

OVERVIEW

INTRODUCTION ↴

The Structure House Graduate program features an array of personalized services for adults who have previously completed our JumpStart program.

The Graduate program helps participants maintain and build upon the progress they made during previous visits to Structure House. This program also offers services to participants whose weight-related struggles are accompanied by challenges such as binge-eating disorder, diabetes, depression, and anxiety.

ELIGIBILITY ↴

The Graduate program is open to all individuals who meet the following three criteria:

- Age 18 or older
- Need assistance with healthy weight loss & maintenance
- Have completed four weeks of our JumpStart program

Also, to participate in the Graduate program, you must be ambulatory and able to complete self-care activities, or accompanied by an assistant who can help you with these tasks.

LENGTH OF STAY ↴

Our Graduate program is completely customizable in terms of length of stay. Some graduates stay with us for as little as one week at a time, while others remain in the program for months. We're happy to work with you to plan the stay that fits your schedule.

ADMISSIONS ↴

To start the admissions process, just call **(919) 351-8293**. A member of our team is available 24/7 to answer all your questions and schedule your stay.



THE STRUCTURE HOUSE DIFFERENCE

At Structure House, you'll receive personalized guidance and comprehensive support in all areas that contribute to a healthy lifestyle, including nutrition, exercise, behavior, and mindset. The day you return to our campus as a member of the Graduate program, you rejoin a vibrant and dynamic community that is dedicated to helping you achieve your goals and realize your dreams.



GRADUATE PROGRAM

3017 Pickett Road | Durham, NC 27705
(919) 351-8293 | www.StructureHouse.com





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GRADUATE BENEFITS ↴

Structure House graduates are eligible for an array of exclusive benefits, including the following:

- Discounted rates on newly renovated, fully furnished private apartments
- Individual consultations with medical, fitness, nutrition, & behavioral experts
- Eligibility for free ongoing Journal Program participation
- Eligibility for optional wellness coaching
- Invitations to alumni events & social media groups
- Ability to join our Triangle Club (for residents of Raleigh, Durham, & Chapel Hill)

EXPERIENCED PROFESSIONALS ↴

Throughout your time in the Graduate program, you'll have the opportunity to work with a team of experienced and compassionate professionals. These dedicated individuals are here for one reason: to provide you with the personalized guidance and support that will help you achieve your goals.

Every member of the Structure House team is committed to providing world-class service in an atmosphere of dignity and respect.

MEDICAL SUPPORT ↴

The Structure House nursing staff is available to offer basic medical care to Graduate program participants, and all members of our medical team can provide health-related instruction, advice, and guidance. Examples of specialized medical services within the Graduate program include the following:

- During your first week, you'll meet with a nurse for a health evaluation, which will include blood work. If you stay with us for four consecutive weeks, you'll also complete blood work during week four.
- If you are taking prescription medications, you can receive medication management services from a member of our nursing staff throughout your stay. You may also schedule add-on sessions with a psychiatrist.
- Participants who are receiving diabetes services will have weekly meetings with an endocrinologist.

For medical issues that exceed our capacity to address, we can refer you to an appropriate healthcare provider in the Durham area, arrange for transportation, and provide additional assistance as needed.

DIET & NUTRITION ↴

During meals in our on-site dining facility, you'll learn and practice healthy behaviors such as portion control, mindful eating, calorie consciousness, and food self-monitoring. You can also take part in nutrition-related education sessions, as well as supported restaurant outings and supermarket visits.

These activities can help you expand your understanding of valuable food-related topics and practice your new skills in a real-world environment, all with the guidance and support of Structure House professionals.

THERAPY ↴

Your Graduate program experience may include individual, group, family, and experiential therapies:

- **Individual therapy** – You will meet with a Structure House therapist during your first week. Additional 25- or 50-minute sessions may be scheduled as add-on services throughout your time in the Graduate program.
- **Group therapy** – We offer several support groups each week within the Graduate program. We also offer up to three psychoeducational group sessions every weekday (Mondays through Fridays).
- **Experiential therapies** – Experiential therapies include guided physical activities, exercise sessions, role play, progressive muscle relaxation, supported meals and food-related outings, meditation, and mindfulness instruction.
- **Family therapy** – Family therapy is available as an add-on service for Graduate program participants.

FITNESS & EXERCISE ↴

The fitness and exercise components of the Graduate program are designed to be safe, effective, and enjoyable. You'll have the opportunity to take part in a variety of activities that can help you reconnect with your body and overcome any negative beliefs or expectations that you may have about exercise.

All exercise-based activities within the Graduate program feature modification options that are appropriate for each person's fitness level, medical status, and orthopedic condition. Most importantly, you'll have the guidance, encouragement, and support that you deserve, every step of the way.