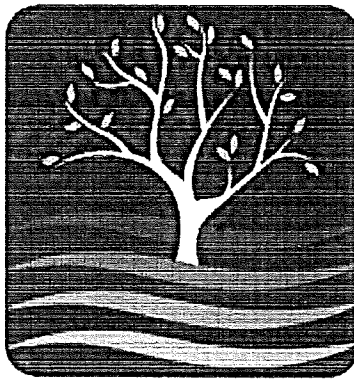


*Intensive Outpatient
Program for Eating
Disorders*

In Collaboration with



Comprehensive Care Center
for Eating Disorders
of Northeastern New York

For More Information

Contact (845) 372-4367

Or visit

www.hpalive.com

Why LiveWell IOP?

LiveWell IOP is the only program of its kind in the Hudson Valley. This program provides a higher level of care than typical outpatient therapy, as well as a “step-down” for those patients recently discharged from inpatient treatment. Our treatment team is made up of a multidisciplinary group of qualified and caring professionals who work individually with each patient to ensure the best outpatient treatment available using only empirically supported therapies. The LiveWell team works with your insurance company to make treatment as available and as affordable as possible. 90% of our patients make their recovery without a need for inpatient treatment.

Treatment Team

The LiveWell treatment team works in conjunction with its partners in the Northeastern Comprehensive Care Center for Eating Disorders to promote public knowledge and understanding of eating disorders and treatment options.

“The people at LiveWell genuinely care and will do everything in their power to support you.”

- LiveWell Patient

Outcomes

On average 95% of our LiveWell patients complete their treatment without needing a higher level of care.

Prior to LiveWell 52% of these patients required at least one residential stay.

“LiveWell has helped me to maintain and cope with real life while also being in treatment.”

- LiveWell Patient

*“I realized that if I
was going to recover,
I needed to do it
where I was going to
live my recovered life.”*

- IOP Patient

Treatment Modalities

LiveWell IOP uses only empirically supported methods of treatment. Specifically, group therapies include cognitive behavioral therapy, dialectical behavior therapy, and interpersonal therapy, as well as nutrition counseling and group meals.

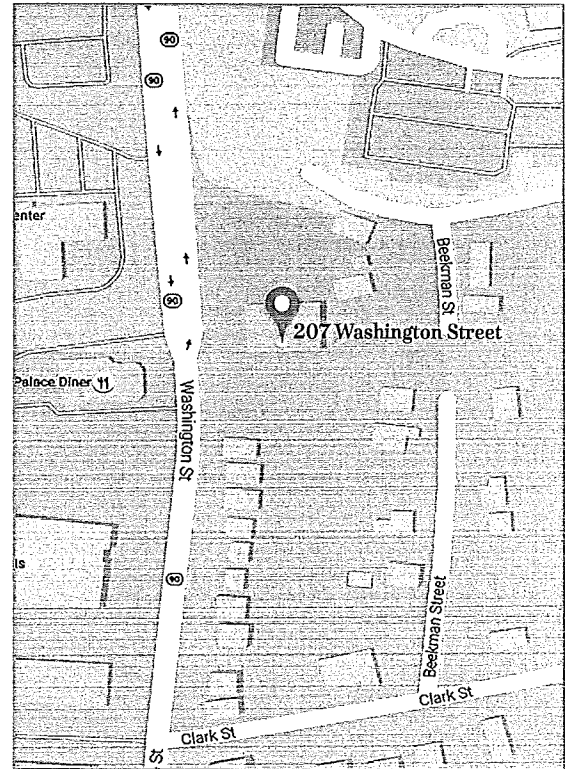
Armed with many different types of skills and knowledge, combined with the power of their local support network, patients find the confidence to fight their eating disorders for the first time where they have been unsuccessful in the past.

Weekly Schedule

IOP treatment takes place three days per week for four hours per day.

Each day of treatment is comprised of 2 group therapy sessions and a group meal. Patients are responsible for bringing their own meals in accordance with their meal plans two days per week. The third day meal is provided by LiveWell at no additional cost.

This schedule is subject to change during holidays.



LiveWell IOP

207 Washington Street, Suite 202

Poughkeepsie, NY 12601

(845) 372- 4367

Albany Psychological Services
for Eating Disorders, PLLC

www.hpallivewell.com

www.hpallivewell.com