



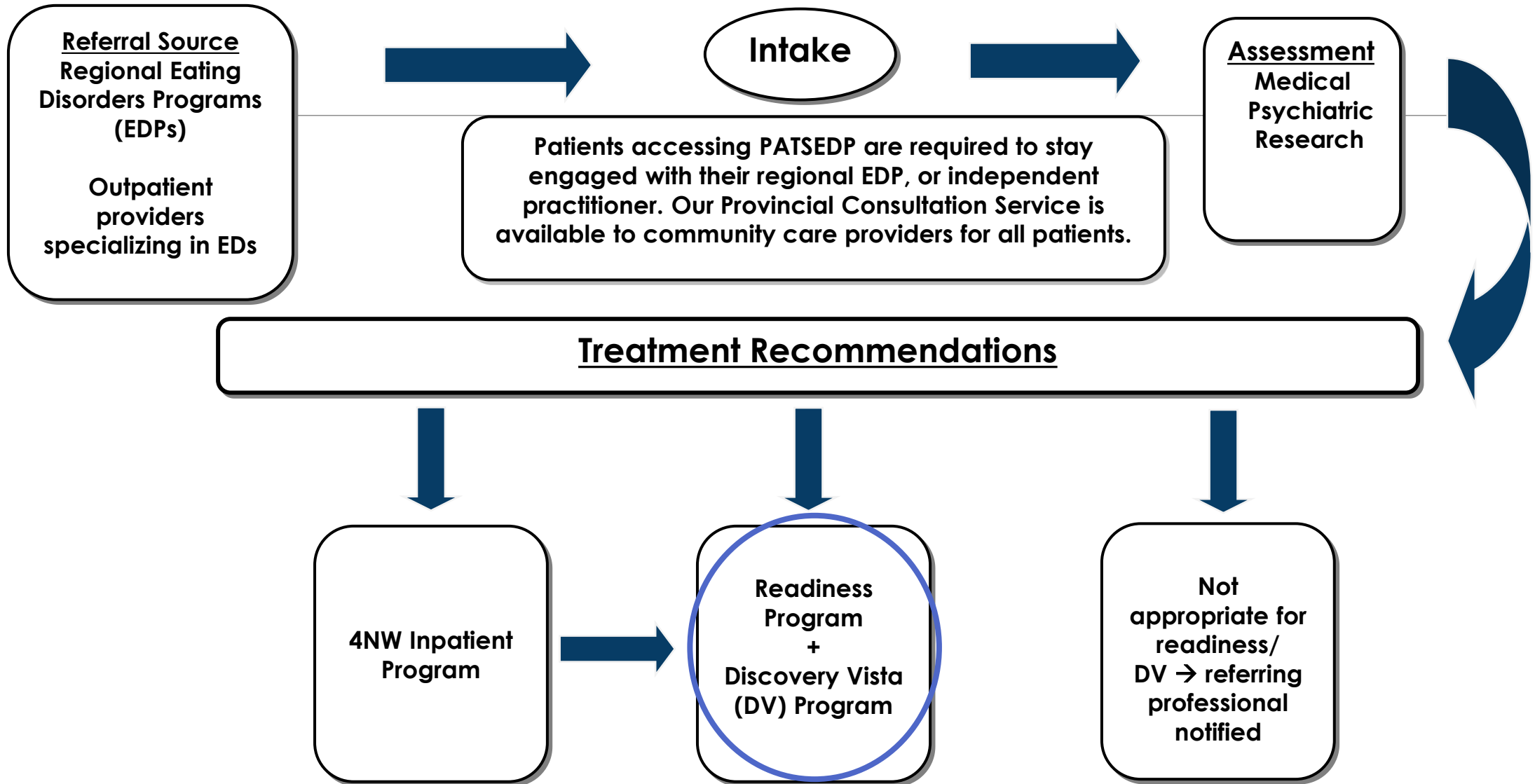
Providence Health Care
Mental Health Program

PATSEDP Discovery Vista Program and the Pilot Project Pathway

The Discovery Vista Team

November 21, 2025

PATSEDP Discovery Vista Treatment Pathways

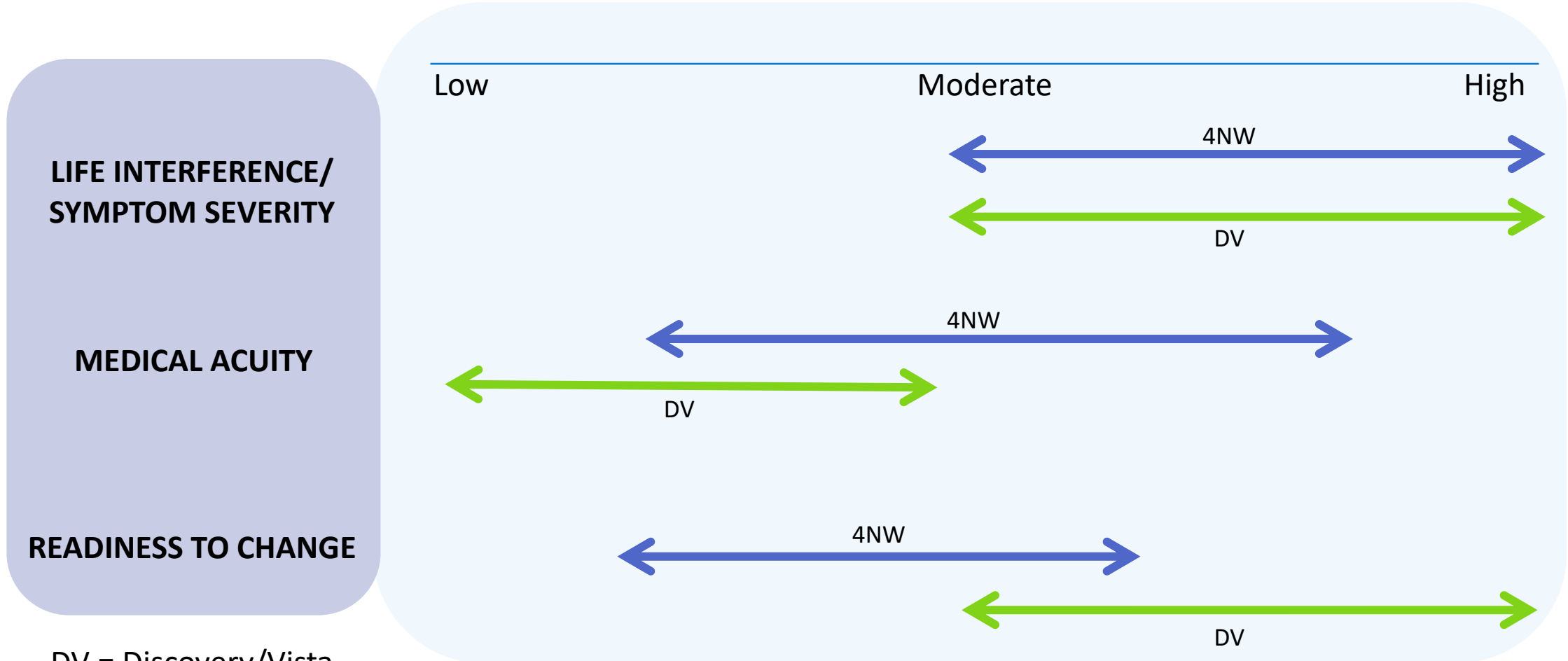


CURRENT WAITLIST FOR READINESS/DISCOVERY VISTA STREAM:

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IT CURRENTLY TAKES AN AVERAGE OF 2-3 MONTHS FROM PATSEDP REFERRAL TO READINESS PROGRAM ADMISSION

STATED Guidelines: Residential Versus Inpatient Levels of Care



DV = Discovery/Vista
4NW = Inpatient

The DV Program is most appropriate for those with **moderate to high life interference/symptom severity**, **low to moderate medical acuity**, and **moderate to high readiness to change**.

Sample Patient Profiles

Patient presents with high medical acuity (BMI = 14 at risk of re-feeding syndrome) and high life interference and symptom severity (pt is not currently working, high dietary restriction, little meal variety).

4NW only

Pt initially struggles with 100% meal completion but can do so by 4th week of admission, uses therapeutic passes to challenge meal variety and independence in food choices. Pt expresses lack of readiness to let go of ED behaviours, is unlikely to sustain behavioural changes post-discharge, and is not open to further weight restoration.

4NW to DV

Pt initially struggles with 100% meal completion but can do so by week 4, uses therapeutic passes to challenge meal variety and independence in food choices, is well-engaged in programming, expresses desire for deeper psychological work and has a concrete plan for maintaining behavioural change post-discharge.

DV only

Pt makes behavioural changes while in secondary program, actively works on weight restoration and increasing meal variety, well-engaged in programming, expresses desire for deeper psychological work in DV, and has insight into barriers that may arise.

Other Sample Readiness/DV Patients

AN-R presentation: dietary restriction, compensatory exercise, BMI = 18, in early partial remission at time of assessment.

BN presentation: dietary restriction during the day, binge 4/7 evenings, compensates via weekly laxative use, BMI = 30. In early partial remission at time of assessment.

Atypical AN presentation: dietary restriction, food rules/avoidance with low variety, BMI = 23.

AN-BP presentation: binge/purge 2x/week, food rules and avoidance with low variety, BMI = 17.

Program Requirements and Descriptions

Readiness Program

*Minimum BMI 15
(17 for Pilot Program)

~ 1-3 months outpatient

A weekly program with two groups and meal support

Provides an opportunity to explore readiness

Can utilize phone, meal, and bed support at Vista

Only available to those who plan on completing DV



Discovery Program

*Minimum BMI 16 (17 for pilot); willing to weight Restore to BMI 20+

12-15 week intensive hospital program in collaboration with Vista

Meal support
Skill and process groups
Individual psychotherapy

Throughout treatment, pts have regular sessions with the program psychiatrist and weekly sessions with dietitians.



Follow-Up Program

*Must maintain minimum BMI 19.5

6-months outpatient

1.5 hour weekly process group

Can utilize phone, meal, and bed support at Vista

Only available to those who have completed DV

The following services are available as needed:

Family therapy
Occupational therapy





**ST. PAUL'S HOSPITAL PROVINCIAL ADULT TERTIARY & SPECIALIZED EATING DISORDERS (PATSED) PROGRAM
DISCOVERY PROGRAM SCHEDULE**

MONDAY SPH	TUESDAY SPH	WEDNESDAY VISTA	THURSDAY SPH	FRIDAY VISTA
8:15 – 9:00 a.m. Breakfast Bev Gorden or Ali Eberhardt	Breakfast Vista	Breakfast Vista	Breakfast Vista	Breakfast Vista
9:15am-10:30am Business/Open Talk Theo Elfers	Time for various individual appointments with discovery staff.		9:00 – 10:00 a.m. Relationships Bev Gorden	9:30 – 10:45 a.m. Open Talk/Coping Tools (Goodbye Group) Jelica Todosijevic and Julie Leising (Zoom)
11:00am-12:00p.m. Assertiveness/Thought Attacks Theo Elfers		10:00–11:00 a.m. Meal Planning Ali Eberhardt (Zoom)	10:45 - 11:45 a.m. Body Image Jelica Todosijevic	11:00 - 12:00 p.m. Nutrition Education Ali Eberhardt (Zoom)
12:00 - 12:45 p.m. Lunch Theo Elfers	12:00 - 12:45 p.m. Bag Lunch Ali Eberhardt	12:00–12:45 p.m. Lunch Vista	12:00 - 12:45 p.m. Lunch Rachelle Pullmer	12:00 – 12:45 p.m. Lunch Vista
	1:00 - 2:00 p.m. Self-Compassion Group Josie Geller			
Pre/Dinner/Day Review Group Vista			1:00 – 2:30 p.m. Staff Rounds Team	
5:15 p.m. Pre/Dinner/DRG 6:30 - 7:45 p.m., 1st Mondays Family & Friends Invitational Bev Gorden Vista	5:15 p.m. Pre-Group/Dinner/Day Review Group Vista	5:15 p.m. Pre/Dinner/DRG 6:30 p.m. Leisure Group Vista	5:15 p.m. Pre-Group/Dinner/Day Review Group Vista	5:15 p.m. Pre-Group/Dinner/Day Review Group Vista

Discovery Vista Program

PATSED goal: matching the *right treatment*,
to the *right patient, at the right time*

Nutrition Guidelines

- 100% meal completion without liquid replacements
- Willingness to practice meal variety and flexibility
- Openness to weight restoration and Health at Every Size® principles

NOTE: We are unable to accommodate
vegan diets

Discovery Pilot Project Pathway

Accepting referrals from psychiatrists, practitioners experienced in eating disorders, and family physicians from the REACH clinic until June 1, 2025 for the **Readiness/DV Stream**

Pilot Project Referral Criteria

Connected to, or waitlisted at, a secondary eating disorders program (if available)

PCP in agreement with referral and can provide ongoing medical care

Pt can continue seeing referring professional at least once/month until DV admission and can be discharged back for continuity of care as indicated

Willing and able to commit to Readiness Program for at least 3 weeks and intensive DV treatment for 12-15 weeks

Pilot Project Referral Criteria

Medically and psychiatrically stable

- Low risk of re-feeding
- Free from self-harm, suicidality, and substance use for **minimum 6 weeks** prior to DV; may be longer depending on symptom severity

Willingness to weight restore to BMI 20+

Openness to a natural weight range and principles of Health at Every Size®

Readiness and motivation to change

- Demonstrated behavioural change regarding ED symptoms
- Motivated to do more intensive nutritional and psychological work

Additional Referral Information

- Referrals via this pilot project will be accepted until **June 1, 2025**
- To refer a patient, please fax the completed referral form to:

604-806-8631

Attention: Discovery/Vista referral - pilot project

- Incomplete referrals will not be processed

