

## **EATING DISORDERS: AN UNRELENTING HEALTHCARE CRISIS**

The COVID-19 pandemic disrupted our lives and had a profound effect on both mental and physical health across the U.S. In 2020 during the pandemic, the British Journal of Psychiatry found that the overall incidence of eating disorders **increased by 15.3%** compared with previous years. Additionally, according to the National Association of Anorexia Nervosa and Associated Disorders (ANAD):

**28.8 million Americans**

Are struggling with an eating disorder.

**Eating disorders are deadly**

Only second to opioid overdoses.

Up to 35% of individuals who were dependent on alcohol or other drugs have also had eating disorders, a rate 11 times greater than the general population, per the National Eating Disorders Association.

According to NEDA's Nine Truth About Eating Disorders, eating disorders disrupt personal and family functioning, and carry an increased risk for suicide and medical complications.

## **COMBATING THE CRISIS AND HELPING HUNDREDS ON THEIR RECOVERY JOURNEYS**

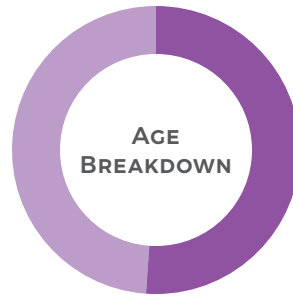
Across Odyssey's Eating Disorder Network, we meet clients where they are in their recovery and provide the necessary therapeutic techniques to empower sustainable freedom. Our credentialed and experienced clinical teams create individualized treatment plans consisting of various evidence-based treatment modalities. We help each client feel safe and comfortable by conducting all levels of treatment in home-like settings designed to offer a clear step-down process, so clients have a stable foundation throughout their recovery journeys.

At every stage of treatment, our programs emphasize self-acceptance, validation, personal empowerment, and balanced nutrition. Using the Intuitive Eating approach, we help clients gain the knowledge, trust, and confidence they need to make peace with food.

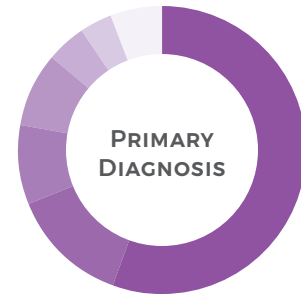
## OUR 2021 CLIENT DEMOGRAPHICS

**523**  
TOTAL  
DISCHARGES

**78.4%**  
of our residential program clients  
successfully completed  
treatment



Teens: **51.2%**  
Adults: **48.8%**



- Anorexia Nervosa: 55.7%
- Unspecified Feeding or Eating Disorder (UFED): 13.2%
- Other Specified Feeding or Eating Disorder (OSFED): 8.9%
- Bulimia Nervosa: 8.5%
- Avoidant/Restrictive Food Intake Disorder (ARFID): 4.4%
- Binge Eating Disorder: 3.6%
- Other: 5.7%

## BASIS-24 ASSESSMENT

Our network uses BASIS-24 to identify a wide range of symptoms and that occur across the diagnostic spectrum. Using a five-point Likert scale, the 24 questions are scored using a weighted average algorithm that gives an overall score and scores for six subscales that cover the following domains: depression, relationships, self-harm, emotional lability, psychosis, and substance abuse. The questionnaire was administered at admission, mid-treatment or every 30 days, and again at discharge.

When compared to 23,172 residential treatment cases and 17,440 partial hospitalization program (PHP) cases across comparable facilities nationwide, the Odyssey Eating Disorder Network outpaced a number of industry benchmarks and helped hundreds of clients progress in their recovery journeys in 2021. We are looking forward to Aster Springs and Shoreline becoming part of our future outcomes reports. Additionally, we look forward to expanding our outcomes measurements to include EAT-26, which is the most widely used standardized self-report measure of eating disorder symptoms.



Across the **Relationships, Self-Harm, and Substance Abuse** subscales, the Eating Disorder Network performed higher than the National Comparison Group averages.



**33% reduction in overall symptom severity**  
Eating Disorder Network clients experienced a 33% reduction in overall symptom severity, strengthening their readiness to transition to lower levels of care.



## MAGNOLIA CREEK

### REDUCTION IN SELF-HARM

Magnolia Creek clients experienced an 83% reduction in self-harm

↓ 83%

### REDUCTION IN SUBSTANCE ABUSE

Magnolia Creek clients experienced a 74% reduction in substance abuse

↓ 74%

### REDUCTION IN OVERALL SYMPTOM SEVERITY

Magnolia Creek clients experienced 56% reduction in overall symptom severity

↓ 56%

## SELAH HOUSE

### REDUCTION IN SELF-HARM

Selah House clients experienced a 100% reduction in self-harm

↓ 100%

### REDUCTION IN SUBSTANCE ABUSE

Selah House clients experienced a 100% reduction in substance abuse

↓ 100%

### IMPROVEMENT IN RELATIONSHIPS

Selah House clients experienced a 59% improvement in relationships

↑ 59%

## TOLEDO CENTER<sup>5</sup>

### REDUCTION IN PSYCHOSIS

Toledo Center clients experienced a 48% reduction in psychosis

↓ 48%

### REDUCTION IN SUBSTANCE ABUSE PROBLEM

Toledo Center clients experienced a 35% reduction in substance abuse

↓ 35%

### REDUCTION IN SELF-HARM

Toledo Center clients experienced a 30% reduction in overall symptom severity

↓ 30%

<sup>5</sup> At the time of our 2021 outcomes assessment, Toledo Center treated adolescents and adults. However, in 2022, we realigned our services to better support the growing need for adolescent treatment and presently treat adolescents of all genders (ages 12-18) with an eating disorder.



Established in 2022, Aster Springs addresses an underserved market with world-class clinical care for adult women struggling with eating disorders.



Richmond, VA



Women, Ages 18+



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



With over 15 years of clinical expertise, Magnolia Creek treats adult and adolescent women who struggle with eating disorders and co-occurring mental health conditions, including substance use disorders.



Columbiana, AL



Women, Ages 12+



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



Established in 2006, Selah House provides a full continuum of Christ-centered, clinically excellent care for adult and adolescent women struggling with anorexia, bulimia, and related eating disorders.



Anderson, IN



Women, Ages 12+



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



Founded in 1995, Shoreline offers residential and outpatient levels of care for adults and adolescents, of all genders, suffering from eating disorders.



Long Beach, CA



All Genders, Ages 13+



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



With over 25 years of expertise, Toledo Center provides specialized treatment for adolescents of all genders with eating disorders and co-occurring mental health conditions, and employs staff with extensive experience treating the LGBTQ+ community.



Sylvania, OH



All Genders, Ages 12-18



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

As a part of Odyssey Behavioral Healthcare, the Odyssey Eating Disorder Network is comprised of clinically and geographically diverse centers providing individualized, high-quality care for adolescents and adults suffering from eating disorders and co-occurring conditions while providing a path for lasting recovery.

**Admissions: 866.92.FREED**



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