

Programs at a Glance



Who we are

Our mission is to help children, adolescents and adults achieve lasting recovery through compassionate, evidence-based treatment for eating disorders, mood disorders, anxiety disorders and trauma-related conditions across a full continuum of care.



On-Site Care:

- Inpatient (*IP*) (*ERC only*)
- Residential (*RES*)
- Partial hospitalization program (*PHP*)
- Intensive outpatient program (*IOP*)



Virtual Care:

- Eating Recovery and Pathlight At Home Virtual intensive outpatient program (*VIOP*)

Specialized Programs

Rhythms at ERC (B.E.D.)

Care for adult binge eating and mood concerns, with size-inclusive nutrition support

Brave Bites 812

Care for children ages 8-12, with child-focused groups and age-appropriate support

Brave Bites ARFID

Age-appropriate care with gradual food exposure, for children and adolescents

StrongHer

Age-affirming care and peer connection for women 40+

STATES	LOC	AD ED	C&A ED	AD M&A	C&A M&A	SPECIALIZED PROGRAM	
California	PHP	●	●	●			
	IOP	●	●	●			
	VIOP	●	●	●		Rhythms	
Colorado	IP	●	●			Brave Bites 812	
	RES	●	●				
	PHP	●	●	●			
	IOP	●		●			
	VIOP	●	●	●	●	Rhythms	
Illinois	RES	●	●	●	●		
	PHP	●	●	●	●	Rhythms	
	IOP	●	●	●	●		
	VIOP	●	●	●	●		
Maryland	RES	●	●			Brave Bites ARFID	
	PHP	●	●	●	●		
	IOP	●	●	●	●		
	VIOP	●	●	●			
Texas	IP	●	●			StrongHer	
	RES	●	●				
	PHP	●	●	●	●		
	IOP	●	●	●	●		
	VIOP	●	●	●	●	StrongHer	Rhythms
Washington	RES	●	●	●	●		
	PHP	●	●	●	●		
	IOP	●	●	●	●		
	VIOP	●	●	●	●	Rhythms	

At Home Programs

STATES	AD ED	C&A ED	RHYTHMS	AD M&A
Arkansas	•			•
Florida	•	•	•	•
Georgia	•			
Indiana	•	•	•	•
Michigan	•	•	•	•
New York	•	•		•
New Jersey	•			
North Carolina	•		•	•
Ohio	•	•	•	•
Oregon	•			
Pennsylvania	•	•		•
South Carolina	•		•	•
Virginia	•	•	•	•
Wisconsin	•	•	•	•
Washington, D.C.	•			

Key

LOC: level of care

AD: adult

C&A: child and adolescent

ED: eating disorder

M&A: mood, anxiety and trauma-related disorder



At Home Overall Google Score




5.0

4.8