



## Discovery/Vista Program

Our intensive live-in eating disorders program helps people explore treatment in a structured and supportive environment. More information can be found on the website for the Provincial Adult Tertiary and Specialized Eating Disorders (PATSED) Program at St. Paul's Hospital. (<http://bit.ly/3UzWUFe>)



### About the Program

Discovery/Vista is a 12- to 15-week program that has two main components. Clients attend daily programming at St. Paul's Hospital and live at and engage in programming at Vista - a housing facility located in Vancouver and operated in collaboration with Vancouver Coastal Health.

Discovery/Vista is for clients ages 17 and older with an eating disorder (i.e., a primary diagnosis of anorexia, bulimia, or other specified feeding or eating disorder), who want to work on:

- Giving up harmful coping strategies
- Identifying issues underlying the eating disorder
- Learning new methods of coping without the eating disorder

Our team includes a dietitian, a social worker for family therapy, an occupational therapist, a psychiatrist, psychologists, counsellors, and nurses.

### Preparing for the Program

Before joining Discovery/Vista, all clients must complete the Readiness Program. This virtual program is held on Wednesdays from 10:30 am to 2:00pm. Clients also meet weekly with the program dietitian.

A minimum body mass index (BMI) of 15 is needed to start the Readiness Program and a BMI of 16 is needed to start the Discovery/Vista Program. Referrals through the Discovery/Vista Pilot Program require a BMI of 17 to start the Readiness Program. Clients in the Discovery/Vista Program are expected to weight restore to a minimum BMI of 20.

### Treatment Components

#### 1. Nutritional support

All clients meet weekly with the program dietitian. Meals are supported by Discovery/Vista staff, and clients are expected to complete 100% of their meal plan. Individual and group appointments are used to work on meal variety and flexibility. We are unable to accommodate vegan diets.

## 2. Individual and group psychotherapy

All clients meet weekly with their individual therapist and have access to a family therapist and occupational therapist. Psychotherapy groups occur throughout the week.

## 3. Medication management

All clients meet with the program psychiatrist to manage medications as needed.



## Schedule at a Glance

Monday	Thursday
<ul style="list-style-type: none"><li>• Open talk process group</li><li>• Assertiveness/thought attacks group</li></ul>	<ul style="list-style-type: none"><li>• Relationships group</li><li>• Body image group</li></ul>
Tuesday	Friday
<ul style="list-style-type: none"><li>• Individual appointments with staff</li><li>• Self-compassion group</li></ul>	<ul style="list-style-type: none"><li>• Open talk process group</li><li>• Nutrition education group</li></ul>
Wednesday	
<ul style="list-style-type: none"><li>• Meal planning group</li></ul>	

**Note:** Group check-ins occur nightly at Vista. Individual check-ins with Vista staff are available as needed.

## What Happens After Discovery/Vista?

Clients can choose to participate in our 6-month virtual Follow-Up Program. This program consists of a weekly process group, as well as sessions with the dietitian and psychiatrist. Follow-Up Program clients can access bed, meal, and phone support from Vista, along with family therapy and occupational therapy appointments.

