



Montecatini

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About Montecatini: Since 1991, Montecatini has served women ages 16-55 struggling with anorexia nervosa, bulimia nervosa, binge-eating disorder, and other forms of disordered eating and co-occurring diagnosis

Our Mission: Montecatini's mission is one of hope and long term recovery. We believe treatment is a collaborative process and consider the client an essential part of the treatment team. Our goal is to help clients return to lives that are not only functional, but joyful as well.

What We Believe: We believe eating disorders are disorders of disconnection. Recovery results from reconnection to yourself, others, and your community. Our multi-faceted approach to treatment addresses the complexities of eating disorders by utilizing a variety of treatment modalities to treat the whole person.

Who We Are: Our team is made up of passionate, multi-disciplinary professionals with years of experience treating eating disorders and co-occurring disorders.

What We Are Known For:

- Comprehensive continuum of care- clients work with the same treatment team at all levels of care
- Wellness Center Program with exercise physiologist
- Expertise in co-occurring diagnosis- we have the ability to detox clients. We also offer a co-occurring therapeutic group and 12 step AA meetings
- Intimate environment

Who Can We Help:

- Females ages 16-55 years old at the residential level of care, and 16 and older at all other levels of care
- Clients with primary eating disorder diagnosis of anorexia nervosa, bulimia nervosa, binge-eating disorder, and other forms of disordered eating
- Minimum BMI of 14 with medical clearance
- Can take 14 BMI with medical evaluation and clearance
- Co-occurring substance use and mental health disorders
- Service dogs allowed at residential level of care with proper documentation
- Insulin-dependent (diabulimia)
- Clients who are vegan, vegetarian, gluten free (with documentation)
- Complex medical history, suboxone, self-harm

In-Network Insurance: Aetna, Cigna, American Behavioral, Anthem Blue Cross Blue Shield, ComPsych, HMC Health Works, Human Behavioral Assoc, Humana/LifeSync, Integrated Health Plan, Magellan (this goes through Blue Shield), Managed Health Network (MHN), Mental Health Network, Multiplan, Prime Health Services, Sharp Health Plan, United Behavioral Health/Optum/Pacificare Behavioral Health, Value Options/Beacon Health Options

Medical Requirements for Admission:

The following tests are required before the clients admission. Lab results cannot be more than 14 days old upon date of admission

- CBC with differential and platelets
- Complete Metabolic Panel (14)
- Magnesium, Phosphorus, TSH, Lipase, Vitamin D, 25-Hydroxy
- Amylase Isoenzymes
- Hepatitis A, B, C screen
- HCG (blood pregnancy test)
- EKG

Levels of Care: Residential, Partial Hospitalization, Intensive Outpatient with Transitional Living

Residential Accommodations: Our three residential homes provide a safe and nurturing environment for our clients. With only six beds per house, clients receive 24/7 care and personalized support.

Accreditation: Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)

Family and Friends Weekend: Occurs every 6 weeks from Friday-Sunday.

Residential Program Highlights: Our staff is comprised of a multidisciplinary team of experts including Psychiatrists, Physician Assistants, Registered Nurses, Medical Assistants, Licensed Marriage and Family Therapists, Licensed Clinical Social Workers, Registered Dietitians, and Patient Care Technicians.

- 24 hour nursing care
- Individual therapy sessions 3x/ week, Registered Dietitian 1x/week, and Psychiatrist 1x/week
- Visiting hours every Sunday from 2-5pm
- Outings each week (i.e., Target, movies, nail salon)
- Bathroom monitoring
- Evidence Based Treatment Modalities:
 - Cognitive Behavioral Therapy (CBT)
 - Dialectical Behavior Therapy (DBT)
 - Acceptance and Commitment Therapy (ACT)
 - Body Image Group
 - Relapse Prevention
 - Interpersonal Process Groups
 - Integrated Care Group
- Nutritional Exposure and Education:
 - Restaurant and grocery store outings
 - Group dinner night
 - Exposure meals and snacks
- Experiential therapies:
 - Yoga and Guided Meditations
 - Expressive Art Therapy
 - Individual and Group Outings
 - Individual Exposure Therapies
 - Attachment Repair Group

Partial Hospitalization Program: Designed as a step-down for clients in residential treatment and those who are unable to sustain their recovery in lower levels of care. Patients receive structured care and support, while practicing how to integrate real life skills into their own unique recovery.

- PHP 8 hours a day, 6 days a week
- Minimum of 5-6 sessions a week (therapist, dietitian, psychiatrist/psychiatric physician assistant, nurse)
- Medical and psychiatric oversight
- Individual sessions with exercise physiologist in wellness center
- Movement in moderation psycho-education group
- Joyful movement and exercise groups led by exercise physiologist (if patient is cleared by treatment team)
- Integrated care group
- Weekly psycho-education and therapeutic process groups, art therapy, NIA, and yoga
- Weekly experiential therapies including restaurant outings, grocery shopping, and cooking group

Transitional Living: Patients in the partial hospitalization or intensive outpatient levels of care may choose to live in our independent living housing

- 16 beds in 2 adjoining duplex homes
- Cable, WiFi, full kitchen, laundry
- Transportation to and from programming provided

Co-Occurring Treatment: We have found that our clients often bounce back and forth between addictions, often leading them to feel defeated and hopeless. In a committed effort to help our clients achieve whole and lasting recovery, Montecatini created an Integrated Care Model which incorporates evidence-based treatments to address both disorders and foster healing and recovery for our clients- mind, body, and spirit.

Integrated Treatment Elements Utilized:

- Integrated Care Group that focuses on addressing the addictive behaviors that exist alongside the client's eating disorder
- 12-Step facilitation and substance use education
- Aftercare planning and relapse prevention
- Psychiatry, medical care, lab work, and medication management
- Motivational Interviewing
- Pharmacological and UDS
- Motivational interviewing
- Evidence based treatment modalities including DBT, CBT, and ACT
- Experienced and empathetic staff

Intensive Outpatient Program: Montecatini's intensive outpatient program is designed for women who are able to manage their symptoms at a lower level of care. Montecatini's IOP includes many of the same individualized interventions as our residential and PHP programs, while offering an increased focus on regaining independence while still in a recovery environment

- IOP 4 hours a day, up to 6 days a week
- Minimum of 3-4 sessions a week (therapist, dietitian, psychiatrist/psychiatric physician assistant, nurse)
- Medical and psychiatric oversight
- Individual sessions with exercise physiologist in wellness center
- Movement in moderation psycho-education group
- Joyful movement and exercise groups led by exercise physiologist (if patient is cleared by treatment team)
- Integrated care group
- Weekly psycho-education and therapeutic process groups, art therapy, NIA, and yoga
- Weekly experiential therapies including restaurant outings, grocery shopping, and cooking group

Wellness Center: In 2018, Montecatini built a Wellness Center to provide an atmosphere where clients could honor their bodies, discover joyful movement, and challenge over-exercising and exercise avoidance.

Individual and Group Sessions:

- Individual sessions with Exercise Physiologist- health history and movement intake, relationship with movement, and behaviors
- Postural assessment- indicates what corrective exercises the client should start with
- Movement plan is created based on clients individual goals, interests, and stage of recovery
- Movement in Moderation Group