

Resilience RecoverED: *Telebehavioral Health Intensive Outpatient Program for Eating Disorders*



Registration Guide

Resilience RecoverED: *Telebehavioral Health Intensive Outpatient Program for Eating Disorders*

Resilience RecoverED is a comprehensive eating disorder program provided online from licensed therapists, clinicians, dietitians, and psychiatrists. Clients receive a minimum of 11 hours of treatment per week with 9 hours of group therapy (including 3 supported meals), 1-hour individual session with a therapist, and 1-hour individual session with a dietitian. Group sessions are 3-hours long, scheduled 3 times per week. Each individual is assigned a multi-disciplinary treatment team who creates an individualized treatment plan.

Criteria for Program Admission

Medical Stability: demonstrated by normal physical and medical lab results, as listed on the medical/lab forms, evaluated by a medical professional, such as a primary care physician, urgent care clinician, a hospital, or residential eating disorder site that has monitored the client's medical stability and has determined the client to be stable for an intensive outpatient to outpatient level of treatment.

We will provide referrals for the appropriate level of care to applicants demonstrating medical instability as defined by established level of care guidelines.

Minimum BMI of 18: BMI will be assessed during the required medical evaluation. A BMI <18 is an indicator of medical risk and a need for a higher level of care.

Exception: If you are discharging from a higher level of care and your BMI is <18, your physician will be asked to sign a Medical Stability Form attesting to your stability for intensive outpatient treatment.

While we recognize that BMI is not an absolute number determining instability, we have made this decision based on current research indicating the probability of instability at this level of care for persons with a BMI <18. We will provide referrals for the appropriate level of care to applicants with a BMI <18.



Diagnosis: Participants must meet diagnostic criteria for an eating disorder as established by the DSM V: anorexia nervosa, bulimia nervosa, OSFED, ARFID.

Minimum age: 18 years old

Supports: Each participant must have at least one support person willing to actively participate in your treatment. This participation includes attending multi-family groups to learn how to best support you and assisting in accountability to your treatment plan goals.

Technology:

- a. Participants must have access to a tablet, laptop, or PC with a webcam and sufficient internet connection to participate in this program. A good rule of thumb is, if you can stream Netflix or videos on YouTube, you will be able to use the software.
- b. Participants must use earbuds with a mic at all times to ensure confidentiality of the group.
- c. Participants agree to use the Recovery Record app to document adherence to meal plan.

Pre-Testing and Post-Testing: This program relies on client and supporter feedback for the ongoing assessment of treatment effectiveness over time through pre-admission and post-discharge questionnaires. You will be asked to sign a consent for the collection of this data. You will receive anonymous online questionnaires at 3, 6, and 12 months post discharge. All data collected will be confidential and any identifying information will be removed when sharing any statistics.

Steps to Apply

1. **Schedule your screening:** Call 918-861-4973 or email IOP@resiliencecentertulsa.com to schedule 30-minute screening. This screening will take place using the program's telebehavioral health software, which will verify that you meet the technological requirements. You will receive instructions for the screening via email.
2. **Complete the screening:** You will be asked questions about your disordered eating symptoms and other mood concerns.
3. **Complete a physical and labs** with your doctor or at an urgent care. Labs must be recent, taken no more than 30 days prior to applying for the program.
 - This can be the longest part of the process, so you are urged to schedule this ASAP.
 - A medical workup request form is provided here to give to your physician.
 - ALL of the labs requested are necessary. To avoid a second visit to your doctor, be sure that all labs and tests are ordered.
4. **Have your lab results faxed** to Resilience Center at 918-280-0166.
5. **Complete intake forms:** Your insurance and payment options will be reviewed during the phone screen, and you will be emailed a summary of your benefits and financial obligation, as well as your program intake forms. Complete and return these forms. Once received, you will get an email confirming your preliminary acceptance.
6. **Schedule your intake** assessment/orientation and nutritional assessment. Call 918-861-4973.
7. **Complete online pre-admission surveys.** These will be emailed.
8. **Set up payment:** Upon receipt of your first program payment, you will be fully enrolled in the program and able to start groups.

Supporter Steps

- 1. Ensure completion of a physical and labs** at your loved one's doctor or at an urgent care. Labs must be recent, taken no more than 30 days prior to applying for the program.
 - As this can be the longest part of the process, this needs to be scheduled ASAP.
- 2. Follow up with your loved one to ensure lab results are faxed** to Resilience Center at 918-280-0166.
- 3. Review the program schedule** to make sure you are able to attend all required supporter groups.
- 4. Complete online pre-admission surveys.** These will be emailed separately after your loved one's preliminary acceptance.
- 5. Set up payment:** If you are a supporter assuming financial responsibility for treatment, upon receipt of your first program payment, your loved one will be fully enrolled in the program and able to start groups.