

St. Louis Behavioral Medicine Institute
Eating Disorders Intensive Outpatient Program
16216 Baxter Road, Suite 205; Chesterfield, MO; 63017
Phone: (636) 532-9188 Fax: (636) 532-9951

IOP Medical Clearance

Patient Name _____ Patient DOB _____

Due to possible medical complications involved with eating disorders, we require physician's medical clearance **prior to** admission to our program. Please circle whether your patient is cleared for this level of care and fax back to us at **(636) 532-9951**.

Details about our Eating Disorders Intensive Outpatient Program:

- **15 hours per week** of group psychotherapy (3 hrs/day), including 1 supervised meal/day
- Psychotherapy with licensed clinician, including **1 hour individual session weekly**
- Nutrition Services with licensed dietitian, including **30 minute individual session weekly**
- 2 Board Certified Psychiatrists available for consultation as well as follow-up appointments
- Adolescent program is based on principles of FBT (Family-Based Treatment)

We also recommend that clients have current lab work results. Please see attached lab recommendations. If you have any questions, don't hesitate to give us a call at (636) 532-9188, as your patient cannot be admitted to our program until we receive medical clearance.

Patient is **CLEARED** / **NOT CLEARED** for the ED Intensive Outpatient Program.

Physician Signature

Date

Upon admission, our program coordinator will contact you with specific information about your patient's treatment team. We welcome collaboration of care and look forward to consulting with you at your convenience.

Eating Disorders Program Staff: Laura Huff, PhD, Director; Melanie McKean, DO, PhD, Medical Director; Joan R. Butcher, MD; Jessica Gerfen, PhD; Maiya Ingram, MS, MPH, RD, LD; Jennifer Kamer, MA, LPC; Cathy Lander-Goldberg, MSW, LCSW; Libby Lyons, MSW, LCSW, CEDS; Kara Merrill, MA, LPC; Louise Ortman, MA, PLPC; Danielle Ridolfi, PhD; Patrice Ryan, PhD; Dorothy Toran, MSW, LCSW