



# Eating Disorder Treatment for All Genders



**Monte Nido & Affiliates**

Treating Eating Disorders

Monte Nido & Affiliates specializes in the treatment of eating disorders for all genders. For over two decades, our tenured and expert staff – which includes recovered professionals – has delivered treatment that leads to full recovery.

### Monte Nido & Affiliates provides:

- A full continuum of gender-affirming care—ranging from inpatient to residential to day treatment - for adults and adolescents
- Effective, outcome-backed treatment as well as ongoing research showing the efficacy of our care
- Thorough medical, psychiatric, clinical, and nutritional assessment; oversight and care
- High staff-to-client ratio
- Comprehensive discharge planning

**Treatment at Monte Nido & Affiliates programs (Monte Nido, Clementine, Oliver-Pyatt Centers, and Rosewood) focus on stabilizing the eating disorder and co-occurring presentations, reducing urges, enhancing motivation, developing alternative coping capacities, and changing the way clients think about themselves and their world.**

### Treatment components include:

- High levels of medical and psychiatric care with 24-hour nursing in the comfort of a home at all inpatient and residential programs
- Evidence-based treatments such as Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT), plus therapies to address co-occurring presentations
- Group therapies
- Therapeutic opportunities, assignments, journaling, challenges, self-monitoring, and treatment exposures
- Nutritional programming that meets differing needs
- Specialized mindfulness training
- Exploration of spirituality, personal values, and personal meaning to help build and sustain motivation
- Family involvement as active partners: multi-family groups, family education, and family therapy

## Co-occurring Presentations

Co-occurring presentations such as substance use disorder and trauma reactions such as PTSD share common causal and maintaining factors with eating disorders that influence treatment and recovery. We integrate specialized programming to address these factors.

### Core interventions can include:

- Motivational Enhancement Therapy (MET), CBT, and interpersonal therapy to address substance use and support behavior change
- The concept of “healthy self” and “disordered self” dialogues as a model for building symptom control, self-awareness, and perspective.
- 12-step meetings to enrich social support and decrease risk of relapse
- Cognitive Processing Therapy (CPT), an evidence-based model for addressing PTSD, that helps clients identify and process traumatic experiences and the post-trauma reactions and adaptations that may be contributing to their eating disorder



## Nutrition

Nutrition programming works from the same core foundations of health, freedom from eating disordered behaviors, and developmentally appropriate progression toward self-trust and internally directed eating. With this solid foundation, clients move through the early stages of food relationship repair to the later stages of growth and expansion in a recovered life.

### Our informed nutritional care reflects:

- Recognition that healthy, recovered people come in all shapes and sizes and that all bodies deserve to be nourished and experience satiety
- Behavior-focused, rather than weight-focused, philosophies
- Belief that weight loss attempts and focus are contraindicated for recovery
- Kitchens open and accessible in a homelike setting

## For Students

We understand the decision to leave academic life for treatment is a difficult one. We believe when effective treatment is provided, clients can return to school in a healthier and stronger place. When ready, we work closely with each client, their family, outpatient team, and academic institution to develop an aftercare plan that wraps around their specific needs.

### May include:

- Setting up outpatient treatment, reasonable academic and recovery goals, and schedule planning
- Finding local or student support groups
- Planning of recovery-oriented activities
- Support with application or readmission process

## Ongoing Research

Monte Nido & Affiliates conducts ongoing comprehensive research—approved by an institutional review board—to assess treatment outcomes in our programs. Clients who consent to participate complete a series of validated questionnaires upon admission, upon transferring to a new level of care, at discharge, and at 6 and 12 months post-discharge. This research represents our commitment to guiding clinical teams in developing a shared language for each client's experience, building engagement, and designing more effective and personalized treatment plans. Its findings will also serve to advance the field of eating disorders.

## State-Trait Anxiety Inventory (STAI) *Adults only*

The STAI is a 40-item self-report measure of anxiety. It assesses the temporary state of feeling anxious and anxiety as a long-standing quality.

### Scores indicate:

- Monte Nido and Oliver-Pyatt Centers residential and PHP clients demonstrated statistically significant reductions in state and trait anxiety from admission to discharge.

## Screen for Child Anxiety Related Disorders (SCARED) *Adolescents only*

The SCARED is a 41-item, validated self-report measure of anxiety. It generates a total score and five factor scores: panic disorder or significant somatic symptoms | generalized anxiety disorder | separation anxiety | social anxiety disorder | significant school avoidance

### Scores indicate:

- Clementine clients demonstrated statistically significant reductions in overall anxiety from admission to discharge (as measured by total scores) and on factors of generalized anxiety and separation anxiety.



## Eating Disorder Examination Questionnaire (EDE-Q)

The EDE-Q assesses the core features of eating disorder psychopathology. It captures the complexity and uniqueness of each individual's eating disorder by measuring a range of symptoms: fear of weight gain | self-induced vomiting | loss of control with food

### Results indicate:

- Monte Nido and Oliver-Pyatt Centers clients at residential, PHP, and IOP levels of care experienced clinically and statistically significant reductions in symptoms on nearly all scales.
- Clementine clients experienced clinically and statistically significant reductions in symptoms from residential admission to discharge.

## Eating Disorder Inventory-2 (EDI-2)

The EDI-2 is a self-report measure of symptoms that provides information regarding the psychological and behavioral dimensions of eating disorders. It has subscales of: drive for thinness | bulimia | body dissatisfaction | ineffectiveness | perfectionism | interpersonal distrust | interoceptive awareness | maturity fears | asceticism | impulse regulation | social insecurity

### Results indicate:

- Monte Nido and Oliver-Pyatt Centers residential clients demonstrated statistically significant improvements on 10 of the 11 subscales. PHP and IOP clients demonstrated statistically significant improvements on most subscales.
- Clementine clients demonstrated statistically significant improvements on 9 of the 11 subscales.

## Patient Health Questionnaire-9 (PHQ-9)

The PHQ-9 is a tool used for screening and measuring the severity of depression.

### Results indicate:

- On average, Monte Nido residential clients reported "moderately severe" depression upon admission, which improved to "moderate" depression at discharge.
- On average, Oliver-Pyatt Centers residential clients reported "moderately severe" depression upon admission, which improved to "mild" depression at discharge.
- On average, Monte Nido and Oliver-Pyatt Centers PHP clients reported "moderate" depression upon admission and "mild" depression at discharge.
- Clementine clients reported clinically and statistically significant reductions of depression symptoms.



### Monte Nido

[www.montenido.com](http://www.montenido.com) 888.228.1253

Eating disorder treatment for all genders in a serene, natural environment, where clinicians, many recovered themselves, combine clinical wisdom, outcome-backed treatment, evidence-based protocols and mindfulness practices for mind, body, and soul.

#### CALIFORNIA

Residential: Agoura Hills | Malibu | San Francisco  
Day treatment: Brentwood | Newport Beach

#### GEORGIA

Residential: Atlanta

#### ILLINOIS

Residential: Village of Winfield

#### MARYLAND

Residential: Glenwood

#### MASSACHUSETTS

Residential: Medford  
Day treatment: Boston

#### NEW YORK

Residential: Irvington | Glen Cove  
Day treatment: Manhattan | White Plains

#### OREGON

Residential: Eugene | Portland  
Day treatment: Eugene | Portland

#### PENNSYLVANIA

Day treatment: Philadelphia



### Clementine

[www.clementineprograms.com](http://www.clementineprograms.com) 855.900.2221

We help adolescents replace the eating disorder with healthy skills and a deep understanding of how to live a life that reflects their individuality. All residential:

CALIFORNIA: Agoura Hills

FLORIDA: South Miami

GEORGIA: Atlanta

ILLINOIS: Naperville

NEW YORK: Briarcliff Manor

OREGON: Portland

TEXAS: The Woodlands

VIRGINIA: Clifton



### Oliver-Pyatt Centers

[www.oliverpyattcenters.com](http://www.oliverpyattcenters.com) 866.511.4325

We strive to genuinely connect with each individual, address the core issues driving the eating disorder, and provide the tools needed to live a meaningful life.

#### FLORIDA

Residential and day treatment: South Miami



### Rosewood

[www.rosewoodranch.com](http://www.rosewoodranch.com) 800.845.2211

Rosewood provides the highest level of quality care to individuals of all genders with anorexia, bulimia, binge eating and other related issues.

#### ARIZONA

Inpatient, Residential and Day Treatment by Rosewood: Wickenburg  
Day Treatment: Tempe



### Monte Nido & Affiliates

**Administrative Offices** [www.montenidoaffiliates.com](http://www.montenidoaffiliates.com) 305.663.1876

We save lives while providing the opportunity for people to realize their healthy selves.

Monte Nido & Affiliates is headquartered in South Florida.