

Mary Tantillo, PhD PMHCNS-BC FAED

The Healing Connection, LLC is licensed by the New York State Office of Mental Health and is an affiliate in the NY State Comprehensive Care Center for Eating Disorders (WNYCCCED), one of three NY State Department of Health-sponsored CCCED's. The program CEO/Clinical Director, Mary Tantillo PhD, RN, CS, FAED, is the Director of the WNYCCCED and is an Associate Professor of Clinical Nursing at the University of Rochester School of Nursing, a Clinical Associate Professor in Psychiatry at the University of Rochester School of Medicine, and a fellow in the Academy for Eating Disorders. Dr.

Tantillo is a certified psychiatric mental health clinical nurse specialist, certified group psychotherapist, and member of the American Group Psychotherapy Association. She has worked with patients with eating disorders and their families across all levels of care for over 25 years. She is a strong advocate for relational and family-based treatments.



"Learning how the ED is a disease of disconnection was very helpful. The program helped us make connections with others. This is the key to making a full recovery... Small, steady steps forward. It is difficult to get unstuck from something that makes you feel good, even if it is hurting you and your family."

Susan & Tom



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Eating Disorders Partial Hospitalization Program

"We were getting nowhere on our own at home, and it was becoming very stressful... The sessions helped the whole family become very comfortable talking about the eating disorder. We all grew to truly understand that the eating disorder was separate from our daughter."



Our Philosophy

At The Healing Connection, there is an emphasis on helping patients to make needed cognitive and behavioral changes, while simultaneously assisting them and their families to experience and value the healing power of relationships in their recovery work. The program is based on the belief that eating disorders are diseases of disconnection and that mutual relationships with others are critical in the treatment of and recovery from eating disorders. These relationships promote increased a) self-worth, b) self-awareness, c) understanding of relationships with others, d) empowerment, and e) the desire to make connections with others. Mutual relationships allow the patient to rely less on a relationship with the eating disorder and to rely more on herself/himself and others to meet various needs.

"I think that the source of hope lies in believing that one has or can move toward a sense of connection."

Jean Baker Miller
www.jbmti.org

Program Overview

The Healing Connection is a 35 hour/week Eating Disorders Partial Hospitalization Program that offers innovative, intensive, and comprehensive treatment to adolescents and adults (ages ≥ 12) with eating disorders and their families. Patients and families receive developmentally-informed, multi-dimensional, and evidence-based treatment including cognitive-behavioral, relational-cultural, stages of change/motivational, and family systems approaches to the treatment of Anorexia Nervosa, Bulimia Nervosa, and Eating Disorders Not Otherwise Specified. The program provides a supportive, structured environment for patients to assist with normalization of eating, stabilization of weight, and improvement in other psychological/behavioral symptoms associated with eating disorders. The program can be used as a step up from outpatient care or a step down from inpatient care and can help shorten or obviate inpatient care. The Healing Connection programming runs from 11:30 a.m. to 6:30 p.m. Monday, Wednesday, Thursday, and Friday and from 11:30 a.m. to 7:00 p.m. on Tuesdays and offers the following services:

- Individual therapy
- Nutritional assessment, counseling, and meal planning
- Structured supervised mealtimes (lunch, dinner, and afternoon snack) that are prepared by an on-site cook
- Group therapy (eating disorders psycho-educational, cognitive-behavioral, skills training, relational, and art/movement/dance therapy groups, yoga, and availability of substance abuse psycho-education/cognitive-behavioral skills groups)
- Family work (individual, parenting group, and multifamily therapy group)
- Psychopharmacological evaluation and medication monitoring
- Case Management
- Access to recovered peers and family members who present or participate in various program groups
- Tutoring for adolescent patients during school year



Program Staff

The Healing Connection is staffed by a multidisciplinary treatment team of mental health providers including a PhD nurse therapist clinical director, social work therapist clinical coordinator, 2 primary therapists, art therapist, dance/movement therapist, yoga instructor, registered dietitian, meal support psychiatric technician, case manager, and two psychiatrists specialized in child and adolescent, adult, and addictions psychiatry. Professional staff are specialized in eating disorders treatment and the treatment of associated co-morbidities such as anxiety, depression, and substance use disorders. Patients and families work with the multi-disciplinary treatment team in the design and implementation of an individualized and comprehensive treatment plan that promotes continuity of care after discharge, relapse prevention, and successful transition to community living.

“Our daughter told us that when she entered the partial hospitalization program, it was the first time she began to realize how sick she was. Being out of school, sports and away from her friends began to make her angry at the eating disorder.”

Sue & Phil

“The program made me realize that the eating disorder is not who I am. It is a disease that I was fighting..”

Margaret

“It was reassuring and comforting to be surrounded by individuals who knew exactly what I felt and feared, and to know, no matter what, we were not alone.”

Lauren

Referral and Program Cost

To make a referral to The Healing Connection, please call the office manager at 585.641.0281. Patients are required to see their primary care provider for a physical examination and lab work prior to their intake appointment and must agree to routinely see their provider during the program stay as prescribed by the treatment team. The Healing Connection administrative staff will help with determining insurance benefits, co-pay options, and the need for pre-authorization. They will also assist with financial arrangements for any costs not covered by insurance. The case manager can assist with obtaining health insurance benefits and referral to a primary care provider as needed.

