

# Programs At A Glance: North Carolina

Veritas Collaborative offers a continuum of treatment options for children, adolescents, and adults of all genders.



## Inpatient

### Inpatient Programs

Highly monitored, around-the-clock treatment for patients who require medical stabilization.

### Children and Adolescents

- Individualized support from a multidisciplinary team addressing medical, psychological, and nutritional needs
- Therapeutic meals
- Daily intensive individual, group, and community-of-support programming informed by DBT
- 24-hour nursing care
- Family-based treatment (FBT)
- Integrated education coordinated with the patient's home school

### Adults

- Individualized support from a multidisciplinary team of medical providers, psychiatrists, dietitians, and psychotherapists
- Therapeutic meals
- Daily individual, group, and community-of-support programming informed by DBT
- 24-hour nursing care
- Family involvement is strongly encouraged

## Residential

### Residential Programs

Treatment for patients who are medically stable, but require 24-hour behavioral and medical supervision.

### Children and Adolescents

- Individualized support from a multidisciplinary team addressing medical, psychological, and nutritional needs
- Therapeutic meals
- Intensive individual, group, and community-of-support programming informed by DBT
- 24-hour nursing care
- Family-based treatment (FBT)
- Integrated education coordinated with the patient's home school

### Adults

- Individualized support from a multidisciplinary team addressing medical, psychological, and nutritional needs
- Therapeutic meals
- Intensive individual, group, and community-of-support programming informed by DBT
- 24-hour nursing care
- Family involvement is strongly encouraged

## Intensive

### Partial Hospitalization Program (PHP)

Structured, intensive treatment for patients beginning their care journey or stepping down from a higher level of care.

### Children and Adolescents

- Frequency: Minimum of 30 hours/week
- Structured therapeutic meals and group therapy
- Regular family participation, including FBT, to enhance development of coping and recovery skills
- Psychiatric assessment, medication management, and medical monitoring

### Adults

- Frequency: Minimum of 30 hours/week
- Structured therapeutic meals, behavioral exposure groups, and experiential challenges
- Group therapy for development of emotion regulation, behavior change, and relapse prevention skills
- Psychiatric assessment, medication management, and medical monitoring

### Intensive Outpatient Program (IOP)

Intensive treatment for patients beginning their care journey or stepping down from PHP.

- Frequency: Minimum of 12 hours/week
- Focused therapeutic group intervention for patients and families
- Therapeutic meals
- Weekly family participation to enhance development of recovery and relapse prevention skills

- Frequency: Minimum of 12 hours/week
- Group-based intervention provides enhanced therapeutic support and symptom interruption
- Therapeutic meals
- Emphasis on recovery and relapse prevention skills

## Outpatient

### Outpatient Care

For individuals in need of non-intensive eating disorder treatment.

### Children and Adolescents

- Personalized treatment plan, including individual and/or family therapy, nutrition, and medical services as needed
- Family-Based Therapy (FBT) from trained providers

### Adults

- Personalized treatment plan, including individual and/or family therapy, nutrition, and medical services as needed
- Family and communities-of-support involved in treatment whenever possible
- Multiple group therapy options available

Please Note: Optimal length of stay at each level of care includes achieving adequate symptom management, nutritional rehabilitation, and recovery of weight and health parameters.

# Sample Schedules:

## Intensive Treatment

Below are sample schedules for our Intensive Outpatient Program (IOP) and Partial Hospitalization Program (PHP), which are offered in-person and via virtual treatment. Times and programming vary by location.



Intensive Outpatient Program (IOP)	
12:30 pm	Goal Setting
1 pm	Therapeutic Meal
2 pm	Psychoeducation
3 pm	DBT Skills Group
3:30 pm	End of Day

Partial Hospitalization Program (PHP)	
8 am	Therapeutic Meal
9 am	Goal Setting
9:30 am	Art Therapy
10:30 am	Mindfulness
11 am	DBT Skills Group
12 pm	Therapeutic Meal
1 pm	Psychoeducation
2 pm	End of day

## Treatment Locations in North Carolina

### RTP – Durham, NC

IP

Child • Adolescent • Adult

Res

Child • Adolescent

4024 Stirrup Creek Drive, Suite 200  
Durham, NC 27703

### Douglas – Durham, NC

Res

Adult

615 Douglas Street, Suite 500  
Durham, NC 27705

### Triangle – Durham, NC

PHP, IOP, OP

Child • Adolescent • Adult

4024 Stirrup Creek Drive, Suite 100  
Durham, NC 27703

### Charlotte, NC

PHP, IOP, OP

Child • Adolescent • Adult

1900 Scott Avenue, Suite 101  
Charlotte, NC 28203



## Insurance At a Glance

If your insurance company is not on this list of our current providers, there may be other options available.

### North Carolina

- Aetna
- Anthem / BCBS
- Cigna
- ComPsych
- Humana
- Magellan
- Medcost / Carolina Behavioral Health Alliance
- Multiplan
- United Healthcare | Optum

Coverage varies by insurance policy. Speak with your insurance provider to learn about services covered by your plan. Call us at 855-875-5812 for assistance.

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