



Center for Hope of the Sierras

Quick Facts

1500 Pass Dr. (RTC)
Reno, NV 89509



601 Sierra Rose Drive, #202 (PHP/IOP)
Reno, NV 89511
775.828.4949 (Intake Ext. 104)

Location	Reno, NV-about 15 min. from CA border, 30 min. from Lake Tahoe, 10 min. from Reno-Tahoe airport. Our RTC home is located in a quiet residential neighborhood and our PHP/IOP facility is a short 5 minute drive from RTC location.
Program Capacity	10 beds total (RTC), 15-20 clients (PHP/IOP)
Average Length of Stay	The length of stay is ideally 45 days at the RTC level of care but clients are able to arrange shorter or longer lengths of stay based on their personal needs.
How our PHP program works	PHP is offered 8 hrs./day (11-7 p.m.), 7 days/week. Offsite housing is provided at a minimal cost (requested \$75/day).
Population served	Females with a primary dx of an ED (AN, BN, EDNOS, BED) and other co-morbid dxs, ages 16 and beyond (RTC) and ages 14 and beyond (PHP/IOP). Specialty track for women with diabetes. Clients younger than 14 can be reviewed by clinical team on an as-needed basis. We will also take males in our PHP/IOP program.
Nutrition philosophy	Intuitive/Mindful eating-eat



	according to body's hunger/satiety signals
Exercise philosophy	Mindful movement-Help residents reconnect mind/body and enjoy movement in a healthy way and not as a compensatory activity
Diabetes program	One of the only programs in the country that treats diabetes mellitus (DM) and an ED. This condition is commonly known as "diabulimia" and manifests as the misuse/withholding of insulin, but some pts. have more "classic" ED symptoms and are trying to manage their DM.
Housing	We have 10 beds (3-spacious triple rooms, 1 single room). All linens are provided for comfort and convenience.
Special dietary needs	Vegan/Vegetarian/Allergies/Gluten-free accommodated. Allergies must be documented.
Insurance accepted	In-network with almost all major managed care companies-will always assist with pursuing single case agreement (SCA).
Groups offered	It is strongly encouraged that clients participate in programming to enhance their treatment experience and long term recovery goals. <i>Types of groups offered:</i> DBT, Intuitive Eating, Exercise Group, Food and Feelings, Body Image Group, Treatment Team, Mind & Body Connection, Relapse Prevention, Process Group, Art Therapy, Equine Therapy, Cooking



	Class, Meditation
Amount of therapy provided	<p>RTC program: 3 individual sessions with therapist/week (try to use one for family therapy), 1 individual session with RD/week, 1 individual session with psychiatrist/week (as needed), 1 individual session with MD/week (as needed)</p> <p>PHP/IOP program: PHP program offers 2 individual sessions/week with therapist, 1-30 minute session with RD, 1-15 minute session with nutrition assistant, initial psych/medical evaluation upon admission. IOP program offers 1 individual session/week with therapist, 1-15 minute session with RD, 1-30 minute session with nutrition assistant, initial psych/medical evaluation upon admission.</p>
Types of therapy provided	CBT, DBT, ACT, Experiential Therapy, Exposure Therapy, Mindful awareness
Additional activities	Weekly massages (RTC), optional church/NA-AA outings, twice weekly yoga, daily walks (RTC), goal sharing, community meeting, fun community outings (i.e. movies), volunteering in community (PHP/IOP), relaxation time!
What our treatment is like: Food	<p>RTC: Meals are initially portioned for residents. Residents gradually work up to full self-portioning (starting with snacks, easier meals)</p> <p>PHP/IOP: All meals are self-portioned unless clinically indicated. Clients have “bring your own lunch” days and meal/snack support.</p>
What our treatment is like: Exercise	RTC: Daily mindful walks and/or



	twice-weekly yoga allowed after medical clearance. PHP: 1x/week yoga
What our treatment is like: Bathroom monitoring	RTC: We will meet the client where they are on their readiness scale - if they are in need of monitoring we will provide that support. PHP: Bathroom usage is not monitored, unless requested.
What our treatment is like: Smoking	Not allowed on properties. Residents are encouraged to use the smoking cessation patch. Fake cigarettes and Nicorette gum are not allowed.
Cell phones/Laptops	Allowed during designated times and WIFI is provided Clients are able to bring <i>two electronics</i> , i.e. cell phone, laptop, tablet, I-pod, etc.
Family involvement and visitation	We understand that an eating disorder is a family systems issue and we offer multiple opportunities for family involvement. Including: a weekly session, a monthly Family Day event and visitation when appropriate.
Staff: Resident ratio	3:10
BMI cutoff	Flexible depending on medical stability
Aftercare	PHP/IOP step-down offered. Professional referrals and discharge planning is worked on throughout treatment.
Do we supplement?	No. We avoid supplements and try to add "real" food if necessary.
Avg. length of stay	RTC: Min. recommended stay of 45 days. Most women stay 60-90 days. PHP/IOP: 12 weeks (no previous tx), 6 weeks (as part of step-down from



Intake Process	RTC) Consists of clinical/medical paperwork and labs. Clinical interview (if necessary) conducted by executive director or clinical supervisor.
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Residents get goals to work on in their weekly treatment team meeting. Here are some examples of their goals:

1. Interview 3-5 people, including peers, RAs, and treatment team members. Ask each person about a time in his/her life when he/she wondered, "Who am I?" How did each person explore the process of self-discovery? How can your interview findings help you in your process of self-discovery?
2. Continue your work of developing an understanding of yourself. Make a list of 10 things that you want. Be sure the items on the list are for you, rather than something you want for another person.
3. During your first week in PHP, track and journal any thoughts/urges to engage in ED behaviors (including compulsive exercise). Notice triggers, your responses, and how you coped with those urges. Please share with therapist or PHP program coordinator.