



Center for Eating Disorders
Highland Park Hospital
777 Park Avenue West
Highland Park, Illinois 60035

Center for Eating Disorders

For information, call (847) 480-2617

Highland Park Hospital's Center for Eating Disorders, established in 1985, offers a nationally and internationally recognized program for people with anorexia nervosa and bulimia nervosa.

The center's professional team is committed to assessing and treating each individual. The goal is to help those with eating disorders and their family members to understand the physical, emotional and social aspects of the problem, and to help the individual develop healthy eating behaviors, increase self-esteem and learn positive coping skills.

The professional team includes board certified psychiatrists, registered psychiatric nurses, licensed clinical social workers, a registered dietitian, a certified recreation therapist, a certified teacher, and a certified alcohol and substance abuse counselor.



- Hospitals: Evanston, Glenbrook, Highland Park, Skokie
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Eating Disorders Treatment Services

- Diagnostic Assessment
- Partial Hospitalization
- Intensive Outpatient Treatment
- Aftercare Groups
- Individual Therapy
- Family Therapy
- Medical Nutrition Assessment and Therapy

Partial Hospitalization Program

Our specialized partial hospitalization program for eating disorders provides five days per week intensive treatment with supervised meals and snacks for males and females ages 13 and over. We offer a multidisciplinary treatment team approach including psychiatrists, physicians, registered nurses, a registered dietitian, licensed clinical therapists, an educational specialist and experiential therapists. Upon admission, patients meet with members of the treatment team to develop an individualized plan to meet their treatment goals and needs. Our program is family focused with family therapy and education offered to all patients. In addition, we offer a multifamily support group each week for our patients and their families and friends.

Having a comprehensive discharge plan is vital to successful recovery. To help meet this need, we offer a variety of outpatient services six days per week including individual and family therapy, aftercare groups, medical nutrition therapy, and medication management. We also collaborate with community providers, schools, and families to help facilitate a smooth transition to outpatient care and reintegration into the community.

Partial Hospitalization Program Components

- Psychiatric Assessment
- Individual Therapy
- Family Therapy
- Medical Nutrition Therapy
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Psychotherapy Groups
- Body Image Groups
- Recreation Therapy
- Relapse Prevention
- Stress Management
- Relaxation Groups
- Multifamily Groups
- Medical Management
- Case Management

Schedule for a Typical Day in Treatment

9:00	Blind Weights and Vitals
9:15 – 10:00	Breakfast and Daily Goal Setting
10:00 – 11:30	Group Therapy
12:00 – 1:00	Lunch
1:00 – 2:00	Focus on Recovery
2:00 – 3:00	Medical Nutrition Therapy
3:00 – 3:15	Snack
3:15 – 4:15	Supervised Study or Relaxation Group
4:15 – 5:00	Recovery Toolbox
5:00 – 6:00	Dinner and Wrap Up with Evening Goal Setting

Signs of an Eating Disorder

- Weight loss or intensive fear of weight gain
- Preoccupation with body image
- Binge eating
- Vomiting
- Use of laxatives, diuretics, emetics or diet pills
- Obsessive exercising
- Loss of regularity of menstrual periods
- Secretive behavior related to food
- Unusual eating habits
- Preoccupation with healthy eating or healthy food
- Wearing of excessively layered or loose clothing
- Complaints of feeling cold
- Hyperactivity/nervousness
- Unusual amounts of time spent in the bathroom
- Denial of any possible problem when confronted with symptoms

Debilitating Effects

An eating disorder is a progressive illness. As it advances, the individual may exhibit some or all of the following effects:

Physical Effects

- Sleep disturbances
- Hormone imbalances, cessation of menses
- Impaired bone development
- Dental deterioration
- Gastrointestinal damage
- Kidney malfunction
- Anemia
- Low pulse and blood pressure

Psychological Effects

- Isolation and withdrawal
- Mood swings, anxiety and depression
- “People-pleasing” (inability to say “No” or assert one’s needs), coupled with low self-esteem and/or self-hate
- Distorted body image—seeing the body as fatter or larger than it is
- Perfectionism
- Perception distortions

For more information, please call Highland Park Hospital’s Center for Eating Disorders at (847) 480-2617, Monday-Friday, 9 a.m.-6 p.m.

To schedule an assessment, please call the Access Center at (847) 570-2500