Eating Recovery Center, Ohio Expands Level of Care to Include Virtual Intensive Outpatient Program

VIOP answers need for group eating disorder outpatient treatment for those who face barriers to accessing care

CINCINNATI (PRWEB) October 30, 2018 -- Eating Recovery Center (ERC) announces today the addition of its Virtual Intensive Outpatient Program (VIOP) to its center at Eating Recovery Center, Ohio (ERC Ohio) in Cincinnati. Available to patients throughout Ohio, VIOP gives those who have limited or no access to an eating disorder treatment facility the ability to access best-in-class outpatient care.

VIOP combines the proven excellence of ERC’s Intensive Outpatient Program (IOP) services with the convenience of receiving care wherever there is a private space with a computer that has video and internet access. VIOP allows for individuals to get more intensive care earlier in their illness and transitional support to foster recovery. In addition to IOP and VIOP, ERC Ohio also offers a Partial Hospitalization Program (PHP).

“We are very excited to expand our levels of care to now include VIOP, where we can reach a population in need of top-quality eating disorder treatment services who face barriers in accessing care or are unable to attend an outpatient program,” says Ashley Solomon, PsyD, CEDS, Regional Managing Director at Eating Recovery Center, Ohio. “As a provider committed to helping patients sustain long-term recovery, offering options such as VIOP means we can treat people earlier in their illness and bridge the gap between a lack of resources and best-in-class care.”

VIOP also gives patients the opportunity to engage in valued activities, including those that are education, employment or family-based, while at the same time receive the support they need to overcome their eating disorder. Science-backed skills groups, meal support, weekly therapy and nutrition support groups, including once weekly individual/family therapy sessions and bi-weekly nutrition sessions with a registered dietician, are provided.

Additional services include the Recovery Record app, an innovative eating disorder management app that enables patients to stay connected with their treatment team during their care at ERC Ohio. After discharge, outpatient providers are given access to Recovery Record so that patients can continue to use the app with their outpatient team.

Candidates for the program include those who have been diagnosed with or meet the criteria for an eating disorder; are medically stable; have struggled to progress in outpatient treatment and do not have access to recommended or specialized care; would appreciate and benefit from more structure and support to progress with individualized treatment goals; are engaging in eating disordered behaviors three days per week or more; are struggling to function well due to concerns related to eating or body image, among other criteria.

For additional information about ERC Ohio, please call (513) 245-4305 to speak with a Masters-level clinician or email info(at)eatingrecoverycenter(dot)com.

About Eating Recovery Center

Eating Recovery Center (ERC) is the only national, vertically integrated, health care system dedicated to the
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treatment of serious eating and related disorders at any stage of the illness. ERC offers best-in-class treatment programs for all patients, no matter their age or gender, struggling from: anorexia, bulimia, binge eating disorder, eating and weight disorder, unspecified eating disorders, as well as comorbid, co-occurring and dual diagnoses. Led by the world’s leading experts in eating disorder treatment, ERC provides a full spectrum of eating disorder recovery services through an unmatched network of multiple locations across seven states.
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