

UVM CHILDREN'S HOSPITAL EATING DISORDER CONSULT CLINIC (Updated May 2022)

Regional Eating Disorder Programs with IOP and PHP Updated May 2022						IOP: Intensive Outpatient – ie: 3 half days per week PHP: Partial Hospitalization – full day, 5d per week		
Intake visit should be arranged if insurance accepted. Programs will let families know if IOP, PHP, Residential or Inpatient care is recommended.								
Program	Contact Information	Ages Served	Gender Served	IOP	PHP	Locations Approx 3hrs away	Insurance Information	Additional Notes
Walden	413-582-0100 or 781-899-2460 (Waltham)	12-17	All Genders	Yes	Yes	Amherst, Massachusetts and Waltham, Massachusetts (approx. 3.5hrs away).	VT-Medicaid, most private insurances	https://www.waldeneatingdisorders.com/eating-disorder-treatment-programs/
Family Based Treatment approach. Have had patients in residential and inpatient programs A few patients have participated in PHP/IOP since Covid. May have virtual options for VT residents.								
Reflections Eating Disorder Center	603-890-2724	9+	All genders	No	Yes	Salem, New Hampshire	Contact for insurance information	https://parklandmedicalcenter.com/specialties/eating-disorders/
One patient reported past participation Website states program is designed by Reflections and based on family skill-building and family-based meal program								
HPA/LiveWell	518-218-1188	12+	All genders	Yes	No	Albany, New York	Contact for insurance information	http://hpalivewell.com/
Four hours per day for four days per week; utilizes various treatment approaches including ERP, CBT, FBT, DBT, MI No patients have participated								
Center for Eating Disorders Management	603-472-2846	14+	All genders	Yes	No	Bedford, New Hampshire (Andover, MA location may be opening early 2022)	Most private insurances	https://www.cedm-inc.com/ *IOP is exclusively telehealth due to COVID-19 at all locations for in- state residents only
Not familiar with details of program but website indicates utilizes CBT and DBT; runs Monday-Thursday, 4pm-7pm No patients have participated								

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Fully Virtual Programs								
WithinHealth	(786) 239-6490	Adolescent and adult	All genders	Yes	Yes	All virtual, licensed in VT	Contact for insurance information	www.withinhealth.com
Equip	(908)-797-5167	6-24	All genders	Yes	Yes	All virtual, licensed in VT	Contact for insurance information	www.equip.health