

Eating Disorder Day Treatment Program Guide

The Kingston Health Sciences Centre Eating Disorders Day Treatment Program (EDDTP) is an intensive program located in the community.

Our role in treatment is to provide structure, support, and guidance. You are responsible to do the work: this involves taking an active role in recovery.

Program Goals:

- Restore physical health (including normalization of eating and weight restoration),
- Symptom interruption (e.g. interruption of binge eating, purging, restriction, excessive exercise),
- Building recovery-oriented skills (e.g. mindfulness, distress tolerance, emotional regulation, interpersonal effectiveness skills),
- Improve quality of life.

Eligibility:

We specialize in the treatment of eating disorders, including Anorexia Nervosa, Bulimia Nervosa, and Other Specified Feeding and Eating Disorders, for individuals aged 16 and older who have moderate to severe eating disorders.

To be considered for the program, an individual must:

- Have a BMI of 16.0 kg/m² or above (for individuals with a BMI below 16.0 kg/m² or weighing less than 80% predicted body weight, we recommend a higher level of care. If weight decreases during the assessment or treatment phase, a higher level of care will be recommended),
- Be medically stable as assessed by the EDDTP Nurse Practitioner (NP),
- Agree to regular medical monitoring carried out by their primary care provider (the primary care provider is responsible for medical monitoring while an individual is waiting for service and throughout the assessment and treatment program),
- Commit to staying alive and addressing eating disorder behaviours,
- Be able to engage in activities of daily living, and
- Be ready and willing to work on recovering from the eating disorder.

Contact Information

Eating Disorder Day Treatment Program
190 Wellington Street
Kingston, ON K7L 3E4
Phone (613) 544-3400 ext.22506
Email: EDdaytreatment@KingstonHSC.ca
satellite site of Kingston Health Sciences Centre

Eating Disorders Day Treatment Program

Kingston Health
Sciences Centre

Centre des sciences de
la santé de Kingston

Frequently Asked Questions

Q: When do I start the program?

You will need to have an assessment done by the EDDTP team to determine eligibility prior to be considered for the program.

Q: What is the time commitment?

Phase 1: Two visits per week (individual session, group session).

Phase 2: Tuesday, Wednesday, and Thursday group programming, plus availability on Mondays and Fridays for individual sessions. Refer to sample calendar below.

Q: Do I have to commit to all phases?

This is a voluntary program, meaning that you can choose to discontinue services at any time.

An alternate treatment approach may be recommended by the team during any phase of the program.

Q: Can I continue to attend school or work?

It is recommended that you pause school or work during phase 2 to fully focus on recovery.

Q: How much does it cost?

We are an OHIP funded service, which means treatment services are at no cost to you.

Q: Where does treatment take place?

190 Wellington Street, Suite 302 Kingston, Ontario K7L 3E4

Treatment Phase 1 Assessment and Readiness

After initial assessments with the team psychiatrist, nurse practitioner, and allied health team (therapists, dietitian), eligible patients will establish commitment and readiness for the recovery pathway.

Not all people who enter the program will continue to phase 2. Medical stability, a willingness to stay alive, and a willingness to engage in recovery work determine next steps.

Phase 1 includes:

- Care planning to direct intervention and treatment goals,
- Bi-weekly individual visits with the NP, RD, and/or OT,
- Individual sessions with the psychiatrist,
- Weekly group session (Fridays, 9:00-10:15 am),
- Establishing mechanical eating through a meal plan,
- Improving understanding of what keeps the eating disorder going and building readiness to take action towards recovery.

Treatment Phase 2 Intensive

Partial-days (Tuesday through Thursday), including group therapy sessions and individual sessions.

Commitment to recovery work: mechanical eating, medical stability, symptom interruption, weight restoration (if applicable), and skills training.

Phase 2 includes:

- Care planning to direct intervention and treatment goals,
- Daily commitment to a meal plan and skills to replace eating disorder symptoms,
- Twice daily meal support (morning, lunch) at least three days per week (Tuesday, Wednesday, Thursday),
- Individual therapy with an occupational therapist practicing psychotherapy,
- Nutrition counselling with the dietitian, and medical monitoring with the nurse practitioner,
- Individual sessions with the psychiatrist,
- Group therapy sessions and group psychoeducation focused on eating disorder recovery,
- Weekly homework sessions that aim to enhance the recovery process,
- Family and friends support sessions,
- Option to continue attending Friday group session.

Sample program calendar** - Phase 2 intensive								
	Monday	Tuesday	Wednesday	Thursday	Friday			
9:00am	Individual Sessions Assessments	Morning meal support	Morning meal support	Morning meal support	"Worth It" Group (all phases welcome)			
9:15am								
9:30am		Behaviour Chain Analysis Group	Weekly self-monitoring reflection	Individual Sessions NP/OT/RD/Psych (Phase 2)		Target Group		
9:45am								
10:00am								
10:15am		Break			Break			
10:30am		CBT-E Group			DBT Skills Group	DBT Skills Group		
10:45am								
11:00am								
11:15am								
11:30am					Individual Sessions			
11:45am		Break	Break					
12:00pm		Noon meal support	Noon meal support	Noon meal support				
12:15pm								
12:30pm		Post-meal Skills Group	Post-meal Skills Group	Post-meal Skills Group				
12:45pm								
1:00pm		Psychoeducation Group	Nourishment Group	Meal Planning				
1:15pm								
1:30pm								
1:45pm								
2:00pm	Target Group	Reflect & Plan Group	Weekend Reflect & Plan Group					
2:15pm								

** schedule subject to changes

Group Descriptions:

Meal Support: Supervised times to nourish, in the morning (breakfast or snack if having an earlier breakfast outside of program) and lunch. Meals are reviewed for adequacy prior to eating, and program staff offers support and encouragement during meals. Patients are expected to bring food according to their meal plan. All patients and staff members are expected to complete their meals in the allotted time (30 minutes). Meal support guides patients to eat in a normalized way and offers opportunity to practice skills that help to replace eating disorder behaviours.

Behaviour Chain Analysis Group: Changing behaviour requires understanding the causes of the behaviour you want to change. A behavioural chain analysis guides understanding the chain of events (the “links”) leading up to and following specific behaviours. Repeatedly doing behaviour chain analyses can help to identify points in the chain where different coping skills or tools can be used to prevent the problem of behaviour from occurring.

Target Group: A check-in group designed to keep patients and program staff focused on the most acute symptoms. Each participant has an equal opportunity to share about their recovery actions, and the things that interfere. Each participant selects a “target” (goal) to focus their recovery efforts upon. It is expected that participants keep a daily diary card/self-monitoring form to guide these discussions and target-setting.

CBT-E (Cognitive Behavioural Therapy-Enhanced): A therapy group that discusses treatment topics such as self-evaluation, shape-checking, functions of an eating disorder, driven exercise, and comparison making. You will practice skills in challenging unhelpful thoughts, challenging dietary rules, building a life worth living, and cultivate recovery-focused actions.

Nourishment: People cannot recovery from an eating disorder without eating; this group aims to educate and empower participants with recovery-focused explorations into the role of food in body health – from both a physical and mental health lens. Topics include effects of starvation, mechanical eating, nutrients and the body, effects of diet cycles, weight science, gut health, food exposure, food neutrality, body cues (hunger, fullness), meal planning, and food literacy.

DBT-Skills (Dialectical Behaviour Therapy): A therapy group where participants are introduced to distress tolerance, emotion regulation, and DBT-mindfulness training. Participants are encouraged to actively use DBT skills during program and outside of program to navigate difficult situations. DBT skills will be encouraged at all meal support sessions.

Psychoeducation: This group will provide education around a variety of topics related to eating disorders, such as metabolism, coping with social media, and getting to know nervous system states. This group may also include discussion related to a short reading, podcast, or video.

Post-meal Skills: This group is designed to provide patients with distractions following meals and an opportunity to apply relevant coping skills (e.g. mindfulness, arts and crafts, interactive discussion, and life-worth living activities).

Meal Planning: Support in meal planning for the weekend and next week. Think of the meal plan as a cast that is necessary in eating disorder recovery to support healing.

Reflect & Plan: This group is designed to wrap up the day and give patients time to plan for the evening and next day. Patients will be asked to reflect on: what did I take away from today? What do I currently need to help me stay on the path to recovery? What's going well? What's not going well?

Individual Sessions: Individual sessions with the therapist (OT), NP, or RD will be primarily scheduled on Wednesday mornings. Additional individual sessions can be booked as needed on Thursday afternoons (1:30-2:30pm), or on Mondays/Fridays.

Food Exposure: Some participants will be invited to participate in food exposure sessions, which may take place at a grocery store, coffee shop, or restaurant. Food exposure is a part of eating disorder recovery and nutrition rehabilitation, allowing for more flexible food choices and eating experiences. Ultimately, this makes eating less stressful and allows people to participate in many life experiences.

Preparing for transition

Discharge planning is an ongoing process throughout programming.

Following Phase 2, patients will participate in a care planning session with the team to determine needs and next steps.

Patient Statement

I agree to the following Eating Disorders Day Treatment Program (EDDTP) expectations:

To honour responsibility, I will:

- Attend day treatment, unless I am unwell, or have an emergency:
 - Call [613-544-3400 ext. 22506](tel:613-544-3400) or email the program receptionist at EDdaytreatment@KingstonHSC.ca if I will be late or absent for day treatment to let the team know the reason for the absence and date/time I will be returning
- Arrive a few minutes early so all sessions can start on time
- Be cooperative with structured treatment
- Limit cell-phone use to times outside of group and individual sessions to ensure that confidentiality and privacy are upheld, and I that I am fully engaged in treatment
- Consider the pros and cons of socializing with EDDTP peers outside of clinic
- Adhere to the following dress code:
 - Comfortable casual or business casual clothing
 - Clothing that may be revealing of chest, buttocks, mid-section, etc. should not be worn
- Consider the function of my clothing and how it may be supporting or interfering with my participation in day treatment programming

To respect safety and medical stability, I will:

- Have a willingness to stay alive
- Work with the day treatment team to develop individualized goals for health restoration and eating disorder recovery
- Maintain medical stability, including electrolyte balance and BMI ≥ 16.0 kg/m²
- Promptly respond to medical recommendations that support medical stability and safety in the community setting, such as bloodwork and consults with my primary care provider
- Abstain from substance use for the duration of the day treatment program
 - Refrain from substance use while attending the day treatment program
 - Refrain from bringing substances or paraphernalia to the day treatment program
- Be adherent to all prescribed medications
- Self-administer all medication
- Renew and refill all pre-existing medications prescribed by other providers in the circle of care

Patient Initials: _____

To place barriers to eating disorder behaviours, I will:

- Actively participate in group and individual sessions
- Work toward my treatment goals to reduce/eliminate eating disorder behaviours that could be a risk to my physical health (i.e. restricting, purging by vomiting, exercise, laxative use, etc.)
- Work toward full completion of my individualized meal plan
- Consume meals in 30 minutes during clinic meal support
- Meet with the team to determine what actions will be taken if a meal or snack is not completed during program meal support (e.g., replacing uneaten food with a meal supplement)
- Bring my own food and accept supplements when needed to ensure my meals and snacks meet my individual nutritional needs
- Complete my diary cards/self-monitoring forms daily even when away from day treatment, and submit to EDDTP team
- Use the bathroom prior to meals
- Commit to align with treatment recommendations (including meal plan) in and outside of clinic
- Set daily behavioural targets (both clinic and non-clinic days)

I will respect non-negotiable program expectations:

- Ensure the confidentiality of other group members; I will not disclose the names or personal matters of other group members while outside of day treatment
- Non-negotiable program expectations which will result in discharge from the program include imminent life-threatening behaviours, breaching confidentiality, substance use while attending the program, not completing diary cards, and/or missing sessions without explanation. Two (2) consecutive missed appointments (including same-day cancellations) or multiple missed appointments will result in your file being closed.
- A pause in treatment (e.g. personal vacation, hospital admission, illness, etc.) interferes with recovery, and will prompt a team care planning meeting to determine how to best support your current care needs.

Patient Initials: _____

What happens if I have difficulty meeting program expectations or my individual recovery goals?

- You will have a meeting with the EDDTP team to talk about challenges
- You may be placed on a treatment pause:
 - A treatment pause is an agreement between a patient and the EDDTP, where a patient steps away from the EDDTP for a specified period of time.
 - A person may benefit from a treatment pause due to a personal crisis, medical instability, family emergency, prolonged illness leading to more than 3 group programming days missed, continued engagement in therapy-interfering behaviours, or other situation that is making it difficult to align with eating disorder recovery.
 - A treatment pause includes patient and team agreement upon parameters, such as duration of the pause and the behavioural plan that must be completed prior to rejoining the EDDTP. Primary care providers are informed about treatment pauses, including the behavioural plans and conditions for re-entry to the EDDTP.
- You may be discharged from the program.
 - Breaching a non-negotiable program expectations may be a condition for immediate discharge from the EDDTP.
 - Following a treatment pause, if the behavioural plan is not met, a patient may be discharged from the EDDTP.
- I have read the above and understand the program expectations.
- I understand that the EDDTP team members will review my progress, alignment with the above program expectations, and alignment with my personal recovery goals on a weekly basis to support my recovery.
- I understand that a breach in the above program expectations or difficulty progressing with eating disorder recovery may result in treatment pause, or discharge from the program.

Printed Name: _____

Patient Signature: _____ Date: _____

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