



UnityPoint Health
Robert Young Center

EATING DISORDER INTENSIVE OUTPATIENT PROGRAM



WHAT ARE EATING DISORDERS?

- Eating disorders – such as anorexia, bulimia, ARFID and binge eating disorder – include extreme emotions, attitudes, and behaviors surrounding weight and food issues.
- Eating disorders are brain-based, biological illnesses with a strong genetic component and psychosocial influences. They are not life-style choices.
- They often have serious consequences for health, productivity, and relationships.
- Eating disorders impact millions of people every year in the United States. Those who suffer span a wide variety of types, from elementary school aged girls to middle-aged wo/men to competitive athletes.
- Up to 10% of the population experiences eating disorders in some form.

HOW DO WE TREAT THEM?

- Eating disorders are complicated diseases that can easily go undiscovered and often require a family practitioner to identify via screening. Your patient may need you to bring up this conversation.
- Screening tools exist for physicians to identify if their clients may be suffering from an eating disorder.
- Resistance is normal. A multidisciplinary team can help with this. Have at least one ED specific professional on the team.
- Involve family and friends for support.
- More than 1/2 of all adults eating disorders are first diagnosed by a primary care provider. (Simental, 2010)

SCOFF SCREENING TOOL

The SCOFF Questionnaire is a five-question screening tool designed to clarify suspicion that an eating disorder might exist rather than to make a diagnosis. The questions can be delivered either verbally or in written form.

S – Do you make yourself Sick because you feel uncomfortably full?

C – Do you worry you have lost Control over how much you eat?

O – Have you recently lost more than One stone (6.35 kg) in a three-month period?

F – Do you believe yourself to be Fat when others say you are too thin?

F – Would you say Food dominates your life?

Answering “yes” to two or more of the following questions indicates a possible case of anorexia nervosa or bulimia nervosa.



WHAT IS AN EATING DISORDERS IOP?

An Eating Disorders IOP is designed for individuals who need more support than traditional weekly therapy but do not require inpatient or residential care. The eating disorders IOP offers diverse therapeutic services from qualified mental health professionals and dietitians. Individual, group and family sessions are also available.

WHO DO WE TREAT?

**INDIVIDUALS
18 YEARS AND
OLDER:**

Experiencing moderate to severe eating disorder symptoms.

Transitioning between inpatient and outpatient treatment.

Having difficulty responding to outpatient treatment.

Experiencing moderate to severe impairment related to but not limited to support, social, environmental, occupational and daily functioning.

WHAT CAN CLIENTS EXPECT?

Therapy provided by Counselor & Dietitian pursuing CEDS training.

Supported group meals and snacks on site, utilizing The Plate-by-Plate Approach®.

Group and individual mental health counseling.

Focus on the Befriending Your Body™
Somatic Self-Compassion Recovery Program.

MEET THE TEAM

ALEX KURAUSKAS, LMHC

LEAD THERAPIST

Alex is a licensed mental health therapist with experience in a variety of clinical settings. She uses evidence-based approaches, including Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Acceptance and Commitment Therapy (ACT) to support and empower clients. Because each person is unique, Alex creates an individualized treatment plan tailored to their needs. She is also a certified instructor for the "Befriending your Body" program and is pursuing certification as a certified eating disorder specialist. In her free time, she enjoys exploring new places and has visited nearly all 50 states and a few foreign countries.





KAITLYN MILLIGAN, RD

LEAD DIETITIAN

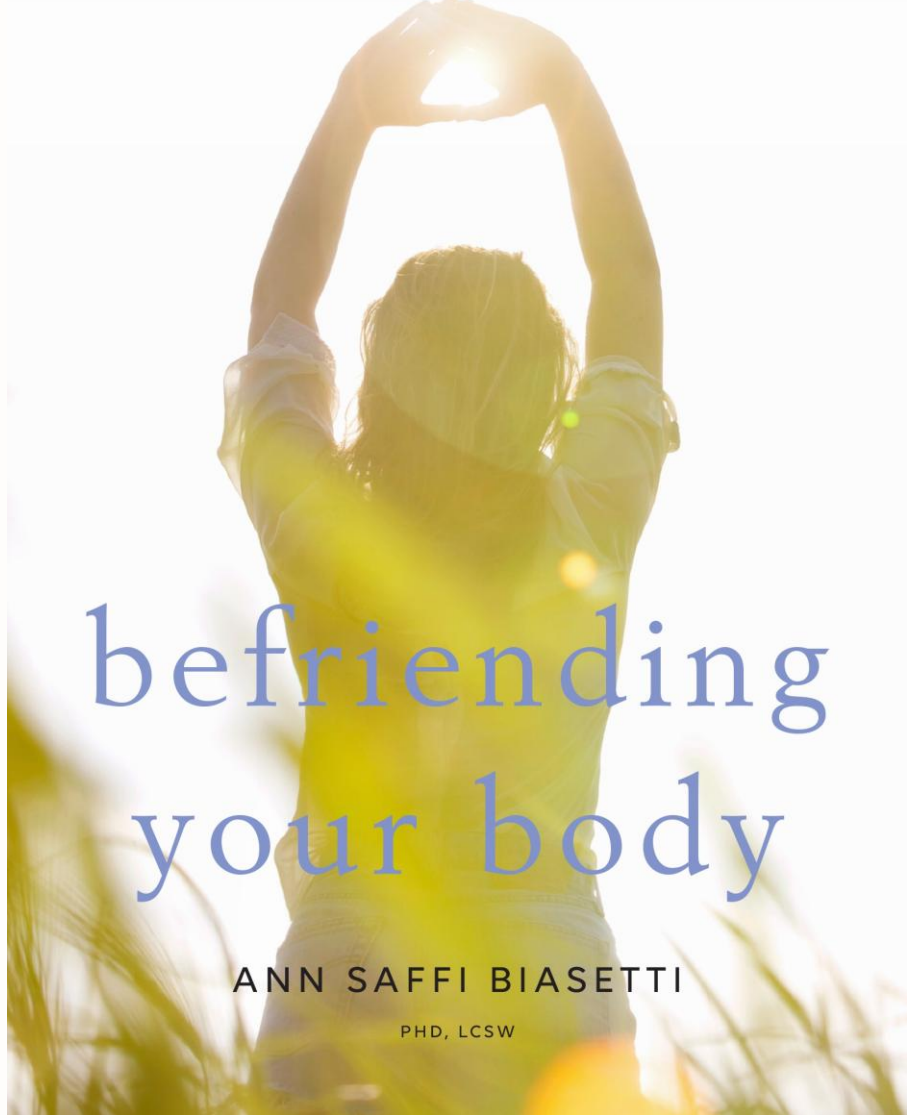
Kaitlyn is a Registered Dietitian (RD) who earned dual Bachelor of Science degrees in Dietetics and Psychology from Iowa State University. Her professional experience includes nutrition research at the University of Iowa, as well as work with WIC, Corporate Hy-Vee, and long-term care settings. Kaitlyn is passionate about integrating her background in nutrition and psychology to support individuals in improving their health and well-being. In her free time, she enjoys spending time with family, gardening, and cooking.

PROGRAM OVERVIEW

WHAT IS THE BFYB PROGRAM™

- The BFYB program is a unique, trauma-informed, integrative, and holistic approach designed to help our participants develop a respectful and trusting relationship with the body, food, and self.
- It is the first of its kind, grounded in the Polyvagal Theory and the evidenced-based practices of Interoceptive Awareness, self-compassion, and mindfulness.
- Different from a traditional support group or therapy group, the BFYB Program is a psycho-educational program that offers teaching about the brain, nervous system, and the inner communication our bodies have lost along the way.

A Self-Compassionate Approach to
Freeing Yourself from Disordered Eating



befriending
your body

ANN SAFFI BIASSETTI

PHD, LCSW

UNDERSTANDING THE APPROACH

Teachings and practices from the Befriending Your Body™ Program act as a healing foundation for clients coming through the program as it guides them through experiences and discussions in:

- **Mindfulness**
- **Interoceptive Awareness (IA)**
- **Self-Compassion**
- **Embodiment**
- **Body Image**
- **Self-Esteem**
- **Self-Worth**

Other therapeutic interventions used in the program will include:

- **Acceptance and Commitment Therapy (ACT):** a form of cognitive-behavioral therapy (CBT) that aims to increase psychological flexibility.
- **Dialectical Behavior Therapy (DBT):** a form of CBT which focuses on teaching people skills to manage intense emotions, cope with challenging situations, and improve their relationships.
- **Art Therapy**
- **Yoga**
- **The Plate-by-Plate Approach®:** a visual, structured method for eating disorder recovery that emphasizes balanced, full meals without counting, measuring, or tracking calories.

DAILY SCHEDULE

2:30-3:00 PM	Check-in & Grounding
3:00-3:30 PM	Snack
3:30-4:30 PM	Group Session One – Skills/Education
4:30-5:30 PM	Group Session Two – Experiential/Processing
5:30-6:15 PM	Dinner
6:15-6:30 PM	Closing & Connection

HOW TO MAKE REFERRALS

GETTING STARTED

Call (309) 779-3000

- Client must first schedule an assessment with our ED IOP Lead Therapist, Alex Kurauskas, LMHC, to assure program offers the appropriate level of care.
- Individuals seeking services, their support system and/or their healthcare providers can request more information, or a current established healthcare provider can place a referral.

WHEN & WHERE

The program will take place:

Monday thru Friday

2:30 to 6:30 p.m.

Located at:

Robert Young Center

1704 E 54th St

Davenport, IA 52807



LOCAL RESOURCES

Stephanie Burrough
Program Director
(563) 742-2455
www.amysgift.com

