



# Magnolia Creek

TREATMENT CENTER FOR EATING DISORDERS



## Overview and Clinical Outcomes

Admissions and Referrals: 205.723.4766



## **WHO WE ARE**

Magnolia Creek offers evidence-based, quality care to adolescent and adult women ages 12 and older with an eating disorder and secondary co-occurring mental health or substance use disorder. Our goal is to provide comprehensive treatment to meet the psychological, medical, nutritional, spiritual, and relational needs of our clients.

## **LEVELS OF CARE**

### **ADULT RESIDENTIAL TREATMENT (RTC)**

Our RTC program offers an environment that allows clients to restore their physical and psychological health while building a foundation for recovery. Each woman participates in individual therapy, group therapy, and experiential therapy, set within a serene and expansive campus.

### **ADOLESCENT AND TEEN RESIDENTIAL TREATMENT**

Offering teen-specific components that adhere to the same clinical standards as our adult programming, adolescent girls (ages 12-17) work with specialized staff during treatment. The program includes a separate cottage for living and treatment, a robust family therapy program, licensed teachers who interact with local school systems, and approachable menus.

### **PARTIAL HOSPITALIZATION PROGRAM (PHP)**

Also known as day treatment, throughout our partial hospitalization program (PHP) clients continue to receive feedback and support as they recover, gain confidence, and transition out of treatment. PHP allows clients to have increased independence and receive support from their therapist while applying their learned skills when faced with real-world challenges.



## WHAT WE TREAT

- Anorexia Nervosa
- Binge Eating Disorder (BED)
- Bulimia Nervosa
- Compulsive Exercise Disorder
- Diabulimia
- Other Specified Feeding or Eating Disorder (OSFED)
- Purging Disorder
- Unspecified Feeding or Eating Disorder (UFED)
- Co-occurring Substance Use Disorder
- Dual Diagnosis Mental Health Disorders

## OUR METHODS

Evidence-based treatment is at the core of everything we do. Our program emphasizes self-acceptance, validation, and personal empowerment at every stage of treatment. Focusing on healthy nutrition and personal empowerment, our clinical team utilizes the following treatment methods to help guide women and adolescents to recovery.

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Evidence-Based Treatment
- Experiential Therapy
- Exposure and Response Prevention (ERP) Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Family Therapy
- Group Therapy
- Internal Family Systems (IFS) Therapy
- Mindfulness Therapy
- Motivational Interviewing
- Nutrition Therapy
- Psychodynamic Therapy



*Magnolia Creek has a long history of success of providing clinically excellent care to women in a retreat- and home-like setting that enhances the treatment experience. In ways we could have never imagined, 2020 was a test of what was possible for Magnolia Creek and the world. Additionally, it reinforced the growing need for evidence-based eating disorder treatment for both adolescents and adults across the country.*

*Magnolia Creek didn't let our clients or their families down during this challenging year but dug in to provide high-quality care no matter the odds. That drive is reinforced by their clinical outcomes outperforming the industry in every measure which has, most importantly, helped our clients to progress on their roads towards lasting recovery.*



**Amos Taylor**

CEO, Odyssey Eating Disorder Network



## OUR MISSION

Magnolia Creek provides evidence-based, high-quality care to women with eating disorders and secondary co-occurring mental health or substance use disorders. We aim to provide comprehensive treatment to meet the psychological, medical, nutritional, spiritual, and relational needs of our clients.

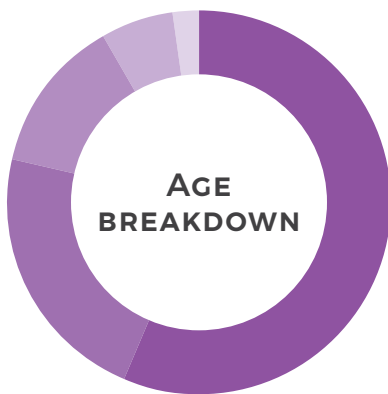


## OUR VALUES

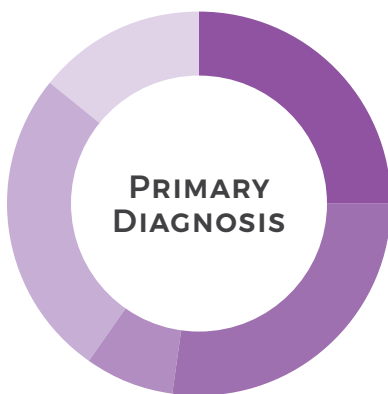
- Dignity and respect for our clients
- Intrinsic ability for individuals to heal
- Commitment to evidence-based clinical training and education
- Authentic, humble, and honest interactions
- Integrity that upholds ethical treatment
- Teamwork and partnership
- Accountability

## MAGNOLIA CREEK PATIENT PROFILE

Magnolia Creek takes a whole-person approach to treatment, which ensures that each client has the best chance at sustained recovery. Magnolia Creek focuses not just on the presenting condition, but on the underlying and co-occurring disorders that contribute to them through a comprehensive approach that addresses the whole person as the foundation of true client-centered care.



- **18-25: 57%**
- **26-35: 22%**
- **36-45: 13%**
- **46-55: 6%**
- **56+: 2%**



- **Anorexia Nervosa: 25%**
- **Bulimia Nervosa: 27%**
- **Binge Eating Disorder (BED): 8%**
- **Other Eating Disorder, Unspecified: 26%**
- **Other Eating Disorder, Specified: 14%**

● **Average Length of Stay: 49 days**



## BASIS-24 EVALUATION

Magnolia Creek uses BASIS-24, a leading behavioral assessment tool, to identify a wide range of symptoms and problems that occur across the diagnostic spectrum using a 5-point Likert scale. The 24 questions are scored using a weighted average algorithm that gives an overall score and scores for six subscales for the following domains of psychiatric and substance abuse symptoms and functioning: depression and functioning, relationships, self-harm, emotional lability, psychosis, and substance abuse. Throughout 2020, 108 clients participated in programming at Magnolia Creek with 19 completing the BASIS-24 assessment. The questionnaire was administered at admission, mid-treatment or every 30 days, and again at discharge.

*"Magnolia Creek is an exceptional treatment facility with knowledgeable and compassionate staff. My daughter has been fighting an eating disorder and other addictions for years and Magnolia Creek is the first place that allowed for her to truly heal, change, and grow into the amazing young woman that we knew she could be."*

- Parent of Magnolia Creek Client



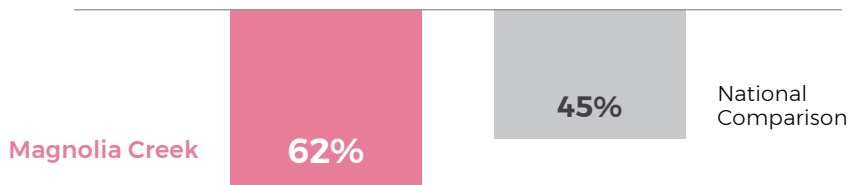
## MAGNOLIA CREEK OUTPACED THE INDUSTRY IN 2020

Magnolia Creek uses a whole-person approach to treatment, which offers each client the opportunity for complete recovery. Our programs go above and beyond to empower individuals and address their mental, physical, social, spiritual, and vocational needs.

Magnolia Creek surpassed the BASIS-24 National Comparison Group across every measure based on 74,730 cases from many similar organizations.

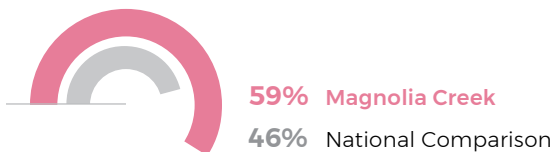
### OVERALL REDUCTION IN SYMPTOM SEVERITY

*Clients at Magnolia Creek far outpaced the national average in overall improvement and symptom reduction.*



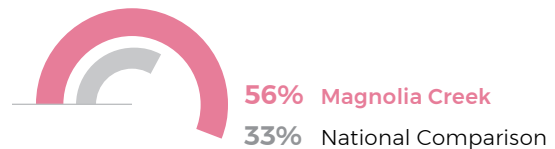
### REDUCTION IN DEPRESSIVE SYMPTOMS

*Clients at Magnolia Creek experienced a 59% average reduction in depressive symptoms and an increase in functioning (daily/role functioning and depression and anxiety symptoms).*



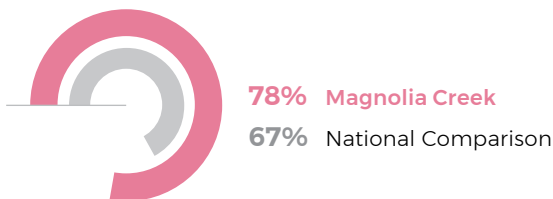
### IMPROVEMENT IN RELATIONSHIPS

*Clients at Magnolia Creek reported a 56% average improvement in their relationships with their family, friends, and other individuals.*



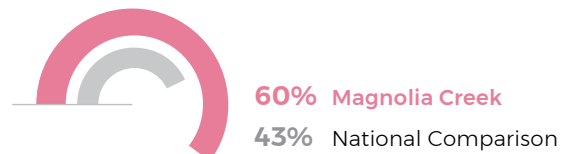
### REDUCTION IN SELF-HARM

*Clients at Magnolia Creek saw a 78% average reduction in thoughts about hurting themselves and/or ending their lives.*



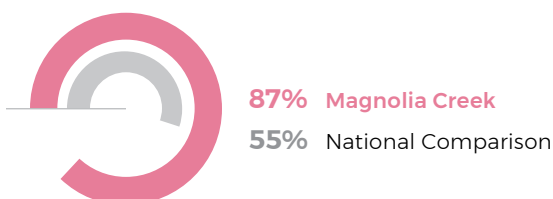
### REDUCTION IN EMOTIONAL LABILITY

*Clients at Magnolia Creek reported a 60% average reduction in mood swings, racing thoughts, and feeling short tempered at discharge.*



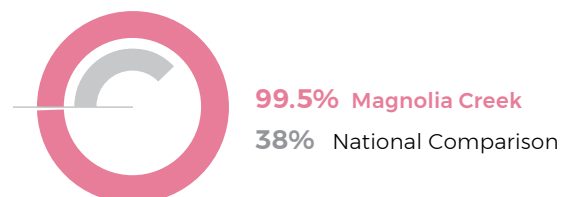
### REDUCTION IN PSYCHOSIS

*Clients at Magnolia Creek experienced a 87% average reduction of psychosis symptoms (hallucinations, paranoia, detachment, and disorganized thinking).*



### REDUCTION IN SUBSTANCE ABUSE

*Clients at Magnolia Creek experienced a 99.5% average reduction in urges to drink, abuse substances, and problems with drugs or alcohol.*



## **ADMISSIONS AND INSURANCE**

Magnolia Creek accepts most major medical/behavioral health insurance; treatment rates vary based on the level of care. We can also do single-case agreements with most commercial insurance providers. Additionally, we can work with clients to establish payment plans that work for them.

**Call our admissions staff at  
205.723.4766.**



**Magnolia Creek**  
TREATMENT CENTER FOR EATING DISORDERS

**Magnolia Creek  
Treatment Center for Eating Disorders**

645 Crenshaw Road  
Columbiana, AL 35051

[magnoliacreek.com](http://magnoliacreek.com)



Magnolia Creek is a proud part of the  
Odyssey Eating Disorder Network