



Adolescent & Young Adult Outpatient Eating Disorder Program (EDP)

What is the Adolescent & Young Adult EDP?

The EDP is a specialized outpatient program designed to treat Eating Disorders (e.g., Anorexia Bulimia, Binge Eating, ARFID, and OSFED), as well as any concerns pertaining to food, eating, and/or body image regardless of diagnosis.

Through the collaboration of a dedicated team of Psychologists, Social Workers, Psychotherapists, Physicians and Nurse Practitioners trained in the treatment of Eating Disorders and associated concerns, the EDP integrates medical expertise with evidence-based interventions to promote recovery. The approaches utilized within the EDP are personalized to the unique needs of an individual and their family.

EDP Foundational Program Components:

1. *Comprehensive Intake Assessment:* (**requires physician referral*)

Treatment begins with a comprehensive multidisciplinary assessment with the youth (<18yrs) and parent/caregiver(s) together with the:

- Pediatrician or Adolescent Medicine Physician (90 minutes) +
- Psychology team member (60 minutes) +
- Registered Dietitian (75 minutes)

Our team then meets to discuss your case, identify diagnoses, and create a personalized treatment plan, which is communicated in a feedback session.

2. *Individual Therapy:*

Weekly individual therapy appointments are required as part of the EDP to help the youth understand the function of disordered eating, reduce problematic eating behaviours and develop adaptive coping strategies.

3. *Dietetic Support:*

Regular dietetic follow-up is required as part of the EDP, to improve the youth's relationship with food, develop personalized meal plans, and engage in exposures to challenge food rules and restrictions. The frequency of these sessions will be determined in collaboration with the EDP team.



4. Caregiver Support Workshop: (*registration required for program initiation)

This workshop series informs parents and/or caregivers about topics pertaining to meal support, coping, symptom mitigation, nutritional roadblocks that impede recovery and more. Registration is a requirement if the client has loved ones involved in their care, paying for treatment or if the client is still living at home with parents or guardians. Individual parent support can be provided, as needed.

5. Medical Monitoring (as needed):

Youth under the age of 18 are eligible to receive regular medical monitoring (covered by OHIP) with a physician specifically trained in the management of Eating Disorders. This service is reserved only for TPWG clients, allowing quick and consistent access to medical care to facilitate stability and recovery. Those over 18 will have the option of seeking medical monitoring or consultations with our Nurse Practitioner starting in late June 2023.

6. Recovery Review:

Every 3 months, the youth's medical, dietetic, and psychological progress is reviewed by the treatment team. Areas of growth and improvement are amalgamated with key findings from psychological assessment questionnaires in a comprehensive treatment summary that is discussed with the youth and their parents/caregivers.

EDP Program Fees: (all fees displayed are inclusive of tax when applicable)

Comprehensive Medical Assessment includes physician (90mins, covered by OHIP), psychology (60mins), dietetic assessment (60mins), and feedback session (45mins). Available for those under 18.	\$575
Individual Therapy Fees (50mins)	\$220.35 (RP, includes HST) \$230 (MSW, MA, OT) \$250 (MA-level Psychologist) \$280 (PhD-level Psychologist)
Dietetic Follow-Up (45mins)	\$185
Dietetic Athlete Intake (90mins)	\$230
Caregiver Support Workshop Series (4 hrs total)	\$150 (RSW & RD)



Recovery Review Report (completed every 3mos)	\$150
Medical Follow-Up (45mins)	*OHIP Covered
Nurse Practitioner Appointment	\$200 / 50 min. \$100 / 25 min.

Getting Started:

To initiate admission into the EDP, please complete the following steps:

1. Register for the Caregiver Support Workshop at the following link:
<https://tpwg.ca/tpwg-event/eating-disorder-caregiver-workshops/>
2. Have the youth's primary care provider, submit the following referral form via our website. The youth must have a valid Ontario health card for OHIP coverage.

We appreciate that there may be factors to consider in making a choice for treatment. Given the high volume of intakes we cannot guarantee that the recommended clinician(s) will have space beyond the coming days. As such, please kindly let us know within 48-72 business hours whether you wish to proceed. Thank you!

Adolescent & Young Adult EDP FAQs:

Who is the EDP intended and designed to support?

Those new to Eating Disorder treatment; those who have received some form of treatment in the past; those who have been recently discharged from more intensive treatment (inpatient/day program); OR who are on a waitlist for OHIP-covered eating disorder treatment and require symptom interruption or preventative work. The treatment within our EDP is customized to the client's needs.

How long does the program take?

The program length is completely dependent on the severity of symptoms, the client's willingness to participate in treatment, and parent/caregiver's ability to implement recommendations within the home. Treatment typically takes between 6 months to 1 year, though more severe presentations may take longer.



How do you measure success in this program?

Success is measured using our Recovery Review every 3 months, which incorporates a physician and therapist assessment and evidence-based assessment measures that look at specific domains of psychological and behavioural functioning.

I don't think we need to see a dietitian, can we just skip that?

A dietetic assessment and treatment is a requirement for anyone in the EDP. This allows your treatment team to properly assess your intake, daily needs, healthy weight range, and establish proper goals for refeeding or balancing your intake. We cannot adequately treat an Eating Disorder without this. Ongoing dietetic support is typically necessary for successful long term outcomes. Those with consistent dietetic support typically recover more quickly.

Why are parents required to attend the caregiver workshops?

Parental involvement is significantly related to therapy outcomes. Parents must create an environment within the home that is conducive to recovery and not reinforcing the ED. With the right skills, parents can expedite treatment and reduce their child's distress during recovery.

What other supports are available for my teen?

Additional group supports are available at the clinic, including DBT Skills Group and RO-DBT Skills Group, both of which are evidence-based for the treatment of Eating Disorders. Other groups at TPWG occur regularly and are shared on our website and social media. Snack and/or meal support is also available with our dietitians and can be helpful for working parents who may not be able to monitor meals.

How do you ensure medical stabilization?

TPWG's unique multidisciplinary program allows us to collaborate closely and consistently with our medical providers to assess physical stability throughout treatment. Our physicians and NP are specifically trained in the assessment and management of Eating Disorders, having worked in this field for many years.

How do I know if we need Family Based Treatment or a different approach?

The comprehensive Intake Assessment allows our team to determine the appropriate course of treatment for the youth. Engagement in any particular approach is dependent on a number of factors including past treatment, symptom severity, and your teen's level of independence. It is important to us to create a treatment plan that aligns with your family's unique needs.