

Testimonials:

"I never thought recovery was possible for me. The NEED Program helped me to see that full recovery is possible and I could do it."

"Being a guy, I was a bit nervous about seeking treatment. Everyone at NEED was extremely caring and made me feel welcome from the moment I arrived. I suffered with my eating disorder for over 25 years — the program changed my life forever."

"Thank you [NEED] so much for everything — the tough love, the guidance, the support, the care... it means the world to us and we are forever grateful for everything you have done for our family."

Learn more about the impact of our program and the expertise of our staff at Sweetser.org/NEED



Sweetser is a behavioral health nonprofit that provides evidence-based treatment, support & hope through a statewide network of community-based **mental health, recovery, & educational services.**



Scan.
Call.
Connect.



Access our services:

 207-294-4522

info@sweetser.org

50 Moody Street, Saco, Maine 04072

  @sweetsermentalhealth •  @sweetsermaine


Sweetser
Promising Futures



**New England
Eating Disorders
(NEED)
Program**

Maine's longest standing, comprehensive eating disorder treatment program

For more than 30 years, the New England Eating Disorders (NEED) program has been providing high quality, specialized eating disorder treatment in the state of Maine. If you, or someone you care about, is struggling with an eating disorder, our multidisciplinary team of eating disorder experts is here to help support individuals and their families through the recovery process.

Comprehensive Evaluation

Our evaluation team provides assessment, diagnosis, and recommendations for your treatment needs. Upon admission, a team including a psychiatrist, clinician and dietitians work closely with individuals and their families to craft a customized eating disorder treatment plan.

We treat individuals with:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Avoidant/Restrictive Food Intake Disorder
- Other Feeding and Eating Issues



Partial Hospitalization Program (PHP)

Telehealth

Our highly structured PHP offers eating disorder treatment for 6 hours a day, 5 days a week. In PHP, patients are supported with learning and practicing recovery skills while working to make changes in their eating and thinking patterns. Independent skills practice and utilization of one's natural supports are critical to the work toward recovery in PHP.



Treatment includes:

- Daily practice with stabilizing eating patterns
- Supervision and support from staff and natural supports
- Group, individual and family-based therapy
- Expansion of coping and anxiety management strategies
- Clinical, nutritional and psychiatric support
- Medical monitoring is supported by NEED psychiatrist via the individual's PCP

Intensive Outpatient Program (IOP)

Telehealth

Our IOP provides eating disorder treatment 3 evenings a week for 3 hours and typically follows a successful completion of PHP. In IOP, patients are supported in their continued work toward recovery through the group therapy process.

Treatment includes:

- Increased meal planning independence
- Ongoing nutritional education and support
- Group therapy, including family group therapy 3 hours per week

Outpatient Services

Telehealth & In-Person

Our outpatient clinicians offer evidence-based individual and/or family therapy specifically for the treatment of eating disorders. Typically, outpatient services occur once a week but can range in frequency depending on individual needs. **Outpatient services include:**

- Assessment
- Individual therapy
- Family therapy



How do I get started?
Call our confidential intake line at 207-294-4522


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