

Coming Soon

The Center for Eating Disorders Reno Behavioral Healthcare Hospital



CALL US TODAY TO LEARN MORE ABOUT OUR PROGRAM 775-393-2201

Welcome to the Center for Eating Disorders at Reno Behavioral Healthcare Hospital.

We are committed to producing the highest level of clinical outcomes for patients and their families. Eating disorders don't discriminate. We are strong advocates for access to help and support for everyone struggling with eating disorders.

The program serves patients who are experiencing mental and physical impacts related to eating disorders. Our team of clinical experts understand that all disorders arise from a combination of long-standing behavioral, biological, emotional, psychological, interpersonal and social factors. We recognize that patients often seek self-destructive behaviors to cope with pain and trauma.

Our approach to treatment is unique. Our comprehensive, patient-centered treatment combines the best evidence-based medical and therapeutic models of care to provide measurable outcomes.



www.renobebehavioral.com

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Patient Core Concepts

Our program is built on the foundation of the following Patient Core Concepts:

- Maintaining Safety and Structure (diagnostic impressions and medication adjustments).
- Teaching patients to identify their specific triggers that can lead to trauma reactions.
- Developing self-regulation skills to produce healthy outcomes.
- Creating a Wellness Recovery Plan including triggers, warning signs, new self-regulation skills and emergency plans.

We combine the Core Care Concepts with the evidence-based model of Intuitive Eating with the addition of therapeutic modalities including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Treatment (DBT) and Acceptance Commitment Therapy (ACT).

Treatment Team

Attending Psychiatrist: Patient treatment is lead by a **psychiatrist** who is trained in eating disorders. The psychiatrist completes a psychiatric evaluation to determine if there are any co-occurring psychiatric and/or substance use disorder diagnoses that need to be addressed. The psychiatrist and/or designee completes daily rounds along with frequent treatment teams to evaluate patient progress.

Medical internists complete a thorough patient physical including a comprehensive review of medication and collaborates with the psychiatrist on any medical issues contributing to the patient psychiatric illness.

Licensed Therapists provide clinical assessments, group and individual therapy, transition planning and coordination of the multidisciplinary treatment plan. Therapists assist the patient to create and implement their **Wellness Recovery Plan**.

Registered Nurses and Mental Health Technicians monitor the patient's medical condition and behavior, provide safety and structure and assure the implementation of the daily program.

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