



CENTER FOR CHANGE

A place for hope and healing





IT IS POSSIBLE TO SEE YOURSELF IN A WHOLE NEW LIGHT

The sunlight paints shifting colors upon the idyllic Wasatch Mountains here at our Utah home. Our setting offers the utmost in privacy in a beautiful, tranquil, and safe environment where new hope can flourish. Ours is a place of trust and growth, where therapy, education, medical support, and expert psychological and nutritional care are offered in a loving context of compassion.

Here in the mountains, hope is real.



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WELCOME TO CENTER FOR CHANGE

The prospect of a life filled with health, peace, and fulfilling relationships is real.

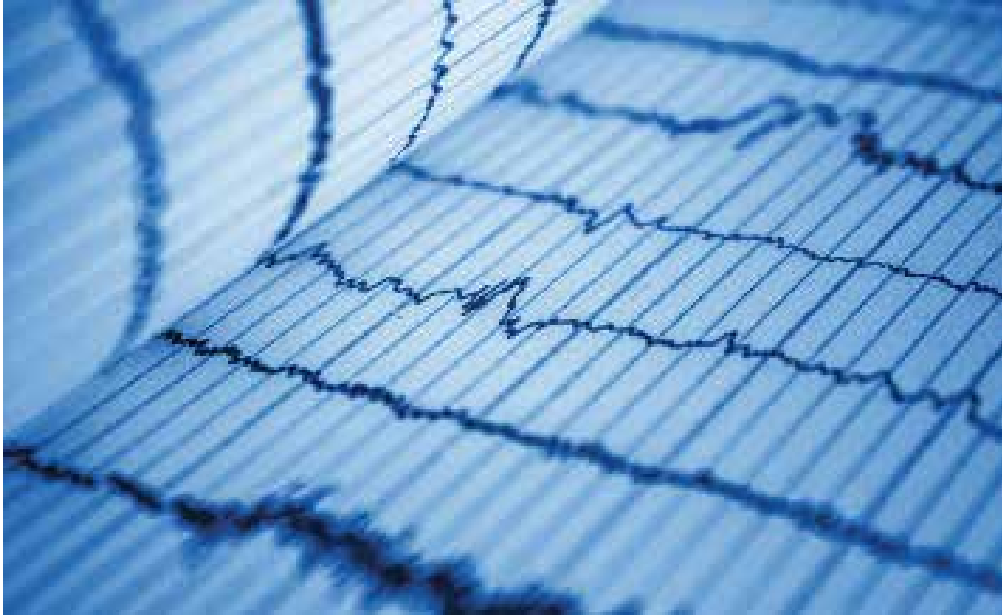
Established in 1994, Center for Change offers the most comprehensive therapy and treatment programs available for adolescents and adults, focusing on healing the whole person - mind, body, and spirit. **Those who come to us often tell us that receiving treatment at the Center has given them their lives back.** They come to see themselves in a whole new light.



A scenic outdoor courtyard featuring a large wooden pergola structure. Underneath the pergola, there are several picnic tables with green benches. The courtyard is paved with light-colored stone tiles. In the background, there are mountains and a clear blue sky. The scene is framed by lush green trees in the foreground.

A PLACE FOR HOPE AND HEALING

We understand the underlying dynamics and emotional factors common to all eating disorders. We offer the nurturing setting, compassion, and skill to help patients achieve real results that change their lives for the better. Throughout each stage of the recovery process, two things remain constant: our unwavering belief that **recovery is possible**, and our complete conviction that there is hope.



EATING DISORDERS ARE COMPLICATED ILLNESSES REQUIRING VERY ADVANCED, SOPHISTICATED TREATMENT.

Center for Change offers:

- Evidence-based therapeutic interventions
- Medical model approach within a beautiful, home-like setting
- Specialists in trauma, anxiety, depression, addiction, chronic illnesses, and more
- Deep Transcranial Magnetic Stimulation (TMS)
- Practice-based experience and expertise



TREATMENT FOR ANOREXIA, BULIMIA, OSFED, ARFID, AND BINGE EATING DISORDER

Widely recognized in the healthcare field for our expertise and research achievements, the professionals at the Center have worked with those suffering with these illnesses in Inpatient, Residential, and Outpatient settings. In addition, our expert clinicians are well versed in treating non-traditional eating disorders such as “orthorexia”, compulsive exercise, “diabulimia”, etc. Each of our professionals know that emotional support, compassion, and love are important parts of the healing process for every patient.



TYPE 1 DIABETES AND EATING DISORDERS

Those who suffer with both an eating disorder and diabetes are faced with many challenges. Balancing dietary needs with eating disorder treatment can be difficult and requires professionals that are specialized in both. Center for Change believes that **each patient deserves an opportunity to have a “fresh start”** with the treatment of their diabetes within a program that is experienced in treating both of these life-threatening illnesses.

“My treatment team at Center for Change has shown me that it is possible to learn the balance between intuitive eating/movement and diabetes management. They have helped empower me with knowledge, skills, and self-compassion.”



NUTRITIONAL PHILOSOPHY

At Center for Change we utilize our recovery directed eating model - which begins as highly structured and moves through self-plating using the “plate method” to help each patient achieve success as they learn Intuitive Eating principles, moving towards honoring their health with gentle nutrition. Dietary and nutritional therapies help patients develop an understanding of their eating disorder while developing an approach that will continue to help them in their long-term recovery.



TREATMENT FOR MILITARY SERVICE MEMBERS & DEPENDENTS

Center for Change staff have been trained in military culture and have experience working with military service members, families, and military personnel. We have a deep desire to deliver the very best care to our military, and care which meets the expectations and unique demands of military culture. We thank you for your bravery, for your family's sacrifice, and for your service to our country. Let us serve you in return.

"I am both the wife of an active duty member as well as a senior field grade officer. My eating disorder had ruined my health, career, marriage and emotional stability. CFC came along side of me with an outstanding medical staff of doctors, psychiatrists, psychologists, and specialists and helped me to heal. I left CFC empowered, responsible for my recovery, and with a sense of purpose."



PROGRAM FEATURES

- Levels of Care:
 - ◇ Inpatient Hospitalization
 - ◇ Residential Treatment (RTC)
 - ◇ Partial Hospitalization Program (PHP)
 - ◇ Intensive Outpatient Program (IOP)
 - ◇ Outpatient Services
- Collaborative, Multidisciplinary Team
- Individual / Family / Group /
Experiential Therapies
- Comprehensive Nutritional Program
- Medical Care & Monitoring /
Medication Management
- 24-hour Nursing
- Trauma-Sensitive Movement Therapies
- Monthly Family Week
- Independent Living Program
with Apartments



ADJUNCT THERAPIES

Deep Transcranial Magnetic Stimulation (TMS) and Spravato (esketamine) Nasal Spray are offered at Center for Change as adjunct therapies for our eligible adult Residential and Partial Hospitalization patients. Deep TMS is an FDA-approved non-invasive technology for treating Depression and OCD. With research demonstrating a significant reduction in symptoms, TMS can be an effective treatment option for individuals suffering from eating disorders. Spravato is an FDA-approved derivative of ketamine, and is indicated for treatment-resistant Depression, offering drastic changes in depressive symptoms.

“I came to the Center with no hope for recovery. I didn’t think that anyone could help me change my ED mindset, but I was wrong. I now have more hope and confidence than I ever have had.”



ACADEMICS AT CENTER FOR CHANGE

Cascade Mountain High School is our AdvancED accredited academic program with curriculum taught by certified teachers. While having a school within the Center allows students to continue their educational progress, the main focus is to act as a therapeutic setting that **allows students to face “real world” situations and experiences in a safe environment**, helping them gain skills that can translate once they return to their home schools.

TREATMENT OUTCOMES AT CENTER FOR CHANGE

Data from the Center's 15 year treatment outcome study conclude that the vast majority of patients achieve large improvements during their intensive treatment stay (Inpatient and Residential). At the conclusion of treatment, most patients score in normal ranges in their attitudes about food, weight, and body shape. In addition, most patients score in the normal range on measures of emotional, relationship, and spiritual well-being.

“BEING RECOVERED FROM ANOREXIA AND BULIMIA FOR MORE THAN 3 DECADES, I KNOW FIRSTHAND THAT RECOVERY IS POSSIBLE. HOPE AND HEALING CAN BE FOUND AT CENTER FOR CHANGE.”

Nicole Hawkins, PhD, CEDS-S
Psychologist and CEO
Center for Change



Four smooth, light-colored stones with words engraved on them, resting on a dark brick surface. The words are "Dream", "Inspire", "Courage", and "Harmony".

Dream

Inspire

Courage

Harmony

GETTING STARTED

Step 1: Make the Call - A caring member of the Admissions Team will gather information, answer any initial questions, share important information about our programs, and verify insurance coverage.

Step 2: Schedule an Assessment - The assessment is an hour-long interview; either in person or over the phone, conducted by one of the Center's experienced therapists. This evaluation allows our treatment specialists to recommend a level of care.

Step 3: Schedule the Admission - If it is determined that Center for Change is the right fit, an Admissions Team member will help the patient select a date and time for admission.

The first step may seem like the hardest step of all, but when you have the courage to take it, **you'll find that hope is real here at Center for Change.** Small steps in the right direction will change your life. Let us walk you through the process. 888.224.8250 CenterForChange.com

LOCATIONS



Main Campus

1790 N State St.

Orem, UT 84057

Main Phone: 888-224-8250

Main Fax: 801-224-8301

Medical Records Fax:

801-229-6802

Programs:

- Inpatient (Females)
- ED-DMT1 Program (Females)
- Residential - RTC (Females)
- Partial Hospitalization (PHP) - All genders ages 14+
- Intensive Outpatient (IOP) - All genders ages 14+
- Outpatient - All genders ages 10+



Salt Lake Location

7050 Highland Dr., Suite 310

Cottonwood Heights, UT 84121

Main: 801-996-3413 / Fax: 801-679-1143

Programs:

- Partial Hospitalization (PHP)
 - All genders ages 14+
- Intensive Outpatient (IOP)
 - All genders ages 14+



Boise Location

1411 W Franklin Street

Boise, ID 83702

Main: 208-629-3927 / Fax: 208-922-6718

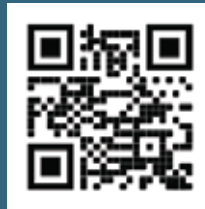
Programs:

- Partial Hospitalization (PHP)
 - All genders ages 14+
- Intensive Outpatient (IOP)
 - All genders ages 14+



888-224-8250

centerforchange.com



Scan with your smartphone to learn more about
Center for Change.