Residential Program Information

For more information, please contact admissions at:
admissions@cedcmail.com or (617) 547-2255

Cambridge Eating Disorder Center

Our residential program provides comprehensive eating disorder treatment in an intimate treatment center for patients on the road to recovery. Our 37-bed facility in the heart of Harvard Square has 3 floors that are divided by age group. Each floor has 12-13 patients who are all in the same age group and form a community of support for groups, meals, and free time activities.

Treatment Approach

Clinical Assessment & Treatment	Meals, Snacks & Nutrition Counseling
❖ One-on-one counseling with an assigned clinician at least twice per week ❖ Weekly family sessions with clinical team (required if under age 18) ❖ Supportive and comprehensive discharge planning at the end of treatment	❖ Exchange-based meal plan counseling and support ❖ 3 meals and 3 snacks prepared daily by our staff ❖ Wide variety of food options to fit each meal plan selected at the beginning of the week ❖ 1x/week 25-minute individual session and 1x/week 10 check-in (or family meeting) with
Group Support & Skill Building	**Medication Management & Medical Monitoring**
❖ Daily process-oriented & skill-based therapeutic groups ❖ Weekday groups conducted by our multidisciplinary clinical team; weekend groups conducted by residential counselors ❖ Weekly Community Meetings-facilitated by a clinician and RC to discuss positive community and therapeutic experiences and address any concerns ❖ 3x daily Mood Monitoring, 24-hour emotional support	❖ Daily monitoring of vital signs ❖ Once weekly lab work performed by Quest Diagnostics ❖ Individual session weekly with assigned medical provider ❖ General medical monitoring by our on-staff RN ❖ Ongoing evaluation of medical appropriateness for residential level of care

Rules & Expectations

Bathroom supervision

CEDC provides three levels of bathroom supervision to ensure medical monitoring and offer support around compensatory eating disorder behaviors.

- ON supervision: Residents must shower and use the restroom while an RC stands outside the closed door. The RC will flush the toilet once the resident is finished using the restroom.
- TAPER supervision: For 1 hour after meals and snacks, residents will follow ON bathroom supervision protocol. After 1 hour, residents are let into the bathroom by an RC and able to use the restroom without monitoring.
- OFF supervision: Residents are let into the bathroom by an RC and able to use the restroom without monitoring.

Bathrooms remain locked at all times and are accessible by request. All residents are placed ON bathroom supervision at admission and will progress to lower levels of supervision based on their individual needs and eating disorder behaviors.

Therapeutic passes

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After two weeks, patients will have the opportunity to earn therapeutic passes. Therapeutic passes provide exposure and allow patients to practice eating independently either on their own or with supports. Residents can earn therapeutic passes by meeting contingencies set by their treatment team. Contingencies can include (but are not limited to) meal plan compliance, abstaining from eating disorder or self-harm behaviors, and group attendance. Additional contingencies may be set based on residents' individual needs.

Group Outings

After 24 hours in our program, patients are eligible to go on daily group outings in the community. The outings consist of a short mindful walk when weather is permitting. To earn outing patients must have vitals that are within range, be meal plan compliant for 5 out of the 6 meals and snacks prior to the outing, be behaviorally compliant with program rules, and be off activity/unit restriction (determined by assigned medical provider). Additional contingencies may be added by treatment team if clinically necessary.

Tech Policy

Residents on the 2nd (ages 17-23) and 4th floors (ages 21+) can have their phones, laptops, and other devices in their room throughout the day. They are not permitted to use electronics during meals, snacks, individual session or groups.

Residents on the 3rd floor (under age 18) will have their devices securely stored in a locked closet until designated "tech times". During these times, patients can use their cellphones for personal communication with family and social media is strictly prohibited. The patients earn "tech time" privileges based on meal plan compliance in the last 24 hours and behavioral compliance for the 10:00am-10:15am time slot. As of December 2020, their "tech time" for the daily 7-8pm time slot is guaranteed for calling home while visitation is limited due to COVID-19. Laptops are permitted during designated academic hours and must be used to complete schoolwork.

Academics

During the academic year, CEDC provides onsite tutoring and classwork for residents in grades 5-12 instruction through Learnwell, Inc. Once the consent form is completed, our designated instructor will reach out to the child's school and coordinate the work to be completed. This instructor will be onsite daily from 3:45-5:45 to work with students on the assigned schoolwork. In order to complete schoolwork, residents will have to bring their own laptop device.

Visiting Information

Transportation

We advise your family and friends to utilize public transportation or taxi services to come during the visiting hours or for other meetings. If you must drive to our facility, there are 2-hour parking spots in the area, and some parking garages in the area. We suggest the University Parking Garage and Charles Hotel's parking garages which are a 5-10 minute walking distance from our location.

Hours

We strongly believe that the support system a patient has outside of treatment is crucial to their recovery. As of May 2021 we have begun allowing visitation once per week for an hour outside of the building for all patients. AS COVID-19 vaccinations rise and infections fall in our state, we will consider adding additional visits and passes as is safe for our community.

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Admission Day

Our residential facility is located at 3 Bow Street, Cambridge, MA 02138. Please arrive promptly at your scheduled time. On the day of the admission, there will be a parking space available in our parking lot for the intake appointment. Our parking lot is located on the right side of the street between our building and the building next to ours. Please use the 1st parking space by the wall on your right-hand side. You may also utilize street parking.

Please note, parking is not available at any other time.

What to Bring

- ✓ **A set of 7 cloth masks OR a package of N95 masks**
- ✓ Birth control (birth control is blister-packed)
- ✓ Loose fitting clothing (free Washer/Dryer Available)
- ✓ Cellphone, laptop, or tablet
- ✓ Personal Toiletries (shampoo, toothpaste, shaving razor, shower caddy, etc.)
- ✓ Hair straightener or blow dryer
- ✓ Items for leisure activities: knitting, books, games
- ✓ Journal
- ✓ Credit or debit card (no more than $100 cash)
- ✓ Heating pad
- ✓ Comforter & pillow (optional)
- ✓ OTC medication (in original and sealed packaging)

What NOT to Bring

- × **Prescription medications** (unless instructed to do so)
- × Gum, candy, food, beverages
- × WATER BOTTLES (we monitor intake and provide cups)
- × Diet pills, diuretics, laxatives
- × Diet/Exercise Books
- × Magazines
- × Valuables
- × Scissors, sharp items, glass
- × Large amounts of cash
- × Illicit drugs or alcohol
- × Wire hangers (plastic only)
- × Smart watches (Apple, Fitbit, etc.)

What to expect at your scheduled admission time:

10:30 am arrival time

(First meal is lunch @ 12:30pm)

10:30: Meet Admissions Coordinator & do add'l paperwork

11:00: Nutrition intro & menu selection for upcoming meals/snacks

11:30: Review program expectations with an RC & another RC will search and sort belongings

12:30: Go to Lunch directly

12:30 pm arrival time

(First meal is snack #2 @ 3:15pm)

12:30: Meet Admissions Coordinator & do add'l paperwork

1:00: Nutrition intro & menu selection for upcoming meals/snacks

1:30: Review program expectations with an RC & another RC will search and sort belongings

2:30: Join milieu/unpack

2:30 am arrival time

(First meal is dinner @ 6:00pm)

2:30: Meet Admissions Coordinator & do add'l paperwork

3:00: Nutrition intro & menu selection for upcoming meals/snacks

3:45: Review program expectations with an RC & another RC will search and sort belongings

4:30: Join milieu/unpack

Updated 09.24.2021

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COVID-19 Policies

At CEDC, we are committed to the health, safety, and wellbeing of our patients and staff. We have implemented policies that are intended to limit the potential for exposure of our patients to the virus COVID-19 while continuing to deliver the support and care they have come to expect from our program.

Pre-Screening prior to Admission

All patients are screened during the admissions process for their potential COVID-19 exposure. At this time, we are requiring that all patients provide a negative COVID-19 test prior to admission to our facility OR proof of full vaccination.

Life at Residential

Some of the crucial pieces of our program have had to be changed to limit our patient's exposure to the virus. We have the following in place until further notice:

1. Patients are no longer able to have family or friends visit with them on their floor. All visits will take place outside of the building
2. Visits are no longer daily, but rather are scheduled for 1 hour per week with the patient. During this visit, we ask that patients and their loved one's wear masks, use hand sanitizer, and to please stay home if they have a fever or any flu/cold like symptoms.
3. We are continuing to do outings daily into the community but have implemented some changes. Patients must wear mask, social distance while on the street, and should avoid going into stores or other facilities.
4. All staff are screened for flu/cold symptoms, recent travel activities, and their vaccination status. They are required to always wear masks that they are on the floor or in the community with patients.

Passes

Practice passes are a crucial part of each patient's treatment while in residential level of care. We want patients to be able to practice their skills learned at residential while in the community. In order to limit exposure, we ask that patients on pass adhere to the following:

1. Do not go to large gatherings
2. Wear your mask
3. Wash hands and use sanitizer often
4. Do not spend long periods of time in a store or enclosed space with strangers
5. Do not visit with anyone who has recently been out of state, exposed to COVID-19, or has had any flu or cold like symptoms