



center for hope
OF THE SIERRAS

870 Seven Hills Drive
Unit 204
Henderson, NV 89052
866-326-9299

Location	870 Seven Hills Drive Unit 204 Henderson, NV 89052 Located Near Seven Hills Hospital Henderson, NV about 15 min. from CA border, 30 min. from Lake Tahoe, 15 from McCarran International airport.
Program Capacity	15-20 clients (PHP/IOP).
How Our PHP Program Works	PHP is offered 8 hrs/day (11am-7 pm), 7 days/week. Offsite housing is provided at a minimal cost (requested \$50/day).
Population Served	Females with a primary dx of an ED (AN, BN, EDNOS, BED) and other co-morbid dxs, ages 12 and beyond (PHP/IOP). Specialty track for women with diabetes. We will also take males in our PHP/IOP program.
Nutrition Philosophy	Intuitive/Mindful eating-eat according to body's hunger/safety signals.
Exercise Philosophy	Mindful Movement- help residents reconnect mind/ body and enjoy movement in a healthy way and not as compensatory activity.
Diabetes Program	One of the only programs in the country that treats Diabetes with Mellitus (DM) and an ED. This condition is commonly known as "Diabulimia" and manifests as misuse/withholding of insulin, but some pts, have more "classic" ED symptoms and are trying to manage their DM.
Housing	All linens are provided for comfort and convenience. Off-site luxury apartment available, \$50 per day



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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. Types of groups offered: DBT, Intuitive Eating, Exercise Group, Food and Feelings, Body Image Group, Treatment Team, Mind & Body Connection, Relapse Prevention, Process Group, Art Therapy, Equine Therapy, and Cooking.
Amount of Therapy Provided	PHP/IOP Program: PHP program offers 2 individual sessions/week with a therapist, one 30 minute session with a RD, one 15 minute session with a nutrition assistant, initial psych/medical evaluation upon admission, IOP program offers 1 individual session/ week with a therapist, one 15 minute session with a RD, one 30 minute session with a nutrition assistant, initial psych/medical evaluation upon admission.
Types of Therapy Provided	CBT, DBT, ACT, Experiential Therapy, Exposure Therapy, Mindful Awareness.
Additional Activities	Optional church/NA-AA outings, twice weekly yoga, goal sharing, community meetings, fun community outings (I.e. movies), volunteering in community (PHP/iOP), relaxation time!
What Our Treatment Is Like: Food	PHP/IOP: All meals are self-portioned unless clinically indicated. Clients have “bring your own lunch” days and meal/snack support.
What Our Treatment Is Like: Exercise	PHP: 1x week yoga.



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What Our Treatment Is Like: Bathroom Monitoring	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.
Family Involvement and Visitation	We understand that an eating disorder family systems issue and we offer multiple opportunities for family involvement.
BMI Cutoff	Flexible, depending on medical stability.
Aftercare	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.
Average Length of Stay	PHP/IOP: 12 weeks (no previous tx), 6 weeks.
Intake Process	Consists of clinical/medical paperwork and labs. Clinical interview (if necessary) conducted by executive director or clinical supervisor.