



## Resource Guide

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

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 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 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)
- Art Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Interpersonal Therapy
- Nutritional Therapy
- Therapeutic Yoga
- Trauma-Informed Care
- Supportive and Chef made 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, 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 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)
- Multifamily meal support and group therapy is once a month.

## **Intensive Outpatient Program (IOP)**

IOP programming is held on Mondays, Tuesdays, and Thursdays from 5 pm-8 pm. Our programs are separate for adolescents (10-17) and adults (18+). If there is room available, the client can choose to go to IOP from 8-11, 12-3 or 5-8 or a combination of any three to five days a week.

### 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.
- 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 registered professional once or twice per week (outside of programming hours)

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

very

### **Do you accept insurance?**

We are currently in network with Aetna, Anthem, BCBS, CareFirst, Cigna, Tricare, Kaiser, Sentara and Beacon Health. We also work with many out-of-network insurance companies to provide single-case agreements (SCAs) for in-network rates on full IOP or PHP treatment. Prosperity is not able to acquire single case agreements for Medicaid/Medicare at this time; however, we can offer financial aid and/or payment plans.

### **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's commitment; treatment at the IOP level can last one to four months. PHP generally is 6-12 weeks.

### **How many hours/week are PHP and IOP?**

Our IOP is three nights a week from 5 pm to 8 pm. Additionally, you will be required to meet

with your therapist and dietitian once a week outside of these hours.

Our PHP program is held 5 days a week, from 8 am to 3 pm, and consists of group therapy and meal support groups. Individual sessions for clients are during programming hours. For clients under the age of 18, we require that parents attend weekly family therapy sessions (1 hour) and family coaching sessions (30 minutes).

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

We recommend staying at a nearby Airbnb, so that you will have use of a kitchen. Please contact our staff for more information. Financial Assistance for temporary housing is available to PHP participants. Please ask Rosi or Joshua if you are interested.

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

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

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

Working with families is essential in helping your loved one with an eating disorder. Prosperity highly recommends family therapy to our clients. We also offer a free family support group for PHP every week. Parents and caregivers of teens will work closely with your child's 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, 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, increase self-esteem, explore identity, increase healthy relationships, and maintain a healthy meal plan to move 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?

	<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	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 assessment	Struggling to function socially, academically, vocationally without the eating disorder	1-6 weeks	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 without the eating disorder	6-8 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
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## Financial Considerations – Billing, Insurance, and Payment

**Costs for PHP and IOP**, will depend on your insurance plan. You will be responsible for a daily copay, that must be paid at least on a monthly basis.

### What can I do if my insurance is not in-network?

Some insurance companies will consider Prosperity at the in-network rate if provided with appropriate clinical information. Please call our main phone number and ask 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. Prosperity is not able to acquire single case agreements for Medicaid/Medicare at this time, however, we can offer financial aid and/or payment plans.

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

**If we obtain a Single Case Agreement with your insurance provider, we can negotiate a lower rate. However, you will still be responsible for any in-network co-pays or co-insurance that your plan requires.**

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

Clients can receive up to a 10-50% discount 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.

### 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. Treatment recommendations are provided to the client. Payment for services are expected on the date of service.

- o 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?
  - o Dates of service are captured by the individual providers and sent to the medical billing specialist.
  - o The medical billing specialist then sends the records of services to the insurance company for payment and/or reimbursement
- Will I receive an invoice?
  - o 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?
  - o 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?
  - o If you pay in full up front, but the insurance issues a payment to Prosperity, we will send you the refund amount as quickly as possible once it is received.

### **Invoicing for Services**

After we have submitted your claims to insurance and they have paid according to your insurance policy, any remaining balance will be sent to you for payment. Typically, this is 2-6 weeks after your first service, as insurance takes 2-6 weeks to process claims. Any co-pays will be due every week.

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

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

**703-466-5150 or email us 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 disorders treatment for an assessment. At Prosperity, you can expect the initial session to last about an hour and include an introduction to our program in addition to a thorough history of you or your loved one.

### **Please provide the following before 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, to begin PHP/IOP services

### **We wanted to highlight some crucial 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**

To effectively anticipate census, encourage engagement, and accurately track attendance, Prosperity will implement the attendance compliance policy outlined in your admission packet.

### **Partial Hospitalization / Intensive Outpatient / Group Attendance**

For missed (late cancel/no-show) days of PHP or nights of IOP, the first missed night 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 that 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 the 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 the 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 5 PM on Friday, the week before. If you do not notify us of your cancellation, you will incur 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 updates and stay informed.

<http://prosperityedwell.com/home>

## **Resources for Loved Ones**

Eating disorders are severe illnesses that not only affect the individual suffering but also the loved ones around them. 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 essential to remember that early intervention is a crucial step toward achieving lasting recovery. It is also vital 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>

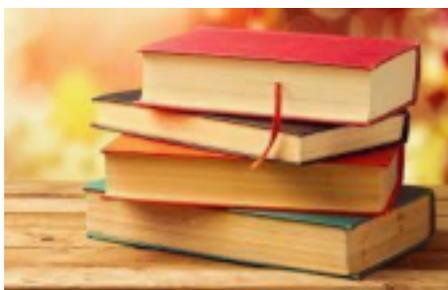
For more information about resources for loved ones, or to contact Prosperity for assistance, visit our website at [www.prosperityedwell.com](http://www.prosperityedwell.com).

\*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)