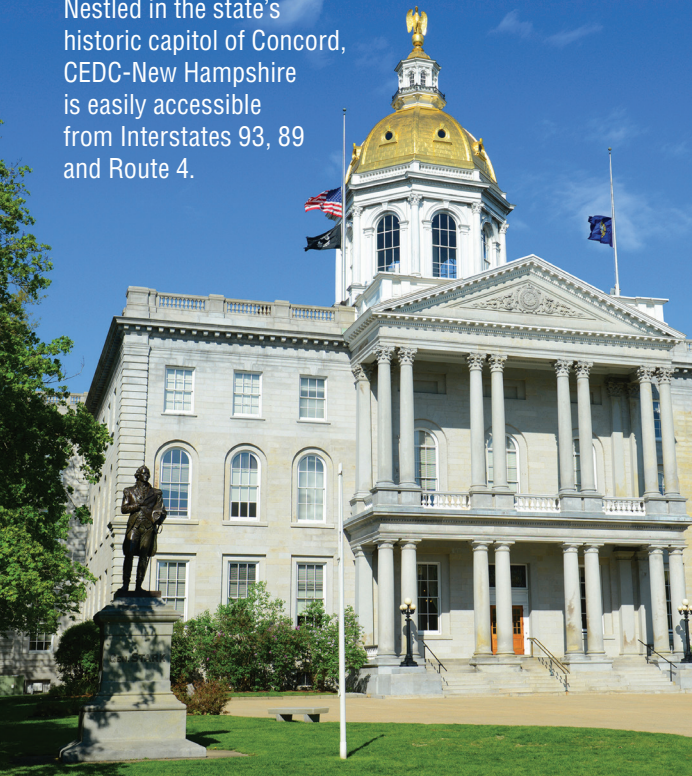


*"I am writing again to say thank you while holding my newborn son. Thank you for all that you do. Thank you for taking the time to listen to me and work with me, even though I said I didn't want help. Thank you for being there every single day during the worst years of my life. But mostly, **thank you for saving my life even though I told you I didn't want to be saved!!** I went to six different treatment centers before coming to **CEDC** and was at the point that many had given up. You all helped me fight for myself again, and honestly, I couldn't be more grateful!"*

Nestled in the state's historic capitol of Concord, CEDC-New Hampshire is easily accessible from Interstates 93, 89 and Route 4.



Insurance coverage

As a preferred in-network provider with most large health insurance carriers, CEDC makes treatment affordable. We often contact insurance carriers for our clients to help them better understand their insurance plan benefits and the best treatment options for them under their individual plan.

To make a referral, an appointment, schedule a tour or receive a consultation, please call 603.715.5150 or email us at info@cedcmail.com.

Our clinical team is available to answer your questions about eating disorders or discuss treatment options by telephone or email, so please let us help you on your journey from surviving to thriving.



**CAMBRIDGE EATING
DISORDER CENTER**
of New Hampshire

105 Loudon Rd., Building #2
Concord, NH 03301
Ph: 603.715.5150 / 888.547.2332
www.eatingdisordercenter.org
info@cedcmail.com



**CAMBRIDGE EATING
DISORDER CENTER**
of New Hampshire

MOVE FROM SURVIVING TO

Thriving





Accredited by the Joint Commission

THE CAMBRIDGE EATING DISORDER CENTER

(CEDC) OF NH opened in 2015 as the first Partial Hospitalization Program for treating eating disorders in the granite state. We are proud of our heritage and expertise in helping those suffering from eating disorders find the structure and support they need to achieve full recovery.

With two levels of Partial Hospitalization Programs and both day and evening Intensive Outpatient Programs, the mission of CEDC-New Hampshire is to help all individuals (12+ years) find their full recovery in a caring, supportive environment. For females in need of residential treatment, our Cambridge, MA center, just 90 minutes south of Concord, offers three levels of developmentally-specific treatment.

Multidisciplinary Staff

From psychiatrists and psychologists to advanced practice RNs, Therapists and Registered Dietitians, CEDC of NH employs evidence-based treatment with highly trained clinicians and mixes in alternative therapies such as yoga and mindfulness for a customized recovery plan for each individual.

Our treatment is goal-oriented, nurturing and respectful. Using, both proven and innovative techniques, our caring, supportive staff help clients interrupt disordered eating behaviors while building rapport and relationships with them.

Our Programs

Partial Hospitalization Program (PHP)

Partial Hospitalization is an all-day, 5-day per week program for those requiring more intensive treatment than outpatient but less than residential. Clients can achieve maximum progress while living at home.

PHP Level I

Monday–Friday, 9 am–7 pm, Daily attendance required

Ideal for clients who are close to needing residential treatment or who have co-occurring disorders that call for more intensive support to interrupt behaviors and/or restore body weight.

PHP Level II

Monday–Friday, 9 am–3:30 pm, Daily attendance required

Ideal for clients who are close to needing residential treatment or who have co-occurring disorders that call for more intensive support to interrupt behaviors and/or restore body weight. Clients who progress well in Level 1 may step down to Level II.

Intensive Outpatient Programs (IOP)

Monday–Friday, Daytime: 12:15–3:30 pm or Evening: 4–7 pm, 3 days/week attendance required

Ideal for clients who need more support services than outpatient but less than PHP. Clients may continue to attend work or school and still work on their recovery.

Therapy Groups Offered Within PHP/IOP

- Cognitive Behavioral Therapy (CBT)
- Acceptance & Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Motivation and Roadblocks to Recovery
- Expressive Therapy
- Relationship Issues
- Healthy Anger Expression
- Relapse Prevention
- Media Literacy
- Bibliotherapy
- Recovery Narratives
- Psychotherapy
- Nutrition Education
- Mindfulness
- Body Awareness
- Yoga Therapy

Referrals

Call CEDC directly for an initial telephone assessment or an in-person evaluation for yourself or a loved one. Clinicians and counselors who are helping those at risk for an eating disorder are welcome to call us for advice. We also offer complimentary clinician in-service trainings on eating disorders for those who want to have the latest information in their diagnostic tool box when assessing patients or students.