

# EATING DISORDERS & SUBSTANCE ABUSE

Around half of those suffering from an eating disorder also abuse alcohol or drugs. Research shows any amount of substance abuse (binge drinking, experimentation with drugs, etc.) can make recovery more difficult.

At Melrose Center, we offer a full range of individual and group programming for people struggling with both an eating disorder and substance abuse – whether they are in recovery, treatment or still struggling with substance abuse.

Patients with these co-occurring disorders have a more successful long-term recovery when the eating disorder and substance use disorder are treated together by professionals specially trained to work with both conditions. Our team of therapists, dietitians, physicians and psychiatrists work together to create open, honest and supportive interactions that promote healing.

## INDIVIDUALIZED CARE

At Melrose, we recognize that each person's journey through life and recovery is different. Our individualized care is focused on addressing those differences and customizing the path to recovery based on the individual's clinical milestones. Patients meet one-on-one with their core team of specialized providers, including a therapist and dietitian. Appointments with a medical doctor, psychiatrist, occupational therapist and chaplain are also available as needed.

## GROUP PROGRAMMING AT MELROSE CENTER IN ST. LOUIS PARK

**Our Day Program** meets 3 to 5 days per week (M-F) for 8 hours per day

**Our Evening Program** meets Mondays and Thursdays from 4:00-7:00 pm

Group programs address both eating disorder and substance abuse behaviors. In addition to RD-supervised meals and snacks, trauma-informed groups including strategy, skills, mind body, interpersonal process, experiential, addiction education and relapse prevention groups are offered on a rotational basis. While receiving encouragement and feedback from staff and peers, patients learn the practice of healthy emotional expression as well as other essential skills for recovery.

For more information, or to schedule an initial assessment, call 952-993-6200.

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