

Adult Eating Disorders Program Guide

Your Treatment Journey

Kingston Health Sciences Centre

Welcome!

This introductory letter provides you with information about our program and additional Ontario resources.

Eating disorders are serious but treatable illnesses that affect thoughts, emotions, and behaviours related to food, weight, and exercise. They have both mental and physical symptoms and can impact individuals of all body sizes.

While waiting for treatment, it is essential to continue medical monitoring with your family doctor or nurse practitioner to ensure your physical health remains stable.

Important: We are not a crisis program and cannot provide last-minute appointments.

If you are in crisis, please:

- Call your family doctor
- Call Addictions & Mental Health-KFLA Crisis Line: Kingston & Frontenac:
- 613-544-4229 or 1-866-616-6005
- If you are experiencing a medical emergency, visit your nearest emergency department

An eating disorder can make it difficult to maintain a balanced and nourishing relationship with food and activity, which can lead to significant health risks.

Early treatment is essential.

Being proactive in your treatment involves attending appointments and engaging in group sessions. We want you to participate in your treatment actively. The more active you are in your treatment, the greater benefits you will see in your recovery.

Program Goals

- Restoring physical health (including normalization of eating and weight restoration)
- Symptom interruption (e.g., interruption of bingeing, purging, restriction, excessive exercise)
- Acquiring recovery-oriented skills
- Improving participants' quality of life

It typically takes one year or longer to complete treatment



Step 1: Assessment

Our program secretary will schedule your initial in-person psychiatry assessment which lasts approximately 1.5 hours.

At this appointment:

- You will receive an eating disorder diagnosis clarification
- If deemed suitable for our program and you choose to proceed, you will:
  - Book a follow-up psychiatry appointment (in-person or virtual)
  - Schedule an in-person intake assessment with the nurse practitioner (NP)
- As KHSC is a teaching hospital affiliated with Queen's University, a medical student or resident physician may be present

Following this appointment:

- You will receive a nutrition form (hardcopy or digital) to be completed and returned to the program as soon as possible

Step 2: Nurse Practitioner (NP) Assessment and Medical Monitoring

Your intake assessment with the NP will last 1.5 hours, followed by lab work and an electrocardiogram (ECG). Please expect to spend 2 to 3 hours in total for this appointment.

Ongoing medical monitoring:

- Appointments are monthly (in-person), but frequency varies based on individual needs
- The NP will track physical and mental health throughout your treatment
- As you stabilize, appointments may be spaced every 1 to 2 months
- Routine lab tests will be required
- Follow-up visits are typically 40-60 minutes

Note: The NP is the **only** team member requiring in-person appointments. All other services, including therapy groups, are primarily **virtual (via Microsoft Teams)**. If you prefer in-person sessions, please discuss this with our team.

Step 3: Dietitian Support

Your first few sessions with the dietitian will focus on assessing your needs and developing an individualized meal plan. Your completed nutrition form is an integral part of this process.

Initial session: 1 hour

- Follow-up sessions: 30-45 minutes, frequency determined by your needs
- Self-monitoring may be requested to support your progress

Step 4: Virtual Cognitive Behavioural Therapy for Eating Disorders Group Therapy

Cognitive Behavioural Therapy for Eating Disorders (CBT-ED) Group Therapy is the primary treatment group offered through the Adult Eating Disorders Program.

This evidence-based, closed-group treatment program includes 14 structured two-hour sessions to support recovery from eating disorders. The group is based on Enhanced Cognitive Behavioural Therapy, a specialized form of cognitive behavioural therapy developed specifically for eating disorders.

Through CBT-ED, you will learn practical skills and strategies to better understand and change the thoughts, behaviours, and situations that contribute to eating disorder symptoms, build healthier coping skills, and support your recovery journey.

The group provides a supportive environment where you can learn alongside others with similar experiences, practice new skills, and build a strong foundation for lasting recovery.

This group focuses on:

- Identifying the situations, thoughts, feelings, and behaviours connected to the eating disorder
- Understanding how the components above impact each other to keep the eating disorder going
- Developing skills to challenge/change the behaviours, thoughts and feelings and improve coping
- Planning actions that support nutrition, coping skills, self-compassion, and decrease eating disorder symptoms
- Building lasting skills to optimize long-term recovery

Participation in CBT-ED Group Therapy is an important part of treatment within the Adult Eating Disorders Program. If you are unable or choose not to participate, your treatment team will review your care plan with you and discuss appropriate next steps. Depending on your individual circumstances, this may include discharge from the program and the opportunity for a final appointment with psychiatry.

Step 5: Discharge Planning

Throughout your treatment, regular check-ins with your therapist, nurse practitioner, and psychiatrist support your stability and help prevent relapse, all while preparing you for discharged from the program.

Your treatment length depends on your individual needs, but everyone completing the program can expect the following steps as they get ready to transition out of care:

- A scheduled discharge planning meeting
- A detailed discharge summary will be provided to your primary care team
- A list of additional supports to consider after discharge

Everyone completing the program can expect the following steps as they get ready to transition out of care



Post-Discharge Support

If additional support is needed after discharge, consider these Ontario-based resources:

- National Eating Disorder Information Centre: https://nedic.ca
- Sheena's Place (free support groups): https://sheenasplace.org
- Body Brave (eating disorder recovery support): https://www.bodybrave.ca
- For additional mental health and addiction supports and community resources (including eating edisorders supports), please visit: https://kingstonhsc.ca/menatlHealthAdictionResources

If at any point you decline outpatient treatment and require a higher level of care, we can facilitate referrals to day treatment programs or inpatient eating disorder programs.

Notes:

Notes:



Kingston Health Sciences Centre

KHSC is located on the ancestral lands and waters of the Anishinaabeg and Haudenosaunee.

Adult Eating Disorder Program
Hotel Dieu Hospital site

166 Brock St., Kingston, ON, Canada K7L 5G2
613-544-3400 ext. 22506
www.KingstonHSC.ca/AdultEatingDisorder

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