

## **ED Track Policy and Expectations**

Participation in the ED Track is a collaborative process based on mutual accountability and engagement. We encourage clients to take ownership of their recovery journey while receiving the individualized support they need. Program expectations are in place to create a supportive environment and ensure progress in recovery. Adjustments to these expectations may be made by the treatment team to accommodate individual needs.

If a client struggles to meet expectations or demonstrate progress, the treatment team will reassess their needs and may recommend additional support, such as a probationary contract or a higher level of care. This contract will outline specific steps needed for continued participation in the ED Track.

**By joining the ED Track, clients agree to the following core program expectations:**

**1. Attend Groups, Meals, and Appointments:**

Active participation in all groups, meals, and appointments is essential for progress. Clients are responsible for attending appointments and knowing the time of each. Attendance is mandatory for the following ED-specific programming:

- **ED Group** – Monday, Wednesday, and Friday at 11:00 AM
- **Therapeutic Meals (Food and Feelings)** – daily, Monday through Friday
- **Weekly Weigh-Ins and Vitals** – Mondays and Fridays at 10:30 AM
- **Weekly Meeting with Dietitian**

**2. Complete Meal Plans:**

Clients are expected to follow their individualized meal plans, which are developed in collaboration with their primary therapist and dietitian. This includes using **Recovery Record** (unless otherwise determined by the team) to track food and ED behaviors. Clients should engage in discussions about lapses and challenges during both group and individual sessions as a means of strengthening self-efficacy.

**3. Demonstrate Motivation for Recovery:**

We understand that ambivalence is a natural part of eating disorder recovery. While we meet clients "where they are," we ask that they show honesty, committed action, and self-responsibility. The program works best when clients actively engage in their recovery journey.

**4. Support Each Other's Recovery:**

A supportive group environment is crucial to recovery. Clients are expected to take responsibility for their own recovery while supporting one another. Discussions about specific numbers (e.g., weight or calories) or behaviors that glorify eating disorders are discouraged, as these can disrupt the group process. A good rule of thumb is to speak about your eating disorder, rather than from it.

**5. Challenge Eating Disorder Thoughts and Behaviors:**

Recovery involves the ability to separate oneself from eating disorder thoughts and assumptions. Clients are encouraged to challenge automatic thoughts related to food, body image, exercise, and other aspects of their ED.

**6. Set and Meet Reasonable Weekly Goals:**

Progress in recovery is not linear. Clients are expected to set actionable goals

each week and take small steps outside of their comfort zone. Setbacks are treated as part of the learning process and provide opportunities for growth.

7. **Make use of Support:**

Clients are encouraged to take full advantage of the ED programming and the support provided by staff and peers. Staff members are here to help clients work towards their recovery goals, and active engagement with program resources is vital.

**Client Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_