



The Klarman Eating Disorders Center at McLean Hospital

A HARVARD MEDICAL SCHOOL AFFILIATE

Restoring Confidence and Hope in Adolescent Girls and Young Women

Just outside Boston resides one of the nation's preeminent psychiatric facilities, McLean Hospital. This peaceful tree-filled setting offers a safe, secure and caring therapeutic environment for young females who require treatment for eating disorders.

The Klarman Eating Disorders Center offers a 24-hour acute residential program and a seven-day-a-week partial hospital program for adolescent girls and young adult women with anorexia nervosa, bulimia and binge eating disorder.

We care for people as whole individuals with special attention given to co-occurring psychiatric diagnoses such as depression and substance abuse.



Education, empowerment, hope and renewal

McLean's Klarman Center restores hope. Young people in our program receive expert care and treatment. While here, they learn to manage their eating and to enhance their self image and esteem. When they leave, it's with renewed health and well-being, and confidence in the future. Our outcomes research shows measurable decreases in depression, anxiety and weight concerns, as well as improved quality of life.

Comprehensive care by a dedicated clinical team



The center is staffed by a highly trained multidisciplinary team of psychologists, psychiatrists, clinical social workers, nutritionists, an expressive therapist, nurses, counselors and a clinical educator. Team members follow each patient throughout her course of treatment. Staff are especially skilled at using evidence-based treatment for co-existing psychiatric conditions, such as substance abuse and trauma-related disorders.

Our intensive treatment approach includes and integrates the following:

- Initial medical, psychiatric, psychological and nutritional evaluation. Further specialty consultations arranged when needed.
- Comprehensive personalized treatment plan.
- Regular psychiatric and psychopharmacological sessions.
- Individual psychotherapy three times per week—therapeutic approaches include cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT) and psychodynamic therapy.
- Family therapy (with parent support and guidance) one to two times per week.
- A structured meal plan and nutritional oversight by a registered dietician.



- Monitoring of labs, vital signs, weight and other indicators of medical complications.



- Therapeutic groups and activities—impulse control, relapse prevention, social skills training, anger management, cooking and nutrition, body image, yoga, expressive arts and pet therapy.
- Milieu therapy and supervision of daily activities (including meals and bathroom use).
- Educational assistance by a certified teacher. An hour per day in academics group and an opportunity to use free time for homework.

Helping to ensure continued progress

Planning for discharge and outpatient follow up begins at admission. Our clinicians make recommendations for continued care, and they work closely with referring providers to ensure continued progress and a smooth transition back to the community.

Many individuals participate in our partial hospital “step down” program. This allows them to practice the skills learned for recovery, such as relapse prevention and mindfulness.

Call for more information

The Klarman Center accepts all major insurance plans and private payment. We work with insurance companies to maximize the amount of allowable needed care.

Call 617.855.3410 or e-mail klarmancenter@mclean.harvard.edu for more information about our program. You may also visit us online through the McLean website at www.mclean.harvard.edu.



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Ranked first among the nation's top freestanding psychiatric hospitals... U.S. News & World Report

McLean Hospital is the largest psychiatric facility of Harvard Medical School, an affiliate of Massachusetts General Hospital and a member of Partners HealthCare.