Center for Change

(Inpatient & Residential Treatment for Eating Disorders & Co-Existing Disorders)

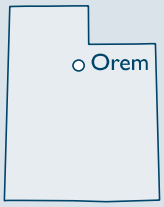
CONTACT

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NATSAP
Member Since: 2000

PROGRAM OUTLINE

Gender: Girls Only
Ages: 13 to 17 and Adult
Grades: 8 to 12
Enrollment: 28 Inpatients &
30 Residents
Duration: 7 to 3 Months
Founded: 1989



Airport: Salt Lake City

Center for Change is devoted to providing a warm and caring atmosphere for those suffering from anorexia, bulimia and compulsive eating and co-occurring conditions. We provide intensive treatment that gives hope, healing, and recovery towards a full and meaningful life. Our programs are founded upon three basic principles: 1) eating disorders are learned behaviors and therefore can be unlearned; 2) everyone has the capacity for full recovery; and 3) high-quality intervention by trained professionals in a nurturing and loving environment is the optimal treatment setting for providing positive solutions to these self-destructive behaviors.

Center for Change is a program offering acute inpatient and residential treatment for women and adolescent girls who suffer from eating disorders, providing various successive and transitional levels of care. We understand that eating disorders are complex, intensely personal illnesses that can damage a woman physically, emotionally, and spiritually. We work to heal the "whole person," not simply temporarily change behavior. Our Center offers complete and specialized treatment for eating disorders, as well as concurrent illnesses including depression, anxiety, trauma, addiction, self-injurious behaviors and more.

Center for Change utilizes a step-by-step phase program and a multidisciplinary approach in which patients first realize and acknowledge the impact of their eating disorder. Next they accept ownership of their illness and regain a sense of responsibility and hope. Patients then commit to a plan for recovery that includes facing underlying issues and actively working to resolve them. During the final phase, they increase self-acceptance and esteem through self-correction, relapse prevention, increased self-love, sharing, and supporting others who are likewise struggling. We use multiple methods and experiential therapies to ensure a comprehensive and individualized experience: individual therapy, dietary counseling, group therapy, medical and psychiatric care, art and music therapy, Yoga, Nia movement therapy, family therapy, 12 Step groups, drug & alcohol groups, body image therapy, DBT skills groups, and various and extensive life skills classes. The Center's residential treatment program also houses Cascade Mountain High School, a full academic program for adolescents grades 8-12 which is Northwest accredited.

Individual Psychotherapy Available: Yes
Accreditation, Licensure: State of Utah, Department of Health; Joint Commission; Northwest Accreditation Commission
Professional Affiliations: NATSAP-Full Member; International Association of Eating Disorders Professionals (IAEDP) National Eating Disorders Association (NEDA); TRICARE certified