

Weekend Leaves

Clients are encouraged to return home on weekends when possible, so as to practice new skills and face challenges in a realistic way. On graduation, clients are encouraged to attend the Follow-Up Group offered at St. Paul's Hospital. In some cases, they are also referred to the Community Outreach Partnership Program. Clients who have completed the program can also return to Vista to utilize meal and/or bed support for a total of six months.

Referrals from physicians are accepted from all areas of British Columbia and are made by contacting the Eating Disorders Program at St. Paul's Hospital. Tel. 604 806-8347
www.stpaulseatingdisorders.ca

*“Recovery is a process
not an event.”*

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VISTA

Eating Disorder Treatment Program



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Vista House

Vista Eating Disorder Treatment Program is a community based residential treatment program provided by Vancouver Coastal Health Authority Community Mental Health Services in collaboration with Providence Health Care, St. Paul's Hospital Eating Disorders Program.

This tertiary provincial program has been developed to meet the needs of adults who require treatment for anorexia or bulimia nervosa. Based in a large house near Commercial Drive, the milieu at Vista closely reflects that of a supportive home environment. Clients practice recovery-focused skills in a setting that encourages responsibility, independence and choice.

Vista is staffed 24 hours a day by a team made up of nurses, counsellors and eating disorder workers. Peer-support is also an important part of the program, with group work being a central component. Clients are encouraged to involve significant others in their recovery process; a Family and Friends Group is held at Vista once a month.

The Program

The program is three months in length with a possible extension for a further three weeks. There are ten beds at Vista, two for follow-up and transitional support, and eight for clients participating in the **Discovery Program**.

The Discovery Day Program at St. Paul's Hospital involves intensive group and individual psychotherapy. Participants of the Discovery Program stay at Vista and travel to St. Paul's four days a week. The Vista and Discovery Programs are fully integrated to provide comprehensive and specialized treatment.

The Vista Program is based on a psychosocial rehabilitation model. We recognize that an eating disorder can serve as a way of coping with the stresses of daily life. Vista staff work with clients to identify their particular challenges, learn new skills, and build on their existing strengths.

As a debilitating eating disorder may lay claim to an individual's identity, clients are also assisted with their educational and vocational plans, and there is a focus on social interactions, hobbies, friendships, spiritual and artistic pursuits. Goal setting, discharge planning, and relapse prevention are integral parts of the program.

Nutrition

The Dietician from the Discovery Day Program supervises individual meal plans and menu planning. At Vista, clients take responsibility for planning, preparing, and serving meals and snacks, with the support of the dietician and staff. At Discovery, meals are provided by the hospital and supervised by the Day Program staff. This approach facilitates learning about new nutritional practices in both structured and more casual settings.

Clients are required to make weight gain if necessary, then maintain a healthy weight in order to continue on in the program. The dietician monitors client's weights, and the specialist physician in the Discovery Program provides medical follow-up.