



Odyssey™

EATING DISORDER NETWORK

Clinical Outcomes Report  
and Key Findings:  
**Eating Disorder**

2022 Edition

## EATING DISORDERS: AN UNRELENTING HEALTHCARE CRISIS

According to the National Association of Anorexia Nervosa and Associated Disorders (ANAD)<sup>1</sup> and the National Eating Disorders Association<sup>2</sup>:

**28,800,000**

Americans will have an eating disorder in their lifetime

**50%**

Individuals with an eating disorder who also use alcohol or other illicit drugs, a rate 5 times higher than the general population



**2<sup>nd</sup> Deadliest Mental Illness**

Second to only opioid overdose



Someone dies as a direct result of an eating disorder

## HELPING HUNDREDS ON THEIR RECOVERY JOURNEYS

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 help clients understand recovery is possible by using individualized treatment plans comprised of a combination of 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.

*"Magnolia Creek saved my life. It's the BEST care I have ever received in my life, and I've been in a lot of treatment. I would suggest Magnolia Creek to anyone who is struggling with an ED or any other mental health issues!"*

*- Grateful Magnolia Creek Alumnus*



<sup>1</sup> <https://anad.org/eating-disorders-statistics/>

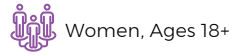
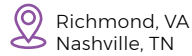
<sup>2</sup> <https://www.nationaleatingdisorders.org/substance-use-and-eating-disorders>

## RESIDENTIAL SERVICES FOR EATING DISORDERS

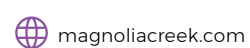
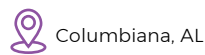
Odyssey offers a robust continuum of services for adults and adolescents of all genders that specialize in a full array of eating disorder diagnoses and co-occurring conditions.



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

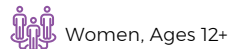


With over 15 years of clinical expertise, Magnolia Creek treats adult and adolescent women who struggle with eating disorders and co-occurring mental health conditions, including substance use disorders.

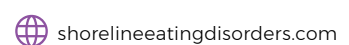
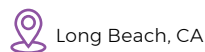


### Selah House

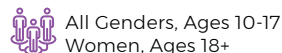
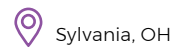
Established in 2006, Selah House provides a full continuum of Christ-centered, clinically excellent care for adult and adolescent women struggling with anorexia, bulimia, and related eating disorders.



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



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.



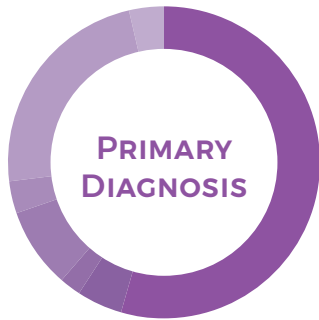
## EATING DISORDERS

### DEMOGRAPHICS AND DIAGNOSES

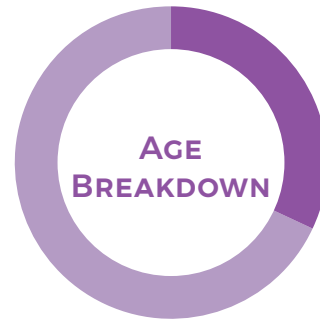
Odyssey's eating disorder residential services meet clients where they are in their recovery and provide the necessary therapeutic techniques to empower sustainable freedom.

# 511

Total Discharges



- Anorexia Nervosa: 47%
- Avoidant/Restrictive Food Intake Disorder (ARFID): 4%
- Binge Eating Disorder: 2%
- Bulimia Nervosa: 7%
- Unspecified Feeding or Eating Disorder (UFED): 3%
- Other Specified Feeding or Eating Disorder (OSFED): 20%
- Other: 3%



- Teens: 32%
- Adults: 68%



*"Everything and everyone at Selah House are there for you. You have an army of people who are qualified to give you the help and support you need. It changed my life."*

- Grateful Selah House Alumnus



*"The community here is awesome and changed my life! The dieticians are challenging in the best way possible. I am very happy that I came here! I would totally recommend starting your recovery journey here!"*

- Grateful Toledo Center Alumnus

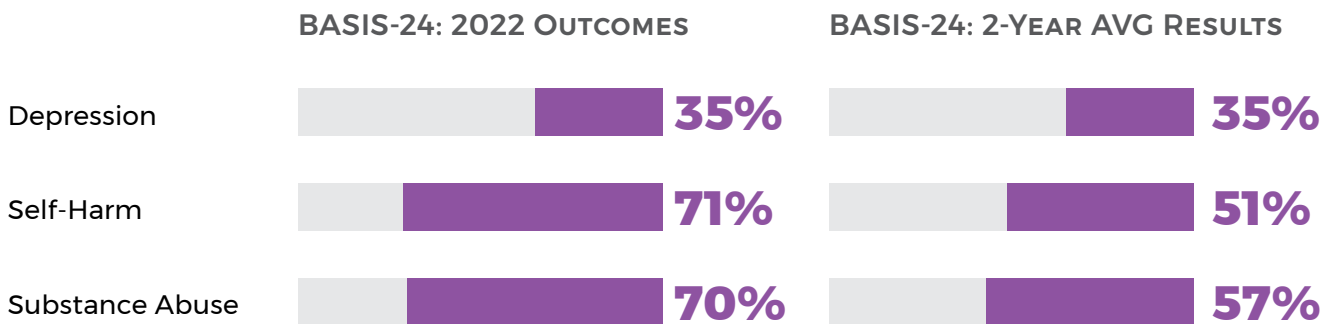
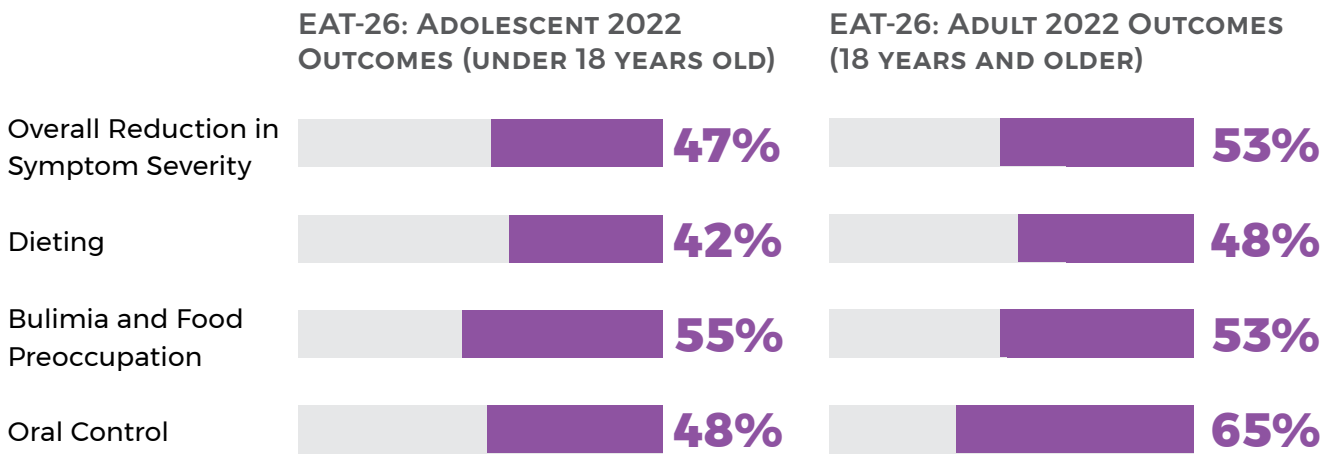


## CLINICAL OUTCOMES

Clinical outcomes for Odyssey’s residential treatment programs, measured using EAT-26 and BASIS-24, currently includes Magnolia Creek, Selah House, Shoreline, and Toledo Center. We look forward to Aster Springs becoming part of our future reports.

### EAT-26 SUBSCALE INTERPRETATION GUIDE

1. **Dieting** – How much someone, motivated by a desire to be thinner, scrutinizes calorie content, carbohydrates, and sugar content.
2. **Bulimia and Food Preoccupation** – Someone’s tendency to purge after meals and excessive food-related thinking.
3. **Oral Control** – A person’s tendency toward needing less self-control over their eating.



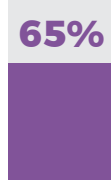
## EAT-26: FACILITY SPECIFIC OUTCOMES

Our eating disorder treatment facilities began using EAT-26 in 2022 to better understand our clinical programs' impact on behavior and symptom change.

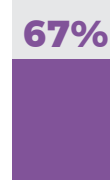
### MAGNOLIA CREEK

Overall Reduction in Symptom Severity

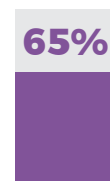
↓ 66%



Reduction in Dieting



Reduction in Bulimia and Food Preoccupation

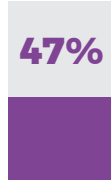


Improvement In Oral Control

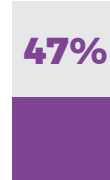
### SELAH HOUSE

Overall Reduction in Symptom Severity

↓ 42%



Reduction in Dieting



Reduction in Bulimia and Food Preoccupation



Improvement In Oral Control

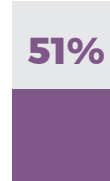
### SHORELINE

Overall Reduction in Symptom Severity

↓ 38%



Reduction in Dieting



Reduction in Bulimia and Food Preoccupation

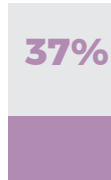


Improvement In Oral Control

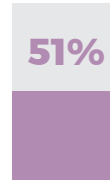
### TOLEDO CENTER

Overall Reduction in Symptom Severity

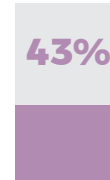
↓ 41%



Reduction in Dieting



Reduction in Bulimia and Food Preoccupation



Improvement In Oral Control

## METHODOLOGY AND ASSESSMENT TOOLS

### MEASURES

Odyssey Behavioral Healthcare partners with Harvard and McLean Hospital to collect and analyze our treatment outcomes using the 24-item Behavior and Symptom Identification Scale (BASIS-24). Additionally, Odyssey's eating disorder programs leverage the 26 item Eating Attitudes Test (EAT-26).

### BASIS-24 ASSESSMENT

Our facilities use 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. These subscales 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.

### EAT-26 ASSESSMENT

Our eating disorder treatment facilities use EAT-26, a leading standardized self-report measure of eating disorder symptoms and concerns. Using a six-point Likert scale in conjunction with additional measures assessing behavioral symptoms and body mass index (BMI), the assessment gives an overall score and scores for three subscales. The subscales cover the following domains: Dieting which measures how much someone, motivated by a desire to be thinner, scrutinizes calorie content, carbohydrates, and sugar content, Bulimia and Food Preoccupation which assesses someone's tendency to purge after meals and excessive food-related thinking, and Oral Control which identifies a person's tendency toward needing less self-control over their eating.

### SAMPLE SIZES AND COMPLETION RATES

Program Type	BASIS-24	BASIS-24	EAT-26	EAT-26
	# of Intake Surveys Completed	# of Discharge Surveys Completed	# of Intake Surveys Completed	# of Discharge Surveys Completed
Eating Disorder	378	316	277	160

*"I know how difficult it is to make the decision to admit your daughter to a residential treatment program for anorexia. Selah House was a great choice for us. My daughter received the nursing care, therapy, and nutrition care that she desperately needed. I felt like my daughter was well cared for during this difficult time. I was very grateful for the opportunity I had to talk to my daughter on the phone each evening as it gave me a lot of peace of mind. I appreciated the opportunity I had to talk to the family therapist each week and the access I had to the therapist in between our appointments."*

- Grateful Parent of a Selah House Alumnus



Alumni Reuniting at Selah House

As a part of Odyssey Behavioral Healthcare, each treatment facility provides individualized, high-quality care for adolescents and adults suffering from eating disorders and co-occurring conditions while providing a path for lasting recovery.

### **INSURANCE**

Clients, their family members, and clinical partners can call us to speak with one of our admissions coordinators, who can walk them through the admissions process, including benefits guidance. Our facilities have agreements with most major insurance companies that provide benefits for eating disorder treatment. We can also create single-case agreements with many providers, and we work with each client to establish a financial plan that best meets their needs.



**Odyssey Behavioral Healthcare**  
105 Westpark Dr, Suite 410  
Brentwood, TN 37027

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