

# PHP Treatment for Eating Disorders

## Partial Hospitalization Program for Children and Adolescents



Veritas Collaborative's partial hospitalization program (PHP) is an intensive treatment program that offers greater structure and support than non-intensive outpatient care. Patients can admit directly into PHP as a first step in treatment or transition down to PHP from residential care. With a focus on individualized treatment, family involvement, and integrated educational support, our goal is to equip each of our patients with the skills for lasting recovery.

PHP treatment at Veritas Collaborative is delivered by a multidisciplinary team including medical providers, registered dietitians, psychiatrists, and psychotherapists. Programming includes:

- Skills-based group therapy
- Therapeutic meals
- Family therapy
- Food skills groups
- Individual therapy
- Individual nutrition sessions
- Expressive art and movement therapy
- Psychiatry and medical services

Our education team works with patients and families to eliminate academic barriers to care. School-age patients receive quality instruction so they can continue with their coursework.

Early intervention at the appropriate level of care is imperative for young people struggling with eating disorders. Our evidence-based treatment programs are open to all genders and tailored to the unique needs of children and adolescents.

**Contact us to make a referral:**

**612-402-3061 | [veritascollaborative.com](https://www.veritascollaborative.com)**



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# Structured, supportive treatment for lasting recovery.

PHP treatment is available in person or via telehealth. Upon admission, each patient will receive an orientation to care, as well as assessments by their dedicated treatment team to determine their individual needs as they progress throughout the treatment process.

Both in-person and virtual PHPs meet a minimum of 30 hours per week and include two therapeutic meals plus snacks each day. Hours vary depending on the program site. The sample schedule to the right is an example of a typical day.

Veritas Collaborative follows the guidance of the Centers for Disease Control (CDC) and local health agencies to maintain the safety of patients and staff. Safety protocols are reviewed during orientation. Learn more about COVID policies and procedures at [veritascollaborative.com/covid-19](https://www.veritascollaborative.com/covid-19).

## Sample Day Schedule - Children & Adolescent PHP

	Monday
8:00 am	Medical Check-up
8:30 am	Therapeutic Meal
9:30 am	Art Therapy
10:30 am	DBT Group
11:30 pm	Therapeutic Meal
12:30 pm	School
2:30 pm	Mindfulness
3:00 pm	Afternoon Snack
3:30 pm	Diary Card/Therapy Homework
4:00 pm	End of Day



To learn more or get started, contact us:  
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[www.veritascollaborative.com](https://www.veritascollaborative.com)



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