

**Twelve Week Early Intervention Programme  
Rivendell Adolescent Eating Disorders Unit  
The Priory Hospital Altrincham**

The twelve week early intervention programme is an intensive inpatient treatment service for young people aged 12 to 18 years old who are:

- Within 12 to 18 months of the onset of their eating disorder
- Show significant motivation to get better but have not been able to make persistent progress
- Have at least one parent or other responsible adult prepared to engage in intensive family or multifamily therapy and support the young person with eating after discharge

**What the programme provides:**

- **Pre-admission assessment** (assess physical health and motivation of family/intervention)
- **Six week inpatient treatment with:**
  - Supported eating
  - Intensive family therapy (6 sessions) or multifamily therapy (4 days)
  - Weekly individual therapy
  - Daily therapeutic group (CBT, self esteem, art therapy, creative therapy, body image)
  - Educational support
  - CPA at 4-6 weeks
  - Overnight home leave 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> weekend

**Six week follow up after care:**

- Smooth transition to care by community team
- Option of day care one day a week for 6 weeks (to include supported eating, attendance at therapy group)
- Weekly weight monitoring
- Four further family therapy sessions
- Up to 2 further individual therapy/handover sessions
- Access to Consultant/Dietician/Ward Doctor
- CPA 10-11 weeks
- Access to free monthly Family Support group for 12 months



**Fees**

- Full twelve week inpatient treatment programme £27,500

For referral enquiries, admissions or further information please call us on: 0161 904 0782 or 0161 904 0050

Referencing "Adolescent Twelve Week Early Intervention Programme"  
Or send an email to [altrincham@priorygroup.com](mailto:altrincham@priorygroup.com)  
Alternatively you can visit our website at:  
[www.priorygroup.com/altrincham](http://www.priorygroup.com/altrincham)