

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, plus school hours
- 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
- Integrated school services coordinated with patient's home school

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 telehealth. 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

Durham, NC

IP, Res, PHP, IOP
Child • Adolescent

AGES 17 AND UNDER

4024 Stirrup Creek Drive
Durham, NC 27703

Durham, NC

IP, Res, PHP, IOP
Adult

AGES 18 AND UP

615 Douglas Street, Suite 500
Durham, NC 27705

Charlotte, NC

PHP, IOP, OP
Child • Adolescent • Young Adult

AGES 24 AND UNDER

PHP & IOP: AGES 18 & UNDER

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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