



The Southlake Center For Self Discovery is a multidisciplinary treatment center dedicated to offering Hope, Healing, and Connection to individuals and families whose lives are affected by disordered eating.

At Southlake Center For Self Discovery, we understand that each individual has different underlying issues that may drive their behavior. We take a comprehensive approach to treating you, the individual—not just your eating disorder.

We believe that most clients are better served living in their current environment, integrating what they learn into their daily lives. This allows them to deal with issues head on as they encounter them. Our program gives clients the strategies to empower themselves so that they have the tools to deal with the stresses of everyday life.

At the center, we believe **FULL RECOVERY IS POSSIBLE**. We use a multidisciplinary approach to treat the various causes of eating disorders. Our team of specialists combine the most powerful and reliable treatment options available. We use methods that have been scientifically studied, empirically validated and have been found to have the highest success rates for eating disorders.

**Southlake Center For Self Discovery  
Adult Day Treatment Program  
(704) 896-7776**

The program meets five days a week, Monday through Friday from 11:30 a.m. to 6:30 p.m. with partial programming and support available on Saturdays.



The extended day treatment program is for individuals who need a more structured environment than outpatient therapy, but do not require acute inpatient care. Our program is designed for individuals leaving residential or inpatient treatment or for individuals who need more structure to continue their recovery and avoid costly inpatient care.

Components of Day Treatment:

- **Psychiatric Services:** Each client will be seen for an evaluation with our psychiatrist. The physician will evaluate the need for medication and, if prescribed, monitor its effects upon the client.
- **Nutrition Services:** Normalization of eating is an essential part of the recovery process. *The Southlake Center For Self Discovery's* eating disorder program offers a wide range of nutrition therapy services designed to help clients develop healthier relationships with food. Clients work individually and in groups with our registered and licensed dietitian.
- **M.E.A.L. Support:** We are acutely aware of the concerns, difficulties and feelings that surface around meal times and eating in social situations.

By providing a structured yet flexible and individualized meal plan, our program reduces fears surrounding food intake. Mealtime support is offered during every meal. Staff members are present during all meals and snacks in a relaxing atmosphere to help decrease anxiety associated with eating.

- **Individual Therapy:** The client will work with an individual therapist weekly to work on issues better addressed one to one. The primary goal of individual work will be to help the client address issues that can not be addressed in group therapy.
- **Group Therapy:** Daily group therapy will provide the opportunity for the client to discuss immediate and long term issues and develop abilities to express feelings in an appropriate manner.
- **Family Therapy:** A therapist will meet with the family in weekly sessions to help the family discuss and resolve family issues. This approach is designed to help the family to focus on its strengths and to find new solutions to their problems.
- **Specialty Groups:** Nontraditional approaches are incorporated into the program such as equine assisted psychotherapy, therapeutic yoga, massage therapy, movement therapy, and art therapy.

Please explore the *Southlake Center For Self Discovery's* website and learn how our program can guide you to freedom and living life to its fullest. We are here and we want to help!  
[www.centerforselfdiscovery.com](http://www.centerforselfdiscovery.com)



Specialized programs for eating disorders

## FREQUENTLY ASKED QUESTIONS

- **Where are you located?**

We are located at 709 Northeast Drive, Suite 20 in Davidson, NC 28036

- **Are the costs of your program covered by insurance?**

The Southlake Center For Self Discovery Program is a fee for service program. Our program is not part of any insurance company's network of providers although we have success negotiating insurance contracts on a case by case basis. Unless such an arrangement is made, we must collect payment of services directly from you. The cost of services will differ depending on the needs of the individual. We will work with you to make an arrangement that best suits your financial needs. We will provide you with paperwork that you can submit to your insurance company for reimbursement. Some companies will provide reimbursement of "out-of-network" services, but this varies greatly from company to company and plan to plan. If you have questions about whether or not our services are covered by your insurance, please contact your insurance company and inquire about your coverage for "out-of-network providers". We can provide a written summary of our program if your insurance company needs more information about our services and would be happy to talk to insurance providers to explain our services.

- **How do I know what level of care I need?**

If you have decided to get help for your eating or exercise disorder, we are here to help. We recognize that making the decision to recover is difficult and that reaching out takes courage. With compassion and wisdom, we will connect with you and make it as easy as possible. Together we will decide if the Southlake Center For Self Discovery is the right place for you and your journey to a healthy future. If not, we will make referrals and recommendations for more appropriate levels of care.

- **What is your admissions process?**

- Call our office at **704-896-7776** to set up an initial assessment for a comprehensive evaluation. This evaluation is one of the most important parts of the process as it helps to devise well-defined treatment goals and plans. The evaluation with take approximately 2 and 2 1/2 hours.
- All clients will be required to get medical clearance from their primary care physician, indicating that they are medically stable enough for this level of care. (We will provide your doctor with the clearance form.)

**Want to learn more about the program at The Southlake Center For Self Discovery?**

**Please contact the Program Director, Kimberly B. Krueger, MSW, LCSW at (704) 896-7776.**