

Melrose Center



Melrose Center serves adults and children of all ages and genders struggling with all types of eating disorders. We strive to care for patients in their own communities through our main location in St. Louis Park and satellite locations in Burnsville, Maple Grove, St. Paul and Woodbury.

In addition, we provide specialty programs focused on addressing diabetes with eating disorders. Through an individualized, holistic and multidisciplinary treatment model, patients and their families recover at a pace that is right for them.

Donor and volunteer generosity at Melrose Center sustains a variety of programs that enhance the support provided to patients, families and our professionals as they work to treat and heal eating disorders together.



A new Melrose Satellite location opened in the Woodbury community. The new site accommodates growing patient volumes and increasing demand.

MELROSE HEALS: A conversation about eating disorders



Thanks in part to generous donors, Melrose Center experts are now directly imparting their wisdom to people as far away as Australia and Finland through the *Melrose Heals* podcast.

This podcast is hosted by Melrose Center's licensed clinical psychologist Dr. Karen Nelson. *Melrose Heals* is designed to explore, discuss and understand eating disorders.

The podcast is just one of a number of innovations that Melrose has introduced to support patients, families and support people outside of a formal treatment setting.



Dr. Karen Nelson

Podcast statistics:

12,000 downloads since launch	10 different countries downloading	29 episodes launched	6 recovery stories launched
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"I was spiraling into an unsafe place after a painful experience. Listening to the episode about relapse prevention allowed me to self-regulate, and not allow the eating disorder to take over."

A listener's testimonial

3,997

Patients, ages
9-69, cared for

77,879

Patient visits
(44.9% virtual)

1,994

Initial patient
assessments

480

Men and boys
cared for

250

patients and family
members supported

Thanks to the generosity of our donors and volunteers in 2022, Melrose Center patients and families had the comfort and care needed to assist them on their path to recovery from an eating disorder.

2022 Impact Report of Generosity

Patient & Family Experience

Woodbury Satellite

A new Melrose Satellite location opened in the Woodbury community. The new site accommodates growing patient volumes and increasing demand.

100+

new patient assessments
since opening Woodbury
site 5/31/22

515

unique patients
in Woodbury

- Developed and ran 23 Jump Start groups for parents/families beginning outpatient care; this psychologist-led group provides education and support for Family-Based Treatment.
- Supported 62 patients and family members with special needs support including: gift cards for personal care items and clothing, transportation vouchers and gas cards to attend medical and programmatic appointments, on-site program meals and food vouchers, and books and journals.
- Held 29 17-week binge eating virtual support groups and five virtual relapse prevention groups providing support, education and skill building to participants.
- Hosted over 113 virtual outpatient and intensive residential support groups providing education and support to family, friends and loved ones to help them navigate care progression and behaviors, and give support to each other.
- In partnership with the University of Minnesota Boynton Health Clinic, we provided access to eating disorders care for 47 college students.
- Provided more than 700 integrative therapy visits, including spiritual care and music therapy.
- The Clare Susan Humphrey Memorial Endowment Fund helped Melrose patients access care and treatment including: lodging for patients outside the metro area, dietitian visits for Medicare patients, aromatherapy patches, support for essential personal and holiday items, and grocery and transportation vouchers.

Community Partnership

- Provided 17 virtual eating disorder presentations for over 200 health care, mental health and school professionals experiencing the impact of the pandemic.
- Provided practical guides plus staff and student educational handouts in a toolkit reaching 150 school counselors and nurses.

Innovation & Research

- Developed and implemented CBT-AR (Cognitive Behavioral Therapy–Avoidant Restrictive Food Disorder) and CBT-E (Cognitive Behavioral Therapy–Enhanced for Eating Disorders) trainings for our staff led by our own experts with the goal that all new staff can be trained in the 3 primary evidence-based treatments for eating disorders in their first year of employment.

Trainings included two FBT (Family Based Therapy) trainings with 23 total attendees, two CBT-AR trainings with 43 total attendees, and one CBT-E training with 30 attendees.
- Furthered our Eating Disorder Outcomes project by adding an electronic version to mobile check-in for ease of completion.
- Partnered with Recovery Record to develop a Melrose app for mobile devices used to support the patient/provider communication. 403 patients and 75 clinicians actively interfaced with the app, utilizing real-time food and thought records, meal portioning and mindfulness/skill activities.

Volunteer Services

- Desk volunteers and Caring Canines teams provided support and welcomed patients and families to Melrose Center.
- Volunteer crafters donated 45 handmade quilts to Melrose patients in the residential treatment program for their holiday celebration.



To learn more about the impact of your support, visit: parknicollet.com/impact

Park Nicollet Foundation is a 501(c)3 organization. Your gift to the Foundation is tax deductible as allowable by law.

