

Quick Referral Guide

Full Continuum of Eating Disorder Treatment:

- Eating Disorders and Co-Occurring Mental Health Conditions
- Residential Treatment (female gender 18+)
- Partial Hospitalization (PHP all genders 14+)
- Supportive Housing
- Intensive Outpatient (IOP all genders 14+)
- Outpatient
 - Psychotherapy
 - Nutritional Therapy
 - Experiential & Art Therapy
- Group, Individual, & Family Therapy
- Outpatient Psychiatric
- Medication Management
- Alumni & Family Long-Term Support
- Multi-Disciplinary Medical & Clinical Team
- In-Person and Telehealth Options



What We Treat:

- Anorexia Nervosa
- Avoidant Restrictive Food & Intake Disorder (ARFID)
- Bulimia Nervosa
- Binge Eating Disorder
- Other Specified Feeding or Eating Disorders (OSFED)



How to Make a Referral:

1. Call 844.448.7700
2. Provide patient demographic, psychiatric and medical history
3. Provide insurance information

Next Steps:

1. A Sanford admissions specialist will verify the patient's insurance and collect any clinical information needed to deliver an estimate of costs and recommended placement.
2. An admissions specialist will guide the patient/family/professional through the admissions process; our multi-disciplinary team provides comprehensive assessments to ensure proper diagnosis and individualized treatment plans.

Referrals and Admissions 844.448.7700

fax: 616.279.3955

info@sanfordhouse.com

Sanford Comprehensive Treatment for Eating Disorders Guiding Principles:

- Medical services include 24 hour/day support for all residential programs. All levels of care include on-site supervision by medical physicians with specialties in psychiatry and/or eating disorders, Doctor of Nutritional Medicine, advance practice providers, registered nurses and registered dietitians.
- We provide a full physical examination and assessment upon admission to a Sanford treatment facility. We also provide ongoing monitoring of vitals and physiological symptoms, recommend and/or treat co-occurring physiological and psychological symptoms associated with the primary diagnosis, and manage medications.
- Sanford is licensed by the State of Michigan and accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).
- We offer person-centered, sophisticated and evidence-based treatment modalities. Our approaches include: evidence-based modalities and curricula such as Motivational Interviewing, CBT, DBT, Mindfulness-Based Stress Reduction among others. Nutritional counseling is provided by a registered dietitian trained and experienced in treating eating disorders. We involve family in the treatment and recovery experience. And The Family Program is designed to educate, provide resources, and build long-term community and communication.

We practice a **Health at Every Size (HAES)** approach, which honors body diversity and encourages movement for health and enjoyment, not to lose weight. Our ultimate goal for everyone we treat, is to return to Intuitive Eating behaviors – eat when hungry, stop when full. However, most of the individuals we treat have practiced unhealthy eating habits for so long they have reduced or eliminated the body’s hunger and fullness cues. Often following a prescribed meal pattern for some time is necessary before Intuitive Eating can be reestablished.

We integrate **experiential therapy** into the recovery process whenever possible. Experiential therapy utilizes recreation, creative expression, and other activity-based techniques to restore physical and psychological health. At Sanford Comprehensive Treatment for Eating Disorders, we believe that the mind-body connection is a crucial part of long-term wellness. Activities such as art, movement, yoga, and therapeutic excursions can be an important adjunct to the more traditional therapies.

At **Sanford West Behavioral Health Campus**, we employ a fully integrated model of care that addresses eating disorders, addiction, and co-occurring mental health conditions. It is not a one-size-fits-all approach because no two individuals or situations are the same. While the initial focus of treatment may be symptom stabilization our goal is to treat individuals as a whole and not just focus on symptoms, but also address underlying issues in order to promote physical, mental, emotional, social, and spiritual healing.



Sanford Behavioral Health

15146 16th Avenue

Marne, Michigan 49435

Addiction. Eating Disorders. Mental Health

Greater Grand Rapids, Michigan & Beyond

SanfordBehavioralHealth.com