

# Virtual Programming for Eating Disorders

Treatment that's Accessible & Relatable

At Center for Discovery (CFD), our virtual online eating disorder treatment program for intensive outpatient (IOP) and partial hospitalization (PHP) levels of care was intentionally created to meet the needs of patients with eating disorders in the comfort of their own home.



## Find Virtual Programs in These States

California | Connecticut | Florida  
New Jersey | Texas | Washington

## 4 Core Values of the CFD Virtual Program

At CFD, we want to ensure virtual IOP and PHP treatment incorporates the same clinical and dietary approach as in-person, along with these core values.

- 1 Integrity in Clinical Care**
  - Trauma-focused nutrition care with our CARE-CFD Model
  - Path to Peace for those struggling with binge eating
  - Harm-reduction training for staff
  - Medical advocacy and coordination
  - Affinity groups for patients
- 2 Accessibility in Action**
  - Flexible hours for added convenience
  - Hybrid programs with in-person and virtual care (on a case-by-case basis)
  - Individualized scheduling for PHP patients
- 3 Humility in Relationships**
  - Patient-informed curriculum
  - Partnerships with non-profit groups
  - Collaboration with ED professionals
- 4 Creating Community**
  - Free Path to Peace alumni groups
  - Free Path to Peace family support night
  - Free alumni meal support
  - Free alumni group

## 5 Reasons to Choose Virtual Treatment at CFD

At CFD, we want to ensure virtual IOP and PHP treatment is not only convenient but is founded on principles that provide an inclusive and validating experience.

- 1** Purposefully virtual content and curriculum
- 2** 25+ years of eating disorder recovery expertise
- 3** Specially trained team for a virtual setting
- 4** Striving to create inclusive communities
- 5** Increased accessibility

## CFD Virtual Program is Helping Patients Thrive

Patients reported the following at the time of discharge:\*



**97%** said, "I have my own plan to stay or become well."



**98%** reported, "I can handle what happens in life."



**94%** stated, "I am hopeful about my future."

## We Accept Most Major Insurance Policies

Center for Discovery is a preferred provider with most major insurance companies and can provide a free verification of benefits.

