



MEASURING SUCCESS

Veritas Collaborative's Approach to Treatment

A SPECIALTY HEALTHCARE SYSTEM FOR THE TREATMENT OF EATING DISORDERS

VERITASCOLLABORATIVE.COM | 855-875-5812

DURHAM, NC | CHARLOTTE, NC | ATLANTA, GA | RICHMOND, VA

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Eating disorders are serious illnesses that require intensive, evidence-based treatment. The model of care delivered at Veritas Collaborative is comprehensive, empirically based, and refined by the clinical judgment of leading experts in the field.

Evidence for Early and Intensive Treatment

At Veritas Collaborative, we advocate for admitting early to the highest level of care that is appropriate, an approach to treatment that is supported by multiple lines of research.

1. Eating disorders are dangerous mental health conditions. Anorexia Nervosa, in particular, has a high mortality rate relative to other mental illnesses.¹
2. Research suggests two factors influence the effectiveness of eating disorder treatment:
 - Low body weight when treatment begins, which is an indicator of disease severity and/or duration.^{2,3}
 - Length of illness.^{4,5} Patients who enter treatment at higher weights and/or earlier in the disease process tend to fare better in treatment.
3. Eating disorders often begin during a critical period of development.⁶ Research has demonstrated that an eating disorder in adolescence may significantly and negatively impact normal brain,^{7,8} bone,^{9,10} and social development. Early intervention provides young people with the best chance at normal, healthy development.

How Veritas Collaborative Treats Eating Disorders

At Veritas Collaborative, each patient works with a **multidisciplinary treatment team**, comprised of a medical provider, psychiatric provider, therapist, dietitian, and case manager, who work collaboratively to address the individual's mental and physical health, along with their relationship with food.

The multidisciplinary treatment team works with the patient, their family, and their community of support, including outside providers, to offer the skills and encouragement needed to foster lasting recovery.

The model of care delivered at Veritas is comprehensive, collaborative, and built upon the cornerstones of three evidence-based treatment modalities: Dialectical Behavior Therapy (DBT), Family-Based Treatment (FBT), and Meal Coaching. Each of these treatment modalities is practiced at **all levels of care** and is tailored to each patient's unique needs.

- **DIALECTICAL BEHAVIOR THERAPY (DBT)** Patients learn DBT skills to extinguish harmful behaviors, and to shape and reinforce effective behaviors in a validating environment, with the overarching goal of helping patients create a life worth living.
- **FAMILY-BASED TREATMENT (FBT)** We work with families and communities of support to provide the skills necessary to assist their loved one in pursuit of lasting recovery. This is accomplished through extensive psychoeducation, family and/or couples therapy, and multi-family and/or multi-community group discussions.
- **MEAL COACHING** We utilize direct meal coaching at all meals and snacks to create a *Can-Eat Culture*. All members of the Veritas care team participate in this culture of support, recognizing meals and snack times are especially challenging for patients. As such, the care team is intentional in working to embody a supportive demeanor characterized as confident, consistent, and compassionate.

TREATMENT AT VERITAS PROMOTES HEALING IN ALL AREAS IMPACTED BY EATING DISORDERS

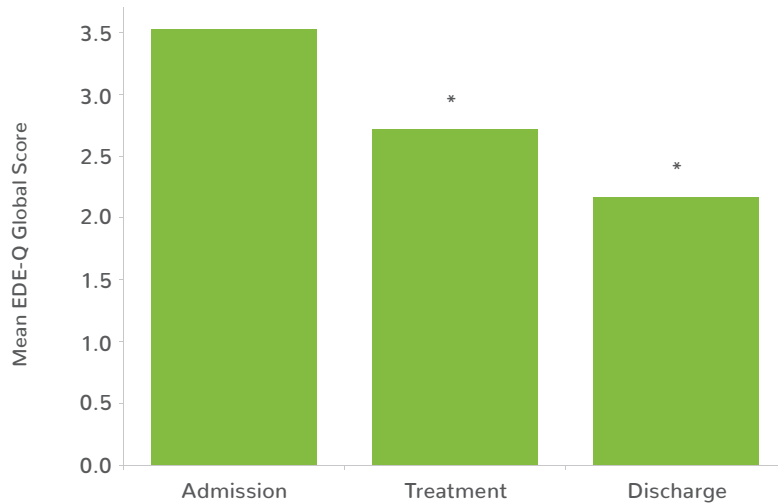
- **HEALING THE MIND** We use evidence-based psychotherapy to assist patients in developing a healthy relationship with food and their bodies.
- **HEALING THE BODY** We use state-of-the-art medical interventions and therapeutic meals coached by treatment team members to target distressing and sometimes life-threatening physical symptoms and help patients regain healthy nourishment of their bodies.
- **HEALING THE BEHAVIOR** We offer a positive, supportive environment that fosters a reduction in eating disorder behaviors, facilitating the development and maintenance of healthy behaviors in their place. Interpersonal relationships can be strengthened and restored through this process of learning to enjoy a variety of foods with others.

Measuring Success at Veritas: Treatment Outcomes

- Since 2012, Veritas has treated **over 2,200 patients** suffering from **all types of eating disorders**.
- Many patients begin treatment at Veritas with low body weight. For patients admitted with low body weight, **93% of those who complete treatment achieved 90% of their target weight** before being discharged for continuing care at home.
- Patients who complete treatment at Veritas show a statistically significant **reduction in eating disorder-related thoughts and feelings, depression, and anxiety** (see figures below and at right).

FIGURE 1. Patients who complete treatment at Veritas Collaborative experience a **significant reduction in eating disorder-related thoughts and feelings** from admission to discharge.

Changes in Eating Disorder Thoughts and Feelings During Treatment at Veritas Collaborative measured using Eating Disorder Examination Questionnaire global score



Analysis includes patients who completed the recommended Partial Hospitalization Program or higher level of care treatment on or after 5/1/2018 and discharged on or before 7/31/2019 at a Veritas Center or Hospital (N = 407).

* Observed effect is statistically significant at $p < 0.005$ according to a paired, two-sided Wilcoxon rank sum test.

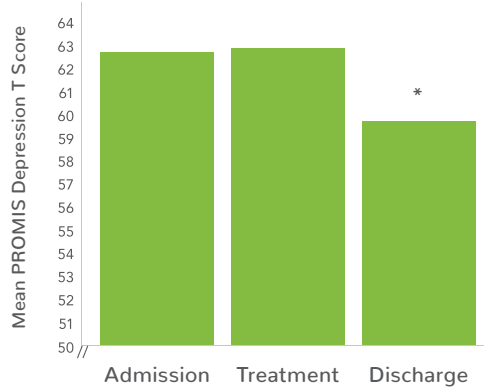
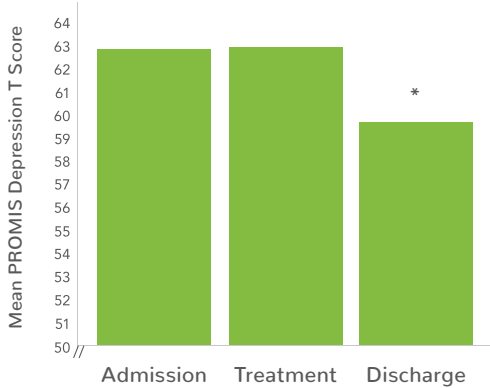
FIGURES 2 AND 3. Patients who complete treatment at Veritas Collaborative experience a significant reduction in depression symptoms from admission to discharge.

Adolescent Patients

Measured using the Patient-Reported Outcomes Measurement Information System (PROMIS) short form depression scale 8a, v2.0

Adult Patients

Measured using the Patient-Reported Outcomes Measurement Information System (PROMIS) short form depression scale 8a, v2.0



Analysis includes patients who were admitted to Partial Hospitalization Program or higher level of care at a Veritas Center or Hospital on or after 5/1/2018 and completed recommended treatment before discharging on or before 7/31/2019 (N = 232 adolescent patients, 104 adult patients).

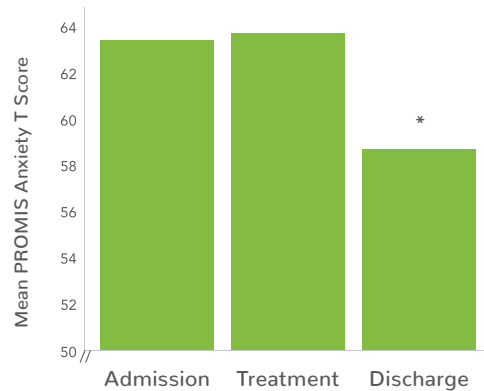
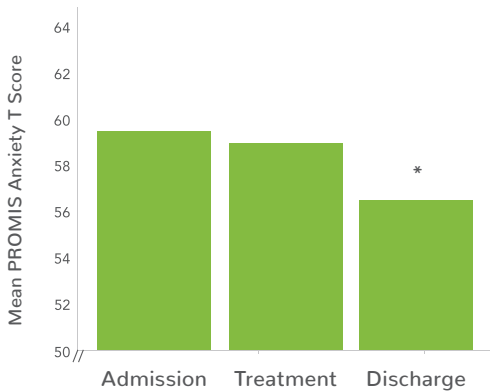
FIGURES 4 AND 5. Patients who complete treatment at Veritas Collaborative experience a significant reduction in anxiety symptoms from admission to discharge.

Adolescent Patients

Measured using the Patient-Reported Outcomes Measurement Information System (PROMIS) Anxiety Scale (short 8a, v1.0)

Adult Patients

Measured using the Patient-Reported Outcomes Measurement Information System (PROMIS) Anxiety Scale (short 8a, v2.0)



Analysis includes patients who were admitted to Partial Hospitalization Program or higher level of care at a Veritas Center or Hospital on or after 5/1/2018 and completed recommended treatment before discharging on or before 7/31/2019 (N = 239, adolescent patients, 104 adult patients).

* Observed changes are statistically significant at $p < 0.05$ according to a paired, two-sided Wilcoxon rank sum test.



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Every Journey Begins with a Single Step

Veritas Collaborative provides comprehensive, evidence-based care for children, adolescents, and adults with eating disorders diagnoses, in a gender-diverse and inclusive environment.

Individuals and Family Members



Reach Out

From the moment you reach out to us, we will provide support, education, and guidance to ensure that you or your loved one receives the care needed.



Assess Your Needs

Our team of master's-level clinicians will complete a level of care assessment, collecting clinical and medical information to determine the next best step toward recovery.



Make a Plan

Once you receive a level of care recommendation, our team will review your insurance benefits, answer any questions, and schedule an admission date.



Take the Next Step

From admission day on, a multidisciplinary treatment team will work you, your family, and your community of support to provide the skills and encouragement needed to foster lasting recovery.

Referring Providers

Reach Out



When the next best step in an individual's recovery journey is unclear.



When additional support and supervision are needed.



When medically stable individuals discharge from a higher level of care.



When an individual needs a structured, supportive, and therapeutic environment to develop or continue developing coping skills.



When loved ones need additional opportunities to engage in treatment, education, and mealtimes.



Together we are stronger. Contact us today.

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