

## Frequently Asked Questions

### How do I get my child admitted?

Please call the Pine Rest Contact Center at 800.678.5500. An assessment will be completed to determine the appropriate level of care. A provider referral is not needed, although it can be helpful to coordinate services.

### Do you take insurance?

Pine Rest participates with almost all major insurance plans. Co-pays and deductibles vary. Contact your insurance provider for what your plan will cover. Patients with Medicaid or no insurance must contact their local Community Mental Health for assessment and referral. Our intake clinicians can assist you in the process.

### Is lodging available for patients and their families?

Families from long distances may arrange lodging at one of the area hotels or Ronald McDonald House. Intake clinicians can provide local lodging information.

### Are meals available for patients?

Yes, they will be given breakfast and lunch as well as two snacks daily.

### What is the average length of stay?

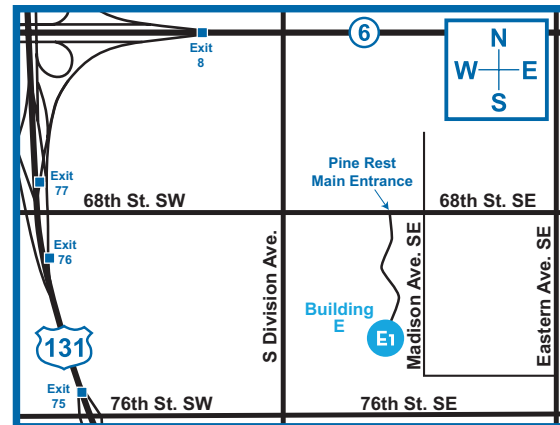
Length of treatment will be based on the patient's individual needs and will be re-evaluated through their stay.

## Contact Information

For questions, referrals or admission to the programs, please call the Pine Rest Contact Center at 800.678.5500.

## Our Location

Building E, Entrance E1  
300 68th Street SE  
Grand Rapids, MI 49548



# Eating Disorders Pediatric Partial Hospitalization Program



 **PINE REST** Christian  
Mental Health  
Services

[pinerest.org/partialaed](http://pinerest.org/partialaed)

 **PINE REST** Christian  
Mental Health  
Services



## Eating Disorders Pediatric Partial Program

Our program is designed for kids ages 12 through high school. Unlike some programs that mix age groups, this one is exclusively for adolescents, because we know teens do better when they're with peers who understand what they're going through. Our clinicians specialize in working with this age group and have a strong track record of helping young people make meaningful progress.

The program provides structured, intensive treatment five days a week, while your child returns home in the evenings. It's the right level of care for teens who need more support than outpatient therapy can provide, but who are still safe to live at home.

### Eating Disorders We Treat

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- ARFID (Avoidant/Restrictive Food Intake Disorder)
- And more

## What Makes Our Program Different

- Adolescent-focused care – not shared with adults
- Experienced, teen-specialized licensed therapists
- Coordinated school support so your child doesn't fall behind
- Psychiatric and nursing care for co-occurring mental health conditions
- Exposure-based therapy integrated into treatment
- Family involvement to help your child heal in a supportive home environment
- Holistic therapies like mindfulness-based movement and food education

## Program Benefits

- Quick access to care and prevention of hospitalization
- Measurable symptom improvement
- A supportive, peer-based environment tailored to adolescents
- Development of coping and communication skills
- Family engagement throughout the treatment process
- Flexible daytime scheduling that allows teens to continue academic and daily responsibilities
- Support in reducing long-term health and psychological impacts of eating disorders



## Team-Based Care

Your child will be supported by a compassionate, multidisciplinary team, including:

- Psychiatrists and medical providers
- Licensed therapists
- Registered dietitians
- Activity therapists
- Nursing and support staff

## Group Therapy Topics

Daily group sessions, led by licensed clinicians, address a wide range of relevant topics, including:

- Communication skills
- Coping skills
- Understanding emotions
- Family dynamics
- Friendship and peer relationships
- Mindfulness
- Self-care & healthy habits
- Self-esteem & self-compassion
- Body image
- Healthy movement
- Nutrition
- Social media & diet culture
- Stress management
- Safety planning