Professional and Personal
We offer a safe, structured environment and a treatment approach based on research and years of experience. We combine on-site medical and psychiatric care with intensive therapy and nutritional care to help patients learn to put recovery into practice.

Who We Treat
We provide care for all individuals, ages 10 and up and specialize in treating all eating disorders:
• Anorexia Nervosa and Bulimia Nervosa
• Binge Eating Disorder
• OSFED and ARFID
• Compulsive Exercise
• Eating disorders and diabetes
• Disordered eating in patients of all body sizes
• Eating disorders in Athletes and Dancers

We also work with trauma, PTSD, and other serious medical and psychiatric issues.

Realistic and Challenging Treatment
Our programs support real-life recovery. We affirm the dignity of each individual while challenging problematic eating disorder behaviors. A few of the unique ways we do this include:
• Normalizing exercise, fitness, and movement
• Collaboration with outpatient professionals and Family-Based Treatment providers
• Hands-on coaching for patients and families
• Creatively providing solutions in the context of work, school, sport, career, and family

Learn more about how this works in each level of care on the following page.

Guiding You To Recovery
Navigating eating disorder treatment, levels of care and insurance coverage can be confusing and requires expert help. At McCallum Place, we provide personal guidance as you make the choices leading to recovery.

Next Steps
Our team is ready to help you make an informed decision about you or your loved one’s health. Here’s how you begin:
• Connect with us by calling 800-828-8158
• Set up a Conversation about your specific treatment needs
• Arrange a Medical Assessment with your doctor and provide us with the results
• Receive our treatment Recommendation

Call to Connect Today
800-828-8158
MOST INSURANCES ACCEPTED

Our Locations
McCallum Place - St. Louis
RESIDENTIAL, PHP, IOP, TRANSITIONAL LIVING
231 W. Lockwood Ave., Ste. 201 | St. Louis, MO 63119
314-968-1900

McCallum Place - Kansas City
PHP, IOP
12140 Nall Ave. Ste. 315 | Overland Park, KS 66209
913-906-9091

St. Louis & Kansas City
Treating All Individuals, Ages 10+
800-828-8158
McCallumPlace.com

Your Strength is Within
You may have concerns about seeking help because it feels embarrassing or overwhelming, not to mention the questions you have about insurance and treatment options.

However, living with an eating disorder doesn’t feel like living. The racing thoughts, body-hatred, shame, medical complications, and damaged relationships take their toll.

At McCallum Place, we wholeheartedly believe recovery is possible and have designed our program to restore hope and health, guiding you back to laughter, creativity, curiosity, and peace.

The first step in recovery is connecting with us and having a conversation about your eating concerns. This, along with an exam from your medical provider, allows us to recommend the type of treatment we believe is best for you.

There is no pressure or cost to begin. In fact, if we believe your needs are better met by another setting or treatment center, we will provide referrals to those services.

You don’t need to navigate recovery on your own. We are here to help, and we believe the strength to take the next step is within you.

Dr. Kim McCallum, MD, FAPA, CEDS
Founder of McCallum Place
Residential Treatment

24-Hour Residential Programs are designed with the care of each patient in mind, offering an atmosphere of support, privacy, and freedom not possible in traditional hospital settings.

Our residential treatment provides intensive therapy, nutritional rehabilitation, round-the-clock support, and medical stabilization in a compassionate and intentional environment.

24-Hour Residential (St. Louis)
- Assessment and ongoing medical support with a board-certified primary care physician
- On-site psychiatrists and 24-hour nursing
- Weekly individual sessions with a child, adolescent or adult board-certified psychiatrist
- 3 weekly sessions with a therapist or psychologist
- 2 weekly sessions with a registered dietitian
- Family therapy, education, and support
- Multiple daily psychotherapy groups
- 3 supported meals and 3 snacks daily

In all levels of care, as patients become more confident and comfortable with eating, they progress through our stage system and practice increasing levels of independence.

Partial Hospital Treatment

Our 6-hour or 10-hour, 7-days-per-week Partial Hospitalization Programs (PHP) are for those needing daily structure to change food rituals or stop eating disorder behaviors. For many, the 10-hour PHP is an alternative to residential care.

Partial Hospital Programs (St. Louis, Kansas City)
- 1-2 weekly individual sessions with a psychiatrist
- 2-3 weekly individual therapy sessions
- 2 weekly sessions with a registered dietitian
- Multiple daily therapy groups
- A weekly treatment team meeting
- Therapeutic meals and snacks
- Medical monitoring of labs, weight, and vital signs
- Family therapy, education, and support
- The 10-hour program includes 2 meals and 2 snacks
- The 6-hour program includes 1 meal and 2 snacks

For patients and families who are attending our PHP level of care in St. Louis and need additional support prior to returning home, transitional living housing is available.

“McCallum Place saved my life. I truly believe recovery is possible.”

Intensive Outpatient Treatment

The IOP level of care is for individuals needing more structure and support than outpatient therapy alone but do not require partial hospitalization.

Our programs are flexible and allow individuals to continue their everyday activities, such as work or school. Patients have the opportunity to practice food preparation, grocery shopping, and eat supported meals at local restaurants.

Intensive Outpatient (St. Louis, Kansas City)
- Psychotherapy groups
- Weight and behavioral monitoring
- 1 daily meal
- 1 weekly session with a psychologist or therapist
- 1 weekly session with a registered dietitian
- 1 session with a psychiatrist every other week

Medical Care

Our primary concern is the medical and psychiatric stability of our patients. Under attentive and supportive supervision, our patients regain medical stability and improve overall health. We monitor labs and vital signs throughout treatment and actively address gastrointestinal and cardiovascular concerns and can place and monitor NG feeding tubes on site.

Psychotherapies

We focus treatment on values, facing fears, skills, emotional regulation and developing confidence in relationships. We apply mindfulness and evidence-based psychotherapies such as ACT, EMDR, CBT, DBT, and FBT. Expressive therapy and body-based groups, including art therapy, movement, fitness, yoga, and psychodrama help restore a healthy balance of body, mind, and spirit.

Nutritional Therapy

Meal therapy involves exposures, increasing your confidence, and flexibility around meals. Meals and snacks are prepared with care to promote healthier attitudes about food and eating. Our registered dietitians provide nutrition support through individual sessions, groups, cooking classes, self-portioning, and restaurant outings.

Family Therapy

Families play an essential role in treatment and recovery. We recognize that family involvement is the key to lasting recovery and we encourage families to become an integral member of the treatment team. In addition to regular family sessions, a supportive and educational family weekend is offered on a monthly basis.

Treatment Programs

Adolescents & Children (Ages 10-17)
Children and teens develop the skills and emotional development needed for recovery. Families are involved, including weekly sessions, opportunities to eat together, and communication with the treatment team. For families using the Family-Based Treatment model, FBT principles are incorporated into treatment.

Students stay up-to-date with their school through on-site teachers, study time and tutoring.

Adults (Ages 18 and up)
Adults have separate programming to address relationships, trauma, coping skills, and body image through a variety of therapies including expressive, group, and art. Family therapy is based on the preference and needs of each patient. For students, we work with colleges to create a successful transition plan to return to school.

Athletes (St. Louis)
Designed specifically for high school, college, elite and professional athletes with eating disorders, The Victory Program at McCallum Place improves the physical and psychological health needed to maximize sport performance. Treatment teams include a sport psychologist, sport dietitian, strength and conditioning coach, physician, and therapists, all who are committed to an athlete’s personal and athletic success.

Participation in sports is the key to recovery in eating disorders. McCallum Place recognizes the importance of physical activity and nutrition to recovery, and offers specialized programs designed to support athletes through their treatment journey.