

Partial Hospitalization Program (PHP)
 Intensive Outpatient Program (IOP)
 Eating Disorder Treatment Programs
 Updated February 2026 (AK)



Adolescent Medicine
 Eating Disorder Assessment Clinic
 802-847-4696

PHP programs generally run 5+ hours per day, 5-7 days per week, IOP programs generally run 3-4 hours per day, 3-5 days per week

PROGRAM	CONTACT INFO	AGES SERVED	GENDERS SERVED	LEVELS OF CARE	LOCATION(S)	ADDITIONAL NOTES
IN-PERSON ONLY						
Reflections Eating Disorder Center	603-890-2724 https://parklandmedicalcenter.com/specialties/eating-disorders/	9+	All genders	PHP	Salem, NH	
VIRTUAL ONLY						
Charlie Health	www.charliehealth.com 986-206-0414	8+	All genders	IOP/PHP	Fully virtual	Most commercial insurance plans. No Medicaid at this time.
Equip	908-797-5167 www.equip.health	6-24	All genders	PHP/IOP	Fully virtual	Some insurance contracts, will do single case agreements, no Medicaid
WithinHealth	786-239-6490 www.withinhealth.com	13+	All Genders	PHP/IOP	Fully virtual	Some insurance contracts, will do single case agreements, no Medicaid
IN-PERSON OR VIRTUAL						
Cambridge Eating Disorders Center	603-715-5150 https://www.eatingdisordercenter.org/new-hampshire-treatment-program/	12+	All genders	PHP/IOP	Concord, NH and virtual	Most major insurances, including VT Medicaid
HPA/LiveWELL	518-218-1188 https://hpalivewell.com/	12+	All genders	IOP	Albany, NY	In person or virtual
Kahm Center for Eating Disorders	802-200-2828 www.kahmcenter.com	16+	All genders	PHP/IOP	Burlington, VT or virtual	Most major insurances, including VT Medicaid
Renfrew Center (in-person)	1-800-RENFREW (736-3739) https://renfrewcenter.com/locations/boston-ma/	12+ (virtual is 14+)	Female, trans female,	PHP/IOP	In-person (closest is Boston) or Virtual	Most major insurances; not contracted with any Medicaid plans

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Renfrew@home (virtual)	https://renfrewcenter.com/at-home/ (virtual is ages 14+)		non-binary			
Walden	508-796-5797 (Westborough, MA) 781-899-2460 (Waltham, MA) 888-228-1253 (Walden and Clementine) www.waldeneatingdisorders.com	12-17 (ARFID group ages 10-18)	All genders	PHP/IOP	Waltham, Westborough, MA and virtual	Most major insurances, including VT Medicaid