

A Parent's Story

My daughter was diagnosed with Anorexia Nervosa when she was 13 years old. It took many years of constant support, but I am grateful to report that today she is a happy, healthy, 18-year-old freshman studying nursing at the University of Michigan.

I am convinced that the primary reason my daughter was able to recover from this terrible illness is due to the partnership and combined efforts of the Golisano Children's Hospital and The Healing Connection. When she was diagnosed, she was admitted to the hospital and entered a 17-day protocol to gain weight and stabilize medically. At the end of the program, my wife and I were scared to bring her home. We knew nothing about eating disorders and we did not know how best to support her recovery. Everyone we spoke with told us to go to the Healing Connection.

She was admitted to their full day program for six weeks, and continued to see a physician at The Golisano Children's Hospital for three years. The Healing Connection cared for her in ways that decreased tension at home and allowed us to focus on love and support instead of eating. Their staff did a great job educating us about eating disorders, which really helped us understand the illness and be more empathetic with our daughter's struggle.

Now that she can talk about her recovery, she has told us she couldn't have done it without the hospital stay and the Healing Connection. **Luckily, she did not require Residential treatment.** She was able to successfully transition from the hospital into the full day program at The Healing Connection. If she had needed Residential care, that would have required travel out of state for an extended time. Family support and involvement in her recovery was extremely important, so my wife or I would have needed to take a leave of absence from employment or even relocate to support her.

The Healing Connection and The Golisano Children's Hospital have recognized this gap in the care continuum, and that is why **The Healing Connection is raising funds to open a Residential treatment facility in the Rochester area.** This will keep the entire spectrum of treatment local, and allow patients and family members to recover in their own communities—decreasing the emotional and financial costs related to receiving treatment out of town.

Join us!

To learn how you can contribute to this project, please contact Michael Bobry, Campaign Lead.

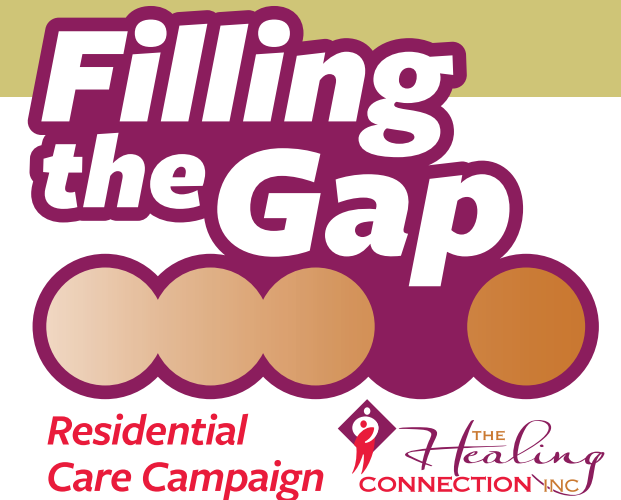
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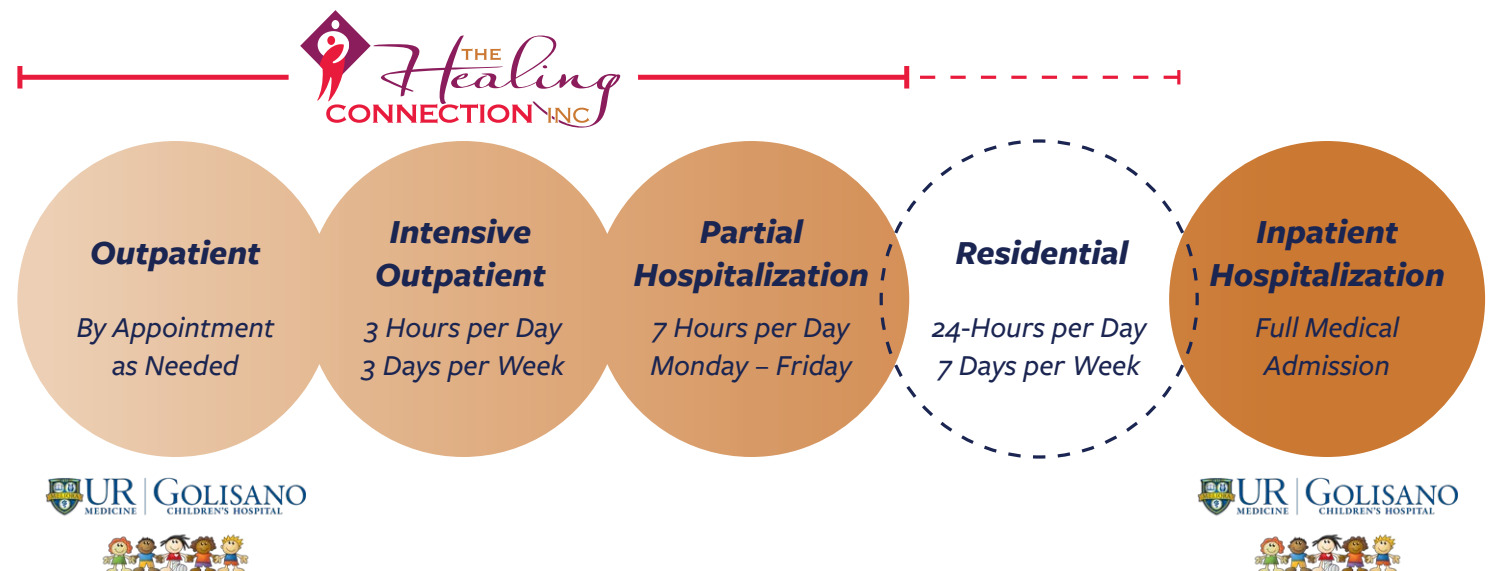
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The Healing Connection is raising funds to open a not-for-profit adolescent **Residential Treatment** facility in Pittsford, New York. The home is located in a residential setting and would be capable of serving up to 10 patients at a time, ages 12-18. The facility will be a **live-in home** providing care 24/7.

Continuum of Care for Eating Disorders



The Need

There is a tremendous need for eating disorder and supportive behavioral health services in upstate New York. Based on national numbers, the Rochester region, alone, is home to ~30,000 people with Eating Disorder symptoms.

Rochester has four of the five levels of care but is **missing residential treatment**. Typically, a patient needs residential care as a step down from hospitalization or as a step up from partial hospitalization (full day outpatient care). With no residential facility located in Rochester or the surrounding area, patients need to travel a minimum of 5 hours to receive that care. This can cause a significant problem for families who want and need to stay involved in supporting their loved ones.

The Healing Connection currently successfully operates three of the five treatment options. We also partner with the Golisano Children's Hospital and the Western New York Comprehensive Care Center for Eating Disorders so that patients can easily transition between hospitalization and full day outpatient care.

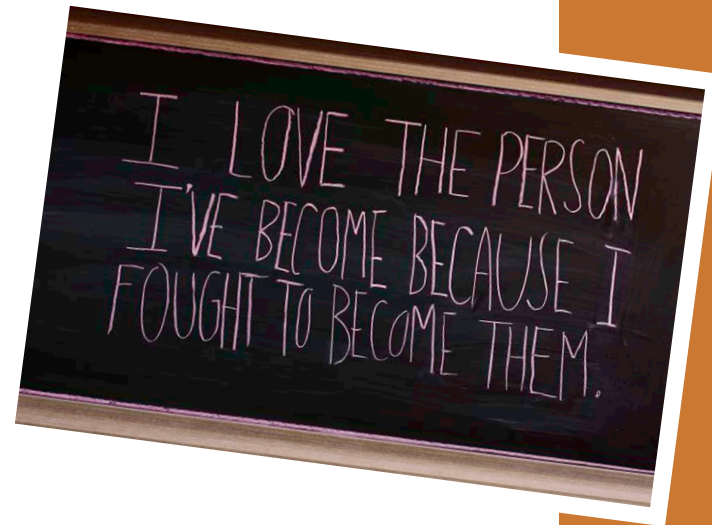
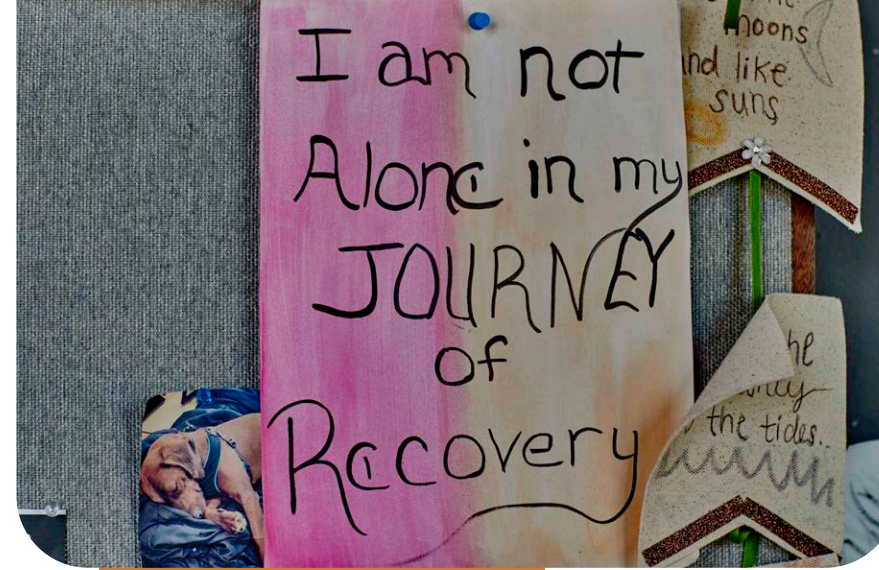
For those who need it, Residential care provides:

- » 24-hour structure and intensive support
- » Support at the highest risk and most difficult times (evenings, weekends, mealtimes)
- » Opportunities for support, education, and skills-building to foster recovery at home
- » Connection and a sense of community with other patients / families and providers who understand the recovery process

The Vision

The Healing Connection Residential Treatment program will provide individuals with eating disorders continuous 24/7 treatment over an extended period of time. This program will operate as part of the full continuum of care provided by a combination of the Golisano Children's Hospital and The Healing Connection. Providing consistent uninterrupted care across the full care continuum gives patients and their families from upstate New York the best opportunity to combat the illness.

By making available the full spectrum of treatment—including residential care—patients and their families are able to stay in or closer to their home community throughout their care journey. This decreases emotional & financial costs and other difficulties (extensive travel, time away from work and other children), and improves therapeutic consistency and outcomes.



Continuous care is better care. Eating disorders thrive in times of uncertainty, and patients are generally anxious about change. They experience high levels of stress during transitions of care. The residential option will mean that our patients and families don't have to change providers, and that they will be able to pursue a consistent approach to recovery throughout their journey.

Families play a large role in treatment. Educated, skilled "family" caregivers help maintain patient motivation for change. For the residential program, family sessions will be offered weekly (in person or virtual). There will also be "family weekends" involving a day of programming (for patient and family)—allowing families to gain the skills, education and support they need to continue promoting recovery after discharge. In addition, patients will be able to "earn" passes to go out with their families (even while in residential treatment) and practice skills learned in program.

The Project

- » Open a home for Residential treatment in Pittsford, New York
- » The facility will serve up to 10 patients (ages 12-18) and their families
- » We anticipate serving ~75-100 patients (and families) annually
- » The program will draw patients from a 300-mile radius
- » The program will serve as The Healing Connection's most intensive phase of care, with step-down treatment through its partial hospitalization, intensive outpatient, and outpatient services
- » We will also treat co-occurring mental health symptoms such as anxiety, depression, PTSD
- » We will partner with Golisano Children's Hospital and Western New York Comprehensive Care Center for Eating Disorders to ensure integrated, continuous and coordinated medical and psychiatric care

To make the project successful The Healing Connection needs to raise **approximately \$1M**. This money will be used to purchase a home and outfit it as a residential treatment center. The raised funding also provides ~6 months of start-up expenses.

To contribute, contact
Michael Bobry,
Campaign Lead

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