

THE EMILY PROGRAM – RESIDENTIAL TREATMENT FACILITY

The Emily Program wishes to open and operate a Residential Treatment Facility in Cleveland Heights for adolescent clients with eating disorders who require 24-hour care and treatment. The typical age range of our adolescent clients is 13-18. The majority of our adolescent clients are females, however we do treat male adolescents as well. Recognizing the core need for adolescents to live and recover in the context of their families, families are integrally involved in the individualized treatment plan for their adolescent and are on-site frequently throughout the adolescent's stay in residential treatment.

We currently operate a similar adolescent facility in St. Paul, Minnesota and two adult residential facilities, one in St. Paul and one in Cleveland Heights, with a high degree of participation and success. This residential treatment facility for adolescents will be located next door to our residential treatment facility for adults in Cleveland Heights (at 2141 Overlook Road), thus allowing us to create a campus feel between the two facilities.

Our residential treatment facilities are places of hope and healing. Here, clients struggling with eating disorders focus on recovery in a safe, supportive, and homelike environment with around-the-clock and developmentally appropriate supervision and care. Families are integrated in the care plan and are taught skills so they can feel confident in their ability to support their adolescent in on-going recovery.

PROGRAM

The Emily Program approach to treatment is highly personalized because we believe recovery happens in different ways for different people. We seamlessly integrate 24-hour care that incorporates psychological, nutritional, medical, psychiatric, and complementary therapies in a developmentally appropriate, comprehensive approach.

The care we offer combines the clinical expertise of highly experienced staff with evidence-based therapies, delivered in a comfortable community setting. We use a variety of approaches to treat multiple issues and assist individuals in developing the skills that support recovery—and emphasize maximal involvement of the family and/or significant others.

The following services are part of a typical week at a residential facility. Residents participate in group sessions, a variety of family and individual sessions, and three therapeutic meals and snacks per day. Sessions include individual, group, and family therapy, nutritional counseling and education, art therapy, medical assessments, psychiatric visits, yoga, recovery skills development, behavioral exposure, experiential skill development, and psychoeducational sessions across the week. Each resident's schedule is personalized to meet their specific needs.

- Psychoeducation: Families and individuals learn about eating disorders as a biological brain-based illnesses to better understand how the therapies utilized in treatment can help in recovery and how to support their loved one and/or themselves in treatment.
- Family Therapy: Family therapy sessions provide awareness of common issues and help the family understand how to support the individual with the eating disorder to recover and work

toward a successful transition to the next level of care. Multifamily group and meal sessions are incorporated each week.

- **Individual Psychotherapy:** By exploring underlying interpersonal factors that contribute to an eating disorder, individuals learn to manage their own particular emotional experience and neurobiology characteristics with healthy coping skills.
- **Group Psychotherapy:** Group therapy includes CBT (cognitive behavioral therapy), DBT (dialectical behavioral therapy), multifamily group, and others. Groups meet to share common experiences to alleviate feelings of shame and isolation. Sharing common experiences inspires self-understanding as each person learns to identify unhealthy patterns and develop healthy alternatives.
- **Nutrition Therapy and Education:** Individual, group and family nutritional counseling, education, and meal planning are tailored to each resident's needs to help her interrupt symptom use, restore body health, and regain trust in her body's ability to regulate eating. These sessions and supported therapeutic meals and snacks help restore harmony to eating patterns, develop self-care skills, and help family members better understand how to support their loved one around eating.
- **Medical Care:** Our physicians and nurses provide around-the-clock medical monitoring for residents. Beyond labs, blood pressure, weight, and other standard medical monitoring, our medical team is able to administer medications, assessing for self-administration readiness, and provide medication education; assess each resident's physical, mental, and emotional status; and make it a priority to collaborate with the resident's treatment team. They also coordinate appointments with outside primary care physicians.
- **Psychiatric Care:** We work with individuals regarding evaluation of co-occurring conditions and medications that may be incorporated into treatment of the eating disorder or other related conditions.
- **Art Therapy:** Through developing non-verbal expression skills, art therapy helps relieve anxiety, address body image issues, and assist in developing new coping and expressive skills.
- **Movement Therapy:** Yoga, stretching, strength work, cardiovascular, and play activities are incorporated as appropriate to develop healthful activities that support well-being.
- **Experiential Activities:** Community experiences such as cooking, clothes shopping, grocery shopping, and dining at commonly visited restaurants help the individual gain and strengthen recovery skills.

FACILITY

We are planning to implement a 12-bed model at this facility in Cleveland Heights. This is similar in size and function to our Anna Westin House for Adolescents in St. Paul, Minnesota, which opened in 2009 as Minnesota's first facility dedicated to adolescent residential eating disorders treatment. It is a slightly smaller facility than the adult facility next door at 2141 Overlook. We invested \$860,000 in the 2141 Overlook property to create the quality program space characteristic of an Emily Program facility as well as bring it to code in accordance with the related residential treatment requirements. We anticipate a similar investment in this property.

In addition to the 6 double-occupancy bedrooms (with shared restrooms), there will be office space for the staff who are onsite 24/7, rooms for Family and Individual Therapy, Group Therapy, and Art / Yoga Therapy. There will also be an Exam Room, a Dining Room, a Main Kitchen and Staff Kitchen, and spaces for relaxing and healing.

Outdoor space will be utilized as weather permits – primarily for relaxation, play, and rejuvenation.

The 10 parking spots at 2155 Overlook Road plus existing on-street parking will be adequate for staff and visiting family members.

STAFFING

There will be approximately 40 staff members at this facility, 28 of whom will be Full Time Equivalent (FTE). The average salary per FTE is \$40,000 yearly. Estimated yearly payroll is \$1.7 million.

- Day shift – approximately 18-20 staff
 - Staff on this shift include 2-3 nurses, 1-2 medical providers, 2-4 therapists, 1 dietitian, 1-3 kitchen staff, 3 eating disorder technicians, 1 administrative assistant, and 3-4 administrative staff coordinating admissions, schedules, and care for residents and families.
- Evening shift – approximately 4-6 staff
 - Staff on this shift include 1-2 nurses, 2 eating disorder technicians, 1 therapist, and 1 kitchen staff.
- Night shift – approximately 2-4 staff
 - Staff on this shift include 1-2 nurses and 1-2 eating disorder technicians.

NEIGHBORHOOD IMPACT

The Emily Program intends to make improvements to the building, both interior and exterior. Similar to the work done at 2141 Overlook Road, the first floor of the home will have some walls removed to open it up and develop a feeling of welcome as well as to expose more of the grandeur of the residence. New floor and wall finishes as well as new furnishings will be added throughout to give the home a cohesive residential feel. We will enhance the landscaping at this and the adjacent residential property, to create more of a campus feel to the properties, as well as add to the beauty of the neighborhood.

We have established good working relationships with the surrounding neighbors and feel confident we can be good neighbors. Most of the immediate neighbors have toured our 2141 Overlook Road facility and found it a spectacular facility and renovation. They have the contact information of our Regional Director, Jean Doak, for any questions or concerns. We will work to resolve any issues brought to our attention as soon as is feasible.

The Emily Program opened in 1993 and has built its reputation on providing exceptional care to those struggling with eating disorders. We believe our programs are the best in the country and we are passionate about bringing this level of intensive care for adolescents to the Cleveland area. Our partnership last year with The Cleveland Center for Eating Disorders, now The Emily Program – Cleveland has been a success and is expanding access to eating disorders care for residents of Northeast Ohio and beyond.

As described, we offer many different treatment programs for our clients. We also do our best to offer a great place to work, and care deeply about the communities in which we live and work. We are

committed to supporting local businesses and organizations wherever possible. As our 2141 Overlook Road facility has been developed and now opened, we (clients and staff) have enjoyed participating in the community and patronizing businesses in the Cleveland Heights and surrounding areas. Via our Outreach program, our staff members regularly reach out into the community by speaking to students, parents, teachers, and health care professionals to raise awareness about body image issues, eating disorders and other related issues.

The conditional use as a residential treatment facility will be in general concurrence with the Zoning Code (MF3) and with the objectives for the district. The neighborhood consists of single-family condominiums and homes, multi-family housing in the form of apartments, and senior housing. The property is currently used for short-term leased apartments. The property has had varying uses over the years, including residential and health care. The building was used as a facility for adults with disabilities for many years.

The Emily Program desires a quiet, healing environment for individuals and families and will be beneficial to the general welfare of the neighborhood as described above. Our application will not be detrimental to the use and enjoyment of other property in the immediate vicinity for the purposes already permitted, nor will it diminish or impair property values. Adequate infrastructure is in place, and ingress / egress will be substantially similar to current volume. Finally, there is minimal potential for future hardship on the conditional use that could result from the proposed use being surrounded by uses permitted by right that are incompatible. In fact, The Emily Program will endeavor to fit seamlessly within the neighborhood and desires to enhance the community.

May 12, 2014

Kara Hamley O'Donnell
40 Severance Circle
Cleveland Heights, OH 44118

Dear Ms. O'Donnell,

I am writing on behalf of The Emily Program, an organization that has been a valued community member of St. Anthony Park since 2008 and now operates three facilities in our neighborhood.

Dirk Miller and his staff have provided both volunteer support, serving on neighborhood boards and committees, as well as financial support through donations to our local non-profits and as customers for our local businesses.

Their approach to community was exemplified by early contact and conversation with local leaders prior to the purchase of their first building. They have continued to actively engage the community in open dialogue about their operations and ongoing plans affecting St. Anthony Park.

In a neighborhood that has a reputation for healthy and public discourse over concerns both large and small, there has never been a complaint to my knowledge about any aspect of The Emily Program. I feel confident in speaking for our entire community when I say we are uniformly proud to host their critically needed services.

I would highly recommend The Emily Program as a trustworthy, compassionate, civic-minded organization that will bring enormous value to any community fortunate enough to have it as a neighbor.

Thank you for your time and consideration, please feel free to contact me if you have any further questions.

Sincerely,

Jon Schumacher
Executive Director,
Saint Anthony Park Community Foundation
jon@sapfoundation.org
651-641-1455



The Emily Program

Addendum for Planning Commission Meeting on August 12, 2015
City of Cleveland Heights
Conditional Use Permit Application – 2155 Overlook Road

- We have 27 available parking stalls (4 in driveway on 2141 Overlook side, 3 directly behind 2141 Overlook, 12 in parking lot behind 2141 Overlook, 2 in garage at 2155 Overlook, 6 on surface lot behind 2155 Overlook).
- Our intent is to use the garage for vehicles that would not be needed on a daily basis – i.e., our van, and one resident vehicle. We like the idea of the van being stored in the garage so that we don't have to scrape it off in the winter before resident outings. So, 2 spots for "other".
- 11 spots are used for residential staff at 2141 Overlook on any given shift. We would anticipate a similar model for adolescent, so 22 of the 27 spots used for staff.
- We would utilize 1 spot for the dumpster (best option to be determined with the refuse removal company, and dumpster will be fenced in).
- The remaining 2 spots would be for visitors and / or residents.
- Additional parking (8 spots) for resident vehicles has been secured at The College Club.
- Our intent is to keep the green space that is existing behind 2155 Overlook (rather than add extra paving and increase the chances of problems with runoff, etc.).
- Our intent is to landscape not only the front of the property (as we have done with 2141 Overlook), but to expand the plan to include the front of 2155 Overlook, and both back yards.
- We intend to be good stewards of the property and anticipate that the neighbors will see and benefit from the increased care and attention paid to the homes and yards.