insurer's **allowable charge** and the actual charge, by an **Out of Network** provider, because the provider has not agreed to accept the Insurer's preferred rate for a particular service.

**Deductible:** This is the amount that an Insurer requires the patient to pay before they will contribute anything towards their care. Often deductibles only apply to certain services. Generally, clients will have separate deductibles for **In-Network** and **Out of Network** benefits. In order for the client to receive the specified benefit, they will need to meet the corresponding deductible.

**Co-Insurance:** This is the percentage of the **Allowable Charge** that the insurance company has determined the client must pay, ie., if the Insurer says you have a 20% co-insurance, that means they will reimburse for 80% of the **Allowable Charge** and the client is responsible for the remaining 20% (or in the case of an **Out of Network** provider, the remaining 20% **PLUS** any balance between the actual and **allowable charge**) Generally, but not always, when a policy specifies a co-insurance, there is a deductible that must be met before the insurance company begins to pay that percentage.

**Co-pay:** This is a flat fee that the Insurer requires the client to pay for a specific service. The Insurer agrees to cover the remainder of the **Allowable Charge**. The co-pay may vary, depending on the policy and the particular service. Often benefits specify different co-pays for individual services. Usually, though not always, co-pays are not subject to the client first meeting a deductible.

**Maximum Out of Pocket (OOP):** This is a set amount that the insurance company designates the client will ever have to pay during a specified time period. Once a client has spent this much of their own money on qualifying medical expenses, the Insurer will pay 100% of the remaining **Allowable Charges**. Balances after the **allowable** amount do NOT contribute towards the **OOP**, even though the client has paid for them out of their personal funds. Once the **OOP** is met, charges that are incurred which exceed the **Allowable Charge** will not be reimbursed by the insurance company, and will continue to remain the responsibility of the client. Generally, clients will have separate **OOP** for in-network and out of network benefits. In order for the client to receive the specified benefit, they will need to meet the correlating **OOP** amount.

**Cross Accumulation:** Some policies allow for sharing of the **In- Network** and **Out of Network** deductibles and **OOP**. If your policy cross accumulates, amounts that you pay to both **In- Network** and **Out of Network** Providers are pooled towards meeting the **deductible** and **OOP**. However, amounts that exceed the designated **Allowable Charge** for any service do not contribute towards the “pool.”

**Calendar Year Plan:** The policy’s benefits begin to accumulate on January 1st of each year and expire on December 31st. If you have a **Calendar Year** plan, every January 1st, the amount you have previously accumulated towards your **deductible** or **Out of Pocket** is reset to zero. Reimbursement does not resume until the client once again has paid the **deductible** amount to medical providers.

**“Service” or “Plan” Year Policy:** The policy’s benefits begin to accumulate on a unique specified date, determined by the Insurer each year and expire on the last day proceeding that date of the following year. **(Example, a policy may run from November 1, 2018-October 31, 2019)** If you have a **Service or Plan** year Policy, every year on the designated start date, the amount you have previously accumulated towards your deductible or **Out of Pocket** is reset to zero. Reimbursement does not resume until the client once again has paid the deductible amount to medical providers.