

HEALING EATING DISORDERS TOGETHER

We know it takes courage to seek help for an eating disorder. The first step is to schedule an initial assessment.

While eating disorders are serious, potentially life-threatening illnesses, there is hope. Help is available and recovery is possible.

At Melrose Center, patients, families and our professionals work together to treat and heal eating disorders. We have more than 30 years of experience helping those struggling with eating disorders. We treat people of all ages and genders struggling with:

- Anorexia nervosa
- Avoidant/restrictive food intake disorder
- Binge eating disorder
- Bulimia nervosa
- Other feeding and eating disorders

Melrose Center's treatment model is individualized, holistic and integrated to include:

- Cognitive behavioral therapy
- Dialectical behavioral therapy
- Family-based therapy
- Medical care
- Nutrition counseling
- Psychiatric services

In addition to individual appointments, patients work with their treatment team to develop a program that can include:

- Group therapy
- Life skills therapy (occupational therapy)
- Music therapy
- Spiritual care
- Physical therapy



FULL RANGE OF PROGRAM OPTIONS

We offer comprehensive care options from intensive residential to outpatient programs that allow patients to heal at a pace that's right for them. Programs include:

- Individual outpatient appointments
- Intensive outpatient program
- Partial hospitalization program
- Intensive residential
- Residential

These programs ensure that skills are learned, developed and become part of patients' lives.

continued



CALL 952-993-6200

EARLY INTERVENTION IS KEY TO RECOVERY

For more information about our philosophy, treatment model, care levels and specialties, visit melroseheals.com.

We encourage you to verify your mental health coverage for eating disorders treatment with your insurance company before your initial assessment. To talk to a financial counselor, call **952-993-3453**.

MULTIDISCIPLINARY TEAM OF EXPERTS

Each patient will work with a core team of experts that may include a:

- Psychologist/therapist
- Dietitian
- Medical provider
- Psychiatrist
- Care manager

This team will be there every step of the way, providing consistent, comprehensive and compassionate care as patients heal.



SPECIALTY CARE

We have several unique focus areas treating:

- Patients with an eating disorder and type 1 diabetes
- Patients dealing with an eating disorder and substance use disorder
- Patients struggling with compulsive exercise



LOCATIONS

Burnsville

675 Nicollet Blvd. E.
Suite 200

Maple Grove

9600 Upland Lane N.
Suite 110

St. Louis Park

3525 Monterey Drive

St. Paul

2550 University Ave. W.
Suite 216S

Woodbury

8550 Hudson Blvd. N.

Visit melroseheals.com for hours, maps and directions.

For more information, or to schedule an initial assessment, call

952-993-6200
or
1-800-862-7412



Melrose Center was made possible, in part, by generous donors. For more information on how you can help, call Park Nicollet Foundation, **952-993-5023**.