



Carlsbad, California – San Diego County

**About Montecatini:** Since 1991, Montecatini has served women ages 16–55 who are struggling with anorexia nervosa, bulimia nervosa, binge-eating disorder, other forms of disordered eating, and co-occurring diagnoses.

**Our Mission:** Montecatini's mission is one of hope and long-term recovery. We believe treatment is a collaborative process, and we consider the client an essential part of the treatment team. Our goal is to help clients return to lives that are not only functional, but joyful as well.

**What We Believe:** We believe eating disorders are disorders of disconnection. Recovery results from reconnection with yourself, others, and your community. Our multifaceted approach to treatment addresses the complexities of eating disorders by utilizing a variety of treatment modalities to treat the whole person.

**Who We Are:** Our team is made up of passionate, multidisciplinary professionals who have years of experience treating eating disorders and co-occurring disorders.

**What We Are Known For:**

- Comprehensive continuum of care: Clients work with the same treatment team at all levels of care
- Wellness Center programming with exercise physiologist
- Expertise in co-occurring diagnoses: We have the ability to detox clients. We also offer a co-occurring therapeutic group & 12-Step/AA meetings
- Intimate environment

**Who Can We Help:**

- Females ages 16–55 at the residential level of care, & females age 16 & older at all other levels of care
- Clients who have primary eating disorder diagnosis of anorexia nervosa, bulimia nervosa, binge-eating disorder, & other forms of disordered eating
- Minimum BMI of 14 with medical evaluation & clearance
- Co-occurring substance use & mental health disorders
- Service dogs allowed at residential level of care with proper documentation
- Insulin-dependent (diabulimia)
- Clients who follow vegan, vegetarian, or gluten-free diets (with documentation)
- Clients who have complex medical histories, are using Suboxone, or have engaged in self-harm



**Medical Requirements for Admission:** The following tests are required before the client's admission. Lab results cannot be more than 14 days old upon date of admission.

- CBC with differential & platelets
- Complete metabolic panel (14)
- Magnesium, phosphorus, TSH, lipase, vitamin D, 25-hydroxy
- Amylase isoenzymes
- Hepatitis A, B, & C screen
- HCG (blood pregnancy test)
- EKG

**Levels of Care:** Residential, partial hospitalization, & intensive outpatient with transitional living

**Residential Accommodations:** Our three residential homes provide a safe and nurturing environment for our clients. With only six beds per house, clients receive 24/7 care and personalized support.

**Accreditation:** Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)

**Family and Friends Weekend:** Occurs every six weeks. Programming provided Friday–Sunday.

**In-Network Insurance:**

Aetna, Cigna, American Behavioral, Anthem Blue Cross Blue Shield, ComPsych, HMC Health Works, Human Behavioral Associates, Humana/LifeSync, Integrated Health Plan, Magellan (this goes through Blue Shield), Managed Health Network (MHN), Mental Health Network, Multiplan, Prime Health Services, Sharp Health Plan, United Behavioral Health/Optum/PacifiCareBehavioral Health, Value Options/Beacon Health Options

**Residential Program Highlights:** Our staff is comprised of a multidisciplinary team of experts, including psychiatrists, physician assistants, registered nurses, medical assistants, licensed marriage and family therapists, licensed clinical social workers, registered dietitians, and patient care technicians.

- 24-hour nursing care
- Individual therapy sessions 3x/week, registered dietitian 1x/week, & psychiatrist 1x/week
- Visiting hours every Sunday, 2:00PM–5:00PM
- Outings each week (i.e., Target, movies, nail salon)
- Bathroom monitoring
- Evidence-Based Treatment Modalities:
  - » Cognitive behavioral therapy (CBT)
  - » Dialectical behavior therapy (DBT)
  - » Acceptance & commitment therapy (ACT)
  - » Body image group
  - » Relapse prevention
  - » Interpersonal process groups
  - » Integrated care group
- Nutritional Exposure & Education:
  - » Restaurant & grocery store outings
  - » Group dinner night
  - » Exposure meals & snacks
- Experiential therapies:
  - » Yoga & guided meditations
  - » Expressive art therapy
  - » Individual & group outings
  - » Individual exposure therapies
  - » Attachment repair group

**Partial Hospitalization Program:** Designed as a step-down service for clients in residential treatment and those who are unable to sustain their recovery in lower levels of care. Patients receive structured care and support while practicing how to integrate real-life skills into their own unique recovery.

- PHP 8 hours a day, 6 days a week
- Minimum of 5–6 sessions a week (therapist, dietitian, psychiatrist/psychiatric physician assistant, & nurse)
- Medical & psychiatric oversight
- Individual sessions with exercise physiologist in Wellness Center
- Movement in Moderation psychoeducation group
- Joyful movement & exercise groups led by exercise physiologist (if patient is cleared by treatment team)
- Integrated care group
- Weekly psychoeducation & therapeutic process groups, art therapy, nia, & yoga
- Weekly experiential therapies, including restaurant outings, grocery shopping, & cooking group

**Transitional Living:** Patients in the partial hospitalization or intensive outpatient level of care may choose to live in our independent living housing.

- 16 beds in 2 adjoining duplex homes
- Cable, WiFi, full kitchen, laundry
- Transportation to & from programming provided

**Co-Occurring Treatment:** We have found that our clients often bounce back and forth between addictions, often leading them to feel defeated and hopeless. In a committed effort to help our clients achieve whole and lasting recovery, Montecatini created an integrated care model that incorporates evidence-based treatments to address both disorders and foster healing and recovery for our clients in mind, body, and spirit.

**Integrated Treatment Elements Utilized:**

- Integrated care group that focuses on addressing the addictive behaviors that exist alongside the client's eating disorder
- 12-Step facilitation & substance use education
- Aftercare planning & relapse prevention
- Psychiatry, medical care, labwork, & medication management
- Motivational interviewing
- Pharmacological & UDS
- Evidence-based treatment modalities, including DBT, CBT, & ACT
- Experienced & empathetic staff

**Intensive Outpatient Program:** Montecatini's intensive outpatient program is designed for women who are able to manage their symptoms at a lower level of care. Montecatini's IOP includes many of the same individualized interventions as our residential program and PHP while offering an increased focus on regaining independence while still in a recovery environment.

- IOP 4 hours a day, up to 6 days a week
- Minimum of 3–4 sessions a week (therapist, dietitian, psychiatrist/psychiatric physician assistant, & nurse)
- Medical & psychiatric oversight
- Individual sessions with exercise physiologist in Wellness Center
- Movement in Moderation psychoeducation group
- Joyful movement & exercise groups led by exercise physiologist (if patient is cleared by treatment team)
- Integrated care group
- Weekly psychoeducation & therapeutic process groups, art therapy, nia, & yoga
- Weekly experiential therapies, including restaurant outings, grocery shopping, & cooking group

**Wellness Center:** In 2018, Montecatini built a Wellness Center to provide an atmosphere where clients could honor their bodies, discover joyful movement, and challenge overexercising and exercise avoidance.

**Individual and Group Sessions:**

- Individual sessions with exercise physiologist: Health history & movement intake, relationship with movement, & behaviors
- Postural assessment: Indicates what corrective exercises the client should start with
- Movement plan is created based on client's individual goals, interests, & stage of recovery
- Movement in Moderation group