



TOLEDO CENTER FOR EATING DISORDERS

Hope Healing Recovery



Overview and Clinical Outcomes

Admissions and Referrals: 765.227.4272



WHO WE ARE

Toledo Center takes an innovative approach to guiding clients on their recovery journeys that's backed by evidence-based outcomes and compassion for every client. Toledo Center meets clients where they are with an upfront, honest approach to treatment and cares for all genders, ages 12 and older, helping people reclaim their lives, their health, and their futures.

LEVELS OF CARE

ADOLESCENT RESIDENTIAL TREATMENT (RTC)

Offering a high level of intensity, structure, safety, and monitoring for adolescents of all genders (ages 12-17), our RTC program provides a comfortable living area with shared rooms and a common living space where clients receive care 24 hours a day, seven days a week.

ADULT RESIDENTIAL TREATMENT (RTC)

Our intensive residential treatment for women, men, and gender-fluid adults is provided in a treatment setting designed for safety, security, and support. Programming includes medical and psychiatric supervision, utilizing evidence-based clinical interventions to help clients process underlying issues related to eating disorders.

ADULT PARTIAL HOSPITALIZATION PROGRAM (PHP)

PHP treatment offers clients evidence-based therapies balanced with activities aimed at enhancing mindfulness, encouraging healing, and helping with the development of new modes of self-expression.

VIRTUAL INTENSIVE OUTPATIENT PROGRAM (V-IOP)

A convenient and COVID-safe treatment option for Ohio residents, our V-IOP provides adults of all genders (18 years and older) with the experience and support of an in-person option without the need to relocate for treatment. Our IOP provides a higher level of care when traditional outpatient services aren't effective or can act as a step down from residential or partial hospitalization levels of treatment.



WHAT WE TREAT

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Bulimia Nervosa
- Binge Eating Disorder (BED)
- Compulsive Exercise
- Purging Disorder
- Co-occurring Mental Health Disorders

OUR METHODS

Treatment for an eating disorder involves strength and courage and with the right support and professional guidance, a full recovery is possible. Eating disorders and co-occurring mental health disorders are complex and require comprehensive solutions. Our clinical team uses the following evidence-based therapies to help our clients on their paths to recovery.

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Exposure and Response Prevention (ERP)
- Psychodynamic Therapy
- Narrative Therapy
- Mindfulness
- Experiential Therapy
- Motivational Interviewing
- Internal Family Systems
- Individual Psychotherapy Sessions
- Family Therapy
- Nutrition Therapy



Toledo Center has advanced significantly under Odyssey's ownership while keeping patient care at the heart of everything they do. This was put to the test during 2020 and Toledo Center, along with the world, were stretched in ways we could have never imagined.

Through it all the need for clinically excellent, evidence-based care was never more apparent and Toledo Center didn't let our clients or their families down. I'm proud of how they continued to outperform the nation with outcomes that enabled our clients to progress on their roads towards lasting recovery.



Amos Taylor

CEO, Odyssey Eating Disorder Network



OUR MISSION

At Toledo Center, our mission is to provide compassionate, specialized treatment using an innovative approach that champions each client's strengths, potential for personal growth, and real-life changes that makes full recovery possible.

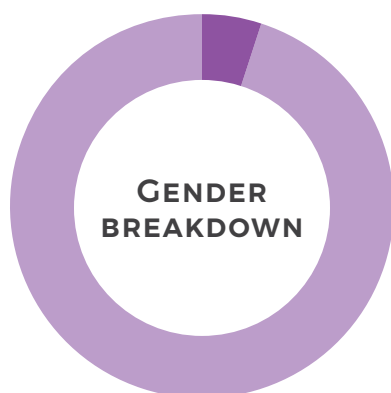


OUR VALUES

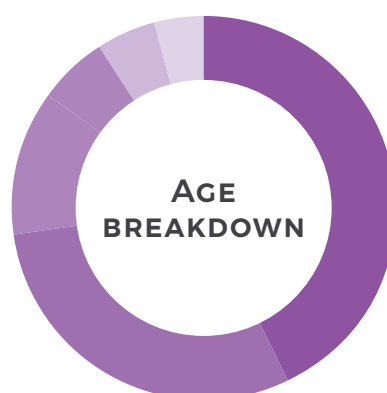
- Service
- Dignity and Respect
- Client-centered Care
- Accountability
- Strength-based Collaboration
- Clinical Excellence
- Innovative Flexibility
- Integrity

TOLEDO CENTER PATIENT PROFILE

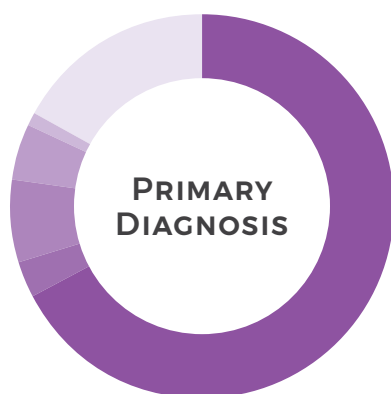
As a trusted provider, we treat eating disorders for adolescents and adults of all genders ages 12 and older. Toledo Center doesn't just focus on the presenting condition, but rather on the underlying disorders by utilizing a comprehensive whole-person approach that serves as the foundation for true client-centered care.



- Male: 5%
- Female: 95%



- Under 18: 43%
- 18-25: 30%
- 26-35: 12%
- 36-45: 6%
- 46-55: 5%
- 56+: 4%



- Anorexia Nervosa: 68%
- Avoidant/Restrictive Food Intake Disorder (ARFID): 3%
- Bulimia Nervosa: 7%
- Binge Eating Disorder: 5%
- Other Eating Disorder, Unspecified: 1%
- Other Eating Disorder, Specified: 16%

● Average Length of Stay: 45 days



BASIS-24 EVALUATION

Toledo Center 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 five-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, 114 clients participated in programming at Toledo Center with 41 completing the BASIS-24 assessment. The questionnaire was administered at admission, mid-treatment or every 30 days, and again at discharge.

"I have nothing but great things to say about this place. My daughter's experience was positive from admission to discharge. I was so nervous leaving her 8 hours away from home, but the staff here treated her as their own. I was kept informed on how she was doing and was able to participate in weekly family counseling with her and her counselor and also had sessions with her dietician."

- Parent of a Toledo Center client



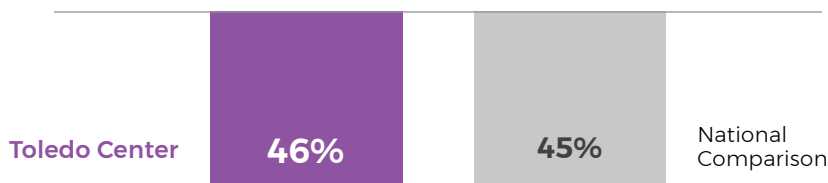
TOLEDO CENTER OUTPERFORMED THE INDUSTRY IN 2020

Toledo Center uses a whole-person and flexible 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.

Toledo Center surpassed the BASIS-24 National Comparison Group across key symptom severity measures when compared against 74,730 cases from many similar organizations.

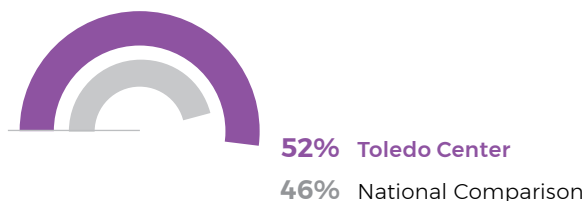
OVERALL REDUCTION IN SYMPTOM SEVERITY

Clients at Toledo Center outpaced the national average in overall improvement and symptom reduction.



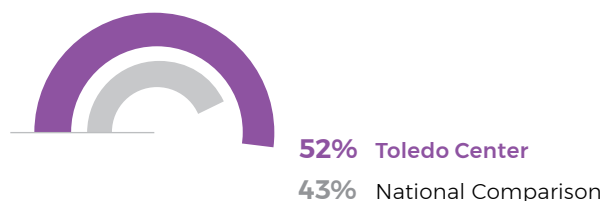
REDUCTION IN DEPRESSIVE SYMPTOMS

Clients at Toledo Center experienced a 52% average reduction in depressive symptoms and an increase in functioning (daily/role functioning and depression and anxiety symptoms).



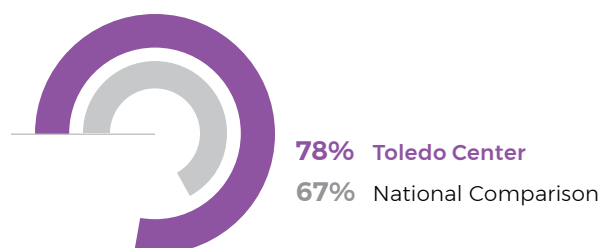
REDUCTION IN EMOTIONAL LABILITY

Clients at Toledo Center reported a 52% average reduction in mood swings, racing thoughts, and feeling short tempered at discharge.



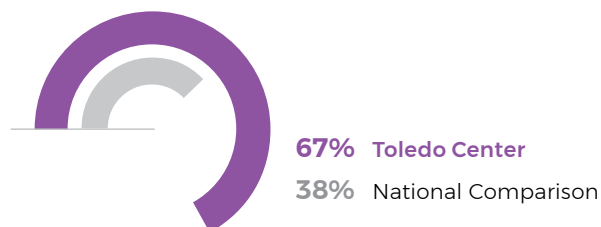
REDUCTION IN SELF-HARM

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



REDUCTION IN SUBSTANCE ABUSE

Clients at Toledo Center experienced a 67% average reduction in urges to drink, abuse substances, and problems with drugs or alcohol.



ADMISSIONS AND INSURANCE

Toledo Center has agreements with major insurance companies that provide full or partial reimbursement for eating disorder treatment costs. Also, we are often able to secure single case agreements with insurance companies that aren't in our network.

**Call our Admissions Team at
765.227.4272 to get started today.**



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FOR EATING DISORDERS**

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Toledo Center for Eating Disorders

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Sylvania, OH 43560

toledocenter.com



Toledo Center for Eating Disorders is a proud
part of the Odyssey Eating Disorder Network