



The Development and Implementation of Recovery High School in an Adolescent Eating Disorders Residential Program

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Our History

- 12-bed residential program
- Opened on October 1st, 2014
- First residential eating disorder treatment centre for adolescents in Ontario



Characteristics of Eating Disorder Residential Population

- High morbidity rates
- A uniquely treatment-resistant condition leading to ambivalence about recovery if associated with weight restoration
- Cognitive changes
- Psychological distortions and phobias
- Developmental issues

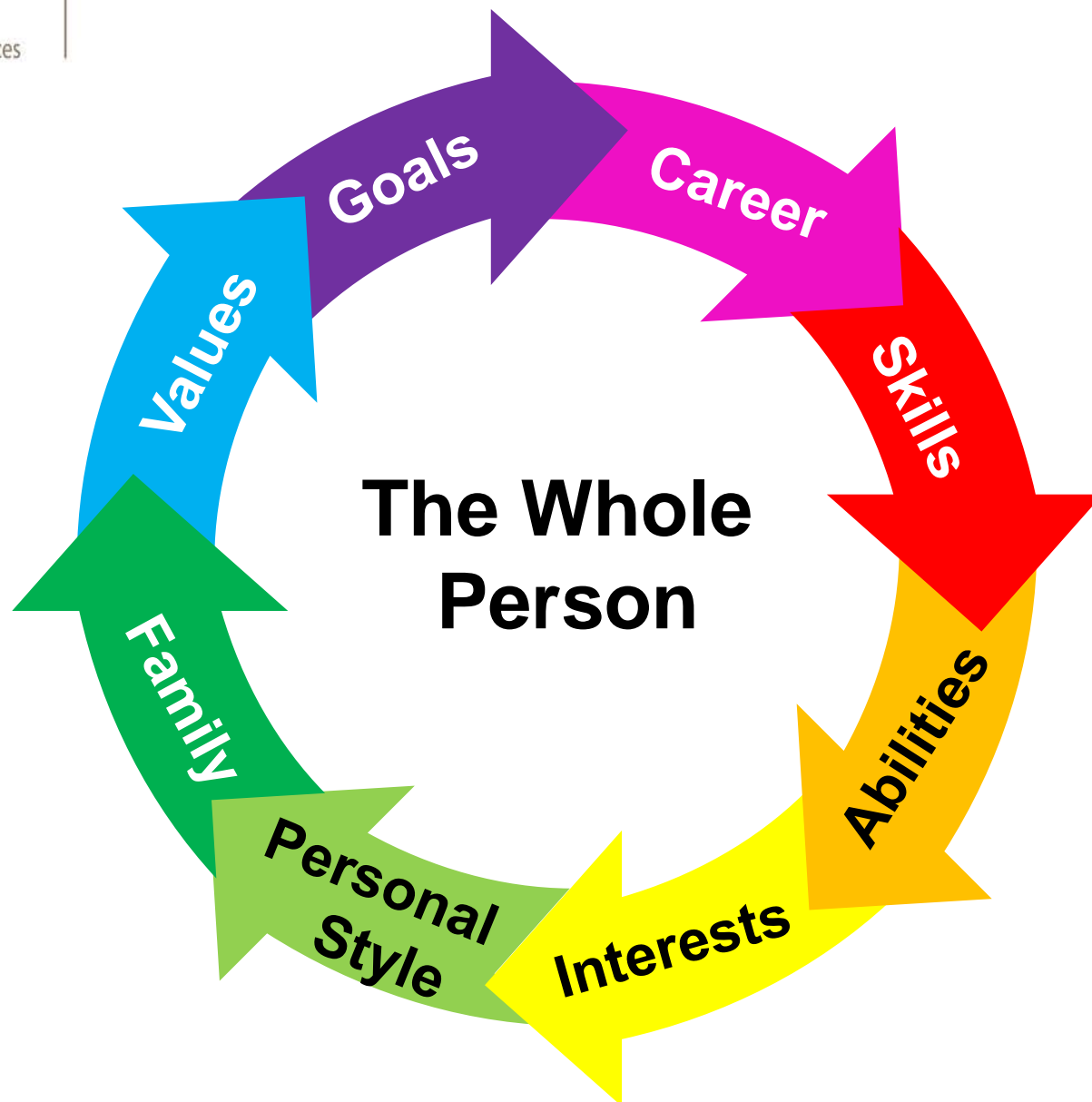


Model of Care

- Recovery Oriented Approach
- Choice and Partnership Approach (CAPA)
 - Child/family directed model for decision-making in regards to treatment programs

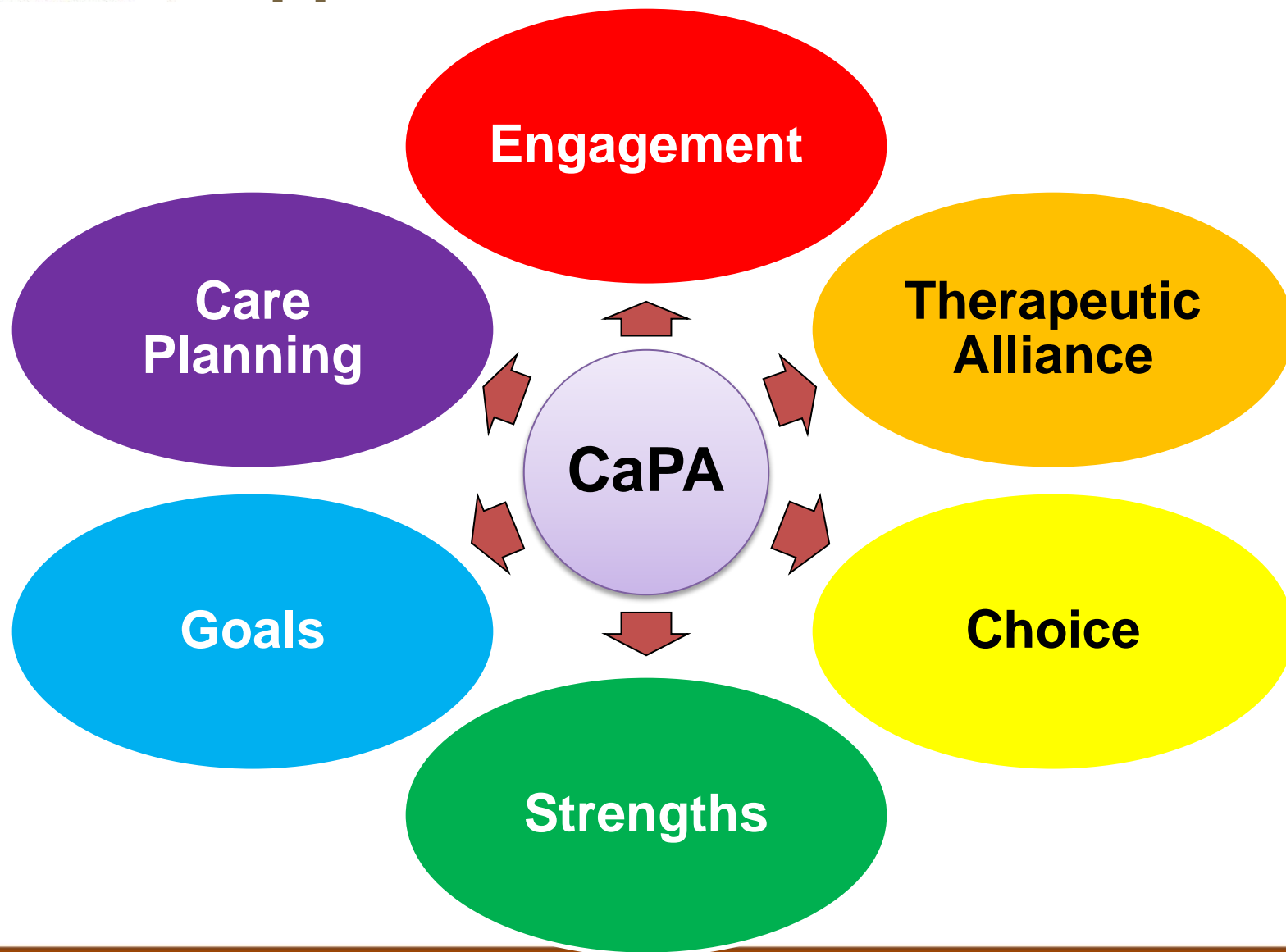


Recovery Oriented Approach





Choice and Partnership Approach Model



Challenge

- Operationalize models in a sustainable way
- Provide treatment interventions
- Incorporate principles of choice and transparency

Solution

- Recovery High-School



Recovery High School Model Allows for:

- Choice and variety
- Redefining the self in various group dynamics
- Individualized treatment based on needs and development
- Build independence for kids and parents
- Rebuild skill and confidence



Recovery High School

Mandatory Therapies

Selective Therapies

Elective Therapies

Volunteer Work



Mandatory Therapies

Community
Meeting

Individual
Therapy

Communication
Group

Family
Therapy

Weekend
Planning Group

Group
Therapy



Selective Therapies

**Affect
Regulation**

Relationships

**Cognition
and
Perceptions**

**States of
Arousal**



Elective Therapies

- Psychoeducational or life skills groups that fall outside of the four domains.



Volunteer Work

- Fulfill required hours for high school graduation
- Build career skills
- Practice skills in the community



Full-Scale Launch, January 2016

- Pilot launched November 2015
- 11 selective & elective groups offered
- 8 weeks duration
- Adolescents select **5-8** groups
 - Discuss with therapist, but ultimately make choice with parents

Scheduling

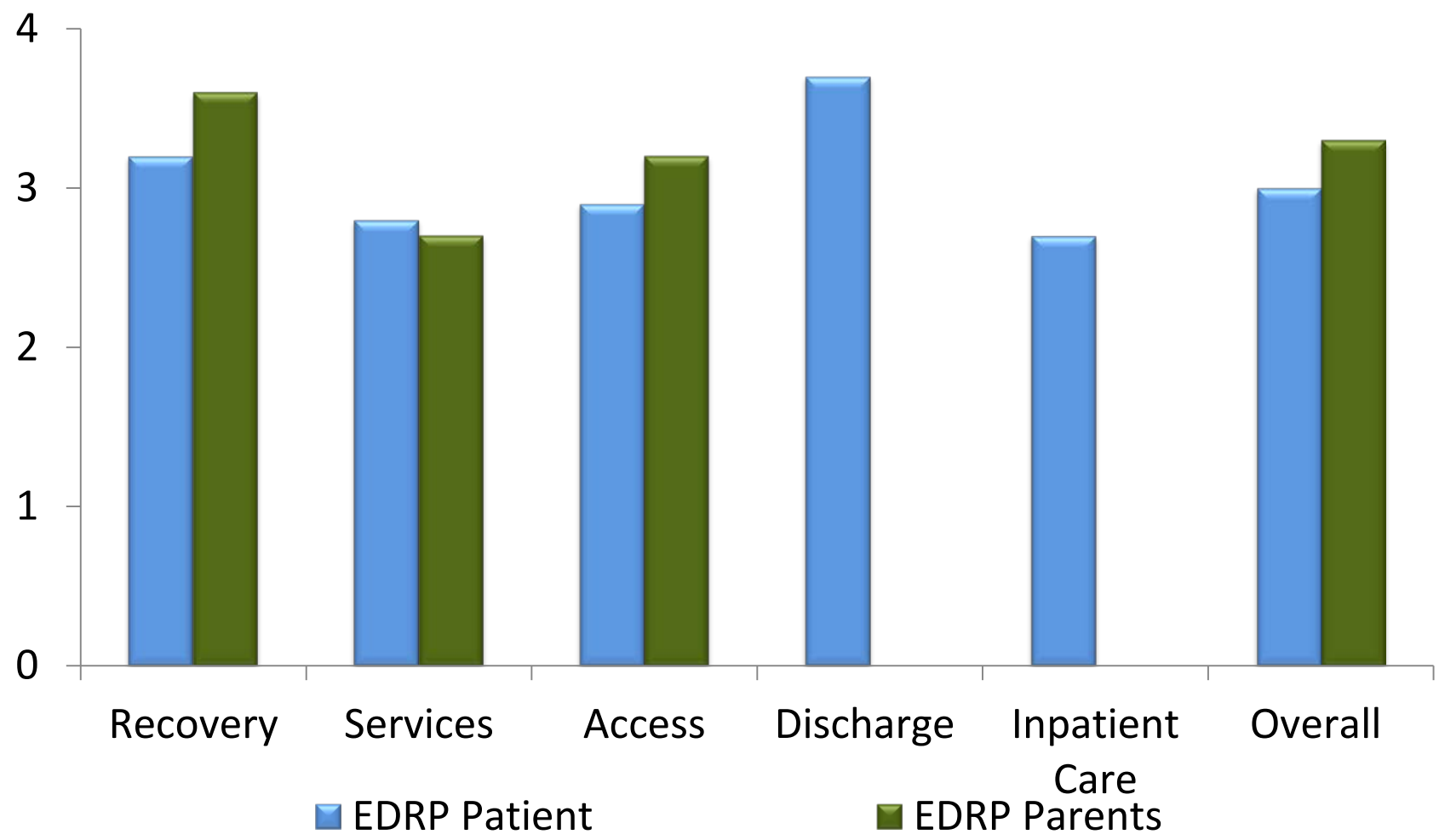
- Block scheduling for teens and staff to ensure coverage
- Challenge to cover all needs plus ensure fairness.

Time of day	Time	Teen Schedule		Charge-Nurse	12-hour Nurse	CYC
Early Morning	700-730	In room		Drug Count/Report	Drug Count/Report	Report
	730-800	Wake-up/ADLs		Wake up, meds, weights	Bathroom supervision	Paperwork
Breakfast	800-830	Breakfast		Meal Support	lock rooms,	Meal support
	830-900				document, emails	
School	900-930	School		Morning Meeting	Morning Meeting	Milieu
	930-1000			Dorm Area	Day area	
1000-1015	Break	walk	Program Walk			
Walk		1015-1030	School	Day area		
School	1030-1100	School		Break	Orders. etc	Break
Group 1/ School	1100-1130	Communication Group			Set up feeds	
Lunch	1130-1200			Lunch		Dorm Area:
	1200-1230	School		Day area	Break	Milieu
1230-1300	Documentation			Day area/ Documentation		
1300-1330				Drug Count/Report	Meal Support	Report
1330-1400	15:30 rounds				Dorm area	
1400-1430	Day area					
1430-1500	1500-1530	Snack		Weights/vitals/ Meds	16:30 rounds	
PM snack	1530-1600	Soothing through Senses/ Curating your life		Homework	Break	
	1600-1630					Computers
Group 3	1630-1700	Dinner		Meal Support	Dorm area/ document	
Dinner	1700-1730					
	1730-1800	Physical Activity group	Showers, phone homework,		Day area	Drug Count/Report
1800-1830	Social activity, computer use		Break	19:30 rounds		
Free time	1830-1900				Dorm area	
Group 4	1900-1930					
	1930-2000					
	2000-2030					

Time of day	Time	Social Worker 1	Social Worker 2	Social Worker 3	Behaviour Therapist	Dietician
Breakfast	0800-0830		Paperwork	Meal Support	Paperwork	
	0830-0900					
School	0900-0930	MMM	MMM	Individual/ family work	MMM	MMM
	0930-1000	Individual/ family work	Paperwork		Break	consultation
1000-1015						
Walk	1015-1030			Group: communication		
School	1030-1100					
Group 1/ School	1100-1130			Break		
	1130-1200					
Lunch	1200-1230	Break		Meal Support	Break	Break
	1230-1300		Break			
School	1300-1330	Paperwork		Individual/ family work	Paperwork	Consultation
	1330-1400		Special interest			
	1400-1430					
	1430-1500					
PM snack	1500-1530			Meal Support		
Group 2	1530-1600					
	1600-1630					
Group 3	1630-1700					
	1700-1730					
Dinner	1730-1800					Meal Support
	1800-1830					
Free time	1830-1900					Evening
Group 4	1900-1930					Milieu
	1930-2000					Evening
	2000-2030					Meal Support
HS snack	2030-2100					Milieu



Program Evaluation





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**Staff is
polite and
helpful**

**Support from
staff and
patients**

Transparency

**Life of child
was restored
after treatment**

**Lessened burden
of providing care
24/7**



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**More clear
information
prior to
admission**

**Too many
chores (clean
bedroom)**

**Not enough activities
at beginning of
program, but this
improved over time.**

**Distance from
home**



Future Directions in Response to Feedback:

- Improved admission process
- Telemedicine
- Constantly evolving groups and activities to meet the adolescents' needs.



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Thank You!

