



# CO-OCCURRING DISORDERED EATING PROGRAM HIGHLIGHTS

## **Often underdiagnosed...**

According to the National Center on Addiction and Substance Abuse, up to 50% of individuals with eating disorders have abused alcohol or illicit drugs, a rate 5x higher than the general population. 35% of individuals who abused or were dependent on alcohol or drugs also had eating disorders, a rate of 11x higher than the general population. Those struggling with both substance abuse and an eating disorder should receive comprehensive treatment from specialists with expertise in both issues. Due to the comorbidity and critical medical complications, Santé Center for Healing addresses these disorders simultaneously to develop an exhaustive, comprehensive, individualized treatment and recovery plan.

## **FOCUSING ON MORE THAN FOOD**

Santé's medical and clinical staff work individually with clients to identify and address their core, trauma-level issues that led them to utilize coping mechanisms (i.e. bingeing, purging, restricting, substances, compulsive behavior) that have failed, ultimately resulting in complicated, life-threatening realities of co-occurring disordered eating.

## **PERSONALIZED THERAPEUTIC PROGRAMMING**

Both ACT (Acceptance and Commitment Therapy) and DBT (Dialectical Behavior Therapy) are implemented to treat our clients struggling with co-occurring disordered eating. Led by an eating disorder specialist and an experienced dietitian, our program was developed around a holistic curriculum based on more than 25 years of clinical experience, the needs of our clients and best practices. Content can be personalized and tailored to each client. Treatment includes both process and educational groups and integrates treatment of dual diagnosis. All topics in our therapeutic curriculum enhance and complement our nutritional curriculum. In addition, clients participate in 12-step recovery through Eating Disorders Anonymous (EDA).



Our **Medical Director is a Certified Eating Disorder Specialist** and has served on the **Board of Directors** for the **DFW iaedp Chapter** (international association of eating disorders).

## EATING DISORDERS IN SPECIAL POPULATIONS

Men are less likely to seek treatment for an eating disorder than any other population. At Santé, we understand how eating disorders affect men differently, emotionally and physically. We often find that men admit to Santé for co-occurring issues but will soon disclose lifelong struggles with food and body image. Our individualized treatment allows every person to receive the help they need by creating a recovery environment that welcomes all persons, regardless of gender, sexuality or age.

## NUTRITIONAL COMPONENT

Intuitive eating and balance are the focus and long-term goal of our nutritional program. The nutritional curriculum was designed and is delivered by Santé's Registered Dietitian. Nutritional topics are linked to therapeutic programming. Both cooking classes and regularly scheduled, experiential outings are integral parts of treatment and recovery. Clients, while accompanied by our Registered Dietitian, complete tasks that are often challenges to someone with an eating disorder.

## MEAL SUPPORT

Individuals in our co-occurring disordered eating treatment may participate in our meal support groups, which are led by our specially trained clinicians and staff. Meal plans are reviewed at the start of each meal, food talk is discontinued, and clients are then engaged in a game or light-hearted discussion. In addition to support during meals, clients participate in special programming before and after meals. Fifteen minutes before meals clients meet to set or review daily goals and affirmations, and after meals clients process the meal with a therapist, or complete a daily inventory or a journal assignment.

## CALL NOW TO LEARN MORE.

Call Santé's Intake and Admissions Counselors at **800-258-4250** or **940-464-7222** for more information about Santé's continuum of care, finance options, integrative treatment model, and focus on long-term recovery.



**SANTÉ CENTER FOR HEALING**

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