

OVERVIEW

INTRODUCTION

The JumpStart option at Structure House is a residential program for adults who struggle to lose excess weight. The program features an array of personalized services to help you address the physical, psychological, behavioral, nutritional, and fitness components of safe weight loss and healthy weight management.

Within the JumpStart program, we also offer services for individuals whose weight-related struggles are accompanied by challenges such as binge-eating disorder, diabetes, depression, and anxiety.

ELIGIBILITY

JumpStart is designed for adults (age 18 and older) who have never been to Structure House before, or who have previously completed one, two, or three weeks of JumpStart programming. You must be ambulatory and able to complete self-care activities, or accompanied by an assistant who can help you with these tasks.

DURATION

You can participate in the JumpStart program with a stay as brief as one week. After you complete four weeks of the JumpStart program, you will qualify for reduced program rates as a graduate. We offer considerable flexibility to meet your scheduling needs.

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, collect some necessary preliminary information, and schedule your stay.

We encourage JumpStart participants to arrive at our campus on Sunday afternoon. This gives you plenty of time to settle into your apartment, have dinner, meet other community members, and prepare for a full day of JumpStart programming on Monday. Of course, if you need to arrive on a different day, just mention that during your admissions call and we'll make the necessary adjustments!



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 arrive at our campus, you join a vibrant and dynamic community that is dedicated to helping you achieve your goals and realize your dreams.



JUMPSTART PROGRAM

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





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PERSONALIZED SERVICES

ASSESSMENTS & EVALUATIONS ↘

During your first week, you'll complete a health intake (including blood work), behavioral/psychological intake, nutrition intake, and fitness evaluation (including body composition). The following weeks will include check-in sessions in all these areas, including additional blood work during week four. These experiences ensure that you'll receive the personalized services that will best prepare you for long-term success.

EXPERIENCED PROFESSIONALS ↘

Throughout your time in the JumpStart program, you'll have the opportunity to work with a team of experienced and compassionate professionals, including an endocrinologist, a psychiatrist, a psychologist, registered nurses, licensed clinical social workers, therapists, dietitians, personal trainers, and other experts.

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 ↘

In addition to the health and fitness intake assessments, Structure House offers limited medical services to JumpStart participants. Our nursing staff is available to provide basic care, and all members of our medical team can provide health-related instruction, advice, and guidance.

JumpStart participants who are taking prescription medications can receive medical management services, which may include meetings with a psychiatrist as well as support from our nurses. You can schedule as many sessions as needed with the psychiatrist; however, please note that these sessions are add-on services that are not included in the standard JumpStart rate.

If you're receiving diabetes services within the context of the JumpStart program, you will have weekly meetings with an endocrinologist. To learn more about programming for JumpStart participants who have diabetes, please contact Structure House.

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.

COMPREHENSIVE SUPPORT

DIET & NUTRITION ↘

All meals and other food-related experiences within the JumpStart program are approached as therapeutic opportunities. During meals in our on-site dining room, 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 weekly supportive 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. Nutritional counseling sessions are included in your JumpStart program, and additional sessions can be scheduled as necessary.

FITNESS & EXERCISE ↘

The fitness and exercise components of the JumpStart program are designed to be safe, effective, and enjoyable. We provide a variety of classes and modifications that are appropriate for each person's fitness level and medical and/or orthopedic conditions. Most importantly, you'll have the guidance, encouragement, and support that you deserve, every step of the way.

THERAPY ↘

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

- **Individual therapy** – You will meet for individual sessions with a therapist during the first and third weeks of the JumpStart program. Additional sessions may be scheduled as add-on services as needed.
- **Group therapy** – We offer several support groups each week within the JumpStart program. We also offer multiple psychoeducational group sessions every weekday (Mondays through Fridays). Psychoeducational groups address vital relevant topics such as stress management, trigger awareness, body image, sexuality, relaxation, and relationship health.
- **Family therapy** – Family therapy is an add-on service for JumpStart participants. Family sessions can be conducted either in person or via conference call.
- **Experiential therapies** – Experiential therapies include a variety of dynamic, activity-based opportunities. Examples of experiential therapies within the JumpStart program include guided physical activities, exercise sessions, role play, progressive muscle relaxation, supported meals and food-related outings, meditation, and mindfulness instruction.