The intensive outpatient treatment program includes a therapeutic milieu, which is closely maintained by nurse practitioners, therapists and mental health workers. The patient milieu is designed to provide prevention and prompt intervention of eating disorder behavior, along with redirection to healthier, more appropriate responses to stressors. The following procedures are utilized:

- Each patient receives an orientation upon admission to reduce anxiety about the milieu, and to encourage positive anticipation regarding the program benefits.

- Upon arrival personal belongings are inspected for drugs, laxatives, diuretics, diet pills etc...

- The patient’s food for the evening is matched against the meal plan to assure that nutrition requirements are met.

- Dining tables are monitored to prevent restricting, bingeing and to address food rituals. When re-feeding is indicated, it is begun at the first meal. Professional meal support is provided. Distraction techniques are utilized.

- Bathroom activity is monitored to prevent purging.

- Physical activity is monitored and directed to achieve a healthy weight.

- Severely depressed and self-mutilating patients are placed on one to one staffing or appropriate close level of observation. Actively suicidal patients are excluded from the DOVE program, and referred to a psychiatric hospital for evaluation and treatment.

Age appropriate treatment methods and materials are utilized for adults and adolescents. By using materials and approaches that are developmentally appropriate for their cognitive, emotional, and intellectual functioning, adults and adolescents each receive the right balance of structure and support. Eating disorder protocols are specifically designed for each age group. In individual and family sessions, issues to be faced following discharge are carefully addressed.