



Eating disorder recovery is possible for everybody

Inpatient, residential, day, and virtual care

Monte Nido delivers clinically comprehensive, research-backed treatment to adults and adolescents of all genders with eating disorders within a healing and affirming environment. Monte Nido has 50+ programs offering a full continuum of care.

For over two decades, our expert staff of eating disorder professionals has delivered compassionate care, breakthrough outcomes, and long-term recovery for our clients. Monte Nido specializes in the treatment of eating and co-occurring disorders across four distinct eating disorder program brands: Monte Nido, Monte Nido Walden, Monte Nido Rosewood, and Monte Nido Clementine.



Eating disorder treatment programs

Monte Nido provides:

- A full continuum of gender-affirming care—ranging from inpatient to residential to day treatment—for adults and adolescents with eating disorders including ED-DMT1 (commonly referred to as diabulimia)
- Effective, outcome-backed treatment as well as ongoing research showing the efficacy of our care
- Thorough medical, psychiatric, clinical, and nutritional assessment, oversight, and care
- High staff-to-client ratio
- Comprehensive discharge planning

Treatment at Monte Nido focus on stabilizing the eating disorder and co-occurring presentations, reducing urges, enhancing motivation, developing alternative coping capacities, and changing the way clients think about themselves and their world.

Treatment components include:

- High levels of medical and psychiatric oversight with 24-hour nursing at most inpatient and residential programs
- Evidence-based treatments such as Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT), plus therapies to address co-occurring presentations
- Group therapies
- Therapeutic opportunities, assignments, journaling, challenges, self-monitoring, and treatment exposures
- Nutritional programming that meets differing needs
- Specialized mindfulness training
- Exploration of spirituality, personal values, and personal meaning to help build and sustain motivation
- Family involvement as active partners: multi-family groups, family education, and family therapy

Co-occurring presentations

Co-occurring presentations such as substance use disorder and trauma reactions such as PTSD share common causal and maintaining factors with eating disorders that influence treatment and recovery. We integrate specialized programming to address these factors.

Core interventions can include:

- Cognitive Processing Therapy (CPT), an evidence-based model for addressing PTSD, or other trauma-informed treatment modalities that helps clients identify and process traumatic experiences and reactions that may contribute to their eating disorder
- Supervised medical detox available at inpatient settings
- Motivational Enhancement Therapy (MET), CBT, and interpersonal therapy to address substance use and support behavior change



Monte Nido Walden in Dedham, MA

Nutrition

Nutrition programming works from the same core foundations of health, freedom from eating disordered behaviors, and developmentally appropriate progression toward self-trust and internally directed eating. With this solid foundation, clients move through the early stages of food relationship repair to the later stages of growth and expansion in a recovered life.

Our informed nutritional care reflects:

- Recognition that healthy, recovered people come in all shapes and sizes and that all bodies deserve to be nourished and experience satiety
- Behavior-focused, rather than weight-focused, philosophies
- Belief that weight loss attempts and focus are contraindicated for recovery
- Kitchens open and accessible in a residential program

For students

We understand the difficult decision to leave academic life for treatment. We believe when effective treatment is provided, clients can return to school in a healthier and stronger place. When ready, we work closely with each client, their family, outpatient team, and academic institution to develop an aftercare plan that wraps around their specific needs.



Monte Nido Clementine St. Louis in St. Louis, MO

Research-backed outcomes

Data shows our clients get well and stay well.

Monte Nido conducts a comprehensive research study that is approved by an Institutional Review Board to assess treatment outcomes across our programs with over 6,000 clients enrolled. Our research allows us to better understand our clients and meet their needs.

Our clients maintain treatment gains from admissions to 6-months post discharge

Reduced ED Symptoms



Reduced Depression



Reduced Anxiety



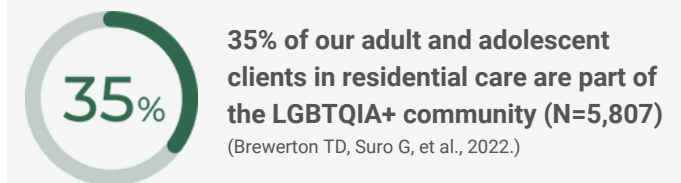
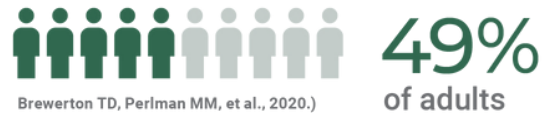
Reduced PTSD Symptoms



(Brewerton TD, Gavidia I, et al., 2023.)

We are the first to provide evidence-based trauma treatment (CPT) concurrently with eating disorder treatment in higher levels of care. Our therapists are trained in CPT to provide effective and evidenced-based interventions to our clients.

The percentage of clients admitted to residential eating disorder treatment meet criteria for posttraumatic stress disorder (PTSD):



We are committed to providing inclusive and affirming care at all our programs through regular staff trainings and have a dedicated specialty day treatment program for LGBTQ+ clients called Rainbow Road.

Learn more about our outcomes at montenido.co/outcomes



Program locations

Monte Nido is a leading provider of eating disorder treatment for adults and adolescents of all genders, offering inpatient, residential, day, and virtual care across our four eating disorder programs: Monte Nido, Monte Nido Walden, Monte Nido Rosewood, and Monte Nido Clementine.

Inpatient	Residential	Day (IOP/PHP)	Virtual (IOP/PHP)
<p>Adults & Adolescents of All Genders*: Arizona Massachusetts</p> <p><i>*Care for adults & adolescents is separate</i></p>	<p>Adults & Adolescents of All Genders*: Arizona California Florida Georgia Illinois Massachusetts Missouri (adolescent) New Jersey (adolescent) New York Oregon (adult) Pennsylvania Virginia</p> <p>Adult Female-Identifying Only: California Florida Massachusetts New York Texas</p> <p>Adolescent Female-Identifying Only: California Florida Illinois New York Oregon Texas Virginia</p> <p><i>*Care for adults & adolescents is separate</i></p>	<p>Adults & Adolescents of All Genders: Arizona California Connecticut Illinois Massachusetts New Jersey New York Oregon Pennsylvania Texas Virginia</p> <p>Adult Female-Identifying Only: Florida</p>	<p>Adults & Adolescents of All Genders: Arizona California Colorado Connecticut District of Columbia Florida Georgia Idaho Illinois Maine Maryland Massachusetts Missouri Montana Nevada New Hampshire New Jersey New York North Carolina Oregon Pennsylvania Rhode Island South Carolina Tennessee Texas Utah Vermont Virginia Washington</p> <p><i>*Specialty virtual care also available in many states. See montenido.co/locations for more.</i></p>

