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# Magnolia Creek Overview

Admissions and Referrals: 205-539-3044



### 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.

# 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

# **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.

"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



#### **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 **205-539-3044**.



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magnoliacreek.com



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