

Clementine Twin Lakes – Presentation to Land Use Committee
5/6/19

Clementine Twin Lakes is a group home that provides treatment to adolescent girls with eating disorders. It is part of Monte Nido & Affiliates, which has successfully treated thousands suffering from eating disorders over the last 23 years.

Clementine programs operate in tranquil residential communities much like where our clients live. The Twin Lakes Drive house has 7,800 SF on 5 acres. It has 5 bedrooms and 6.5 baths and is an inviting, therapeutic home surrounded by nature.

There is a significant unmet need for residential treatment for Fairfax County adolescents with eating disorders

- There are an **estimated 5,000 Fairfax County adolescents** with eating disorders based on the national prevalence rates
 - Anorexia nervosa has the **highest mortality rate** of any mental health disorder
 - **4 out of 10 individuals** have either personally experienced an eating disorder or know someone who has
 - Adolescents have the **greatest chances for full recovery** if they receive treatment within the **first 3 years** of experiencing symptoms
 - **Lower rates of recidivism** occur when treatment is available close to home
- There are **only two** residential treatment programs in VA with a total of 16 beds (one of which is Clementine Twin Lakes)
- Clementine has **operated at or near 100% occupancy** since it opened in October 2018 and has a waiting list for admission.

Clementine is licensed as a *Children's Residential Facility by the Virginia Department of Behavioral Health and Developmental Services* for adolescent girls between the ages of 11 – 17. The program is also accredited by the Joint Commission, which is considered the Gold Standard in health care.

Clementine provides the following types of services: group therapy, individual therapy, nutrition education and counseling, medical and nursing supervision, meal preparation, academic instructional support, recreation, exercise, movement and art therapy. Most of the activities occur inside the dwelling.

Clementine clinical leadership includes *Elizabeth Weaver, M.D.* who has practiced in Fairfax County since 2002 (in Herndon). Dr. Weaver specializes in adolescent medicine and eating disorders. Like the rest of the Clementine clinical team, she employs a patient-centered approach rather than simply focusing on treating symptoms.