

# Let's Be Honest

What barriers are holding you back from seeking treatment?



Starting the recovery journey can feel intimidating, with barriers that may seem overwhelming. Toledo Center offers a safe, supportive environment where clients and families recognize these challenges as steps toward healing rather than obstacles.

## Common Barriers to Treatment

- Fear
- Guilt or shame
- Change
- Isolation
- Denial
- Distance from home
- Financial concerns
- Time commitment

While an eating disorder doesn't define you, it can take control of your life — and your family's — if left unaddressed.

## Speaking Honestly About Common Barriers

Drawing from her own recovery journey and passion for helping others find lasting healing, our head of admissions, Alycia Aldieri, shares candid insights into the barriers individuals often face when seeking treatment. Scan the QR code to hear directly from Alycia and discover how you and your family can take the first step toward recovery.

*“Don't forget who you are. You do hard things every day; don't tell me you can't do hard things.”*

- Alycia

Explore each barrier by visiting our website



[ToledoCenter.com/LetsBeHonest](https://ToledoCenter.com/LetsBeHonest)



## Who We Are

Toledo Center uses an innovative, evidence-based approach to guide clients' recovery journeys, offering compassion and personalized care. We meet clients where they are with honesty and transparency, providing treatment for all genders and empowering individuals to reclaim their lives, health, and futures.

## Levels of Care

### Residential Treatment

Our residential treatment (RTC) programs offer intensive care, structure, and safety for adolescents and adults of all genders (ages 10+), with 24/7 support. Clients receive care in comfortable living spaces, including shared rooms and common areas, all while being closely monitored and supported throughout their recovery.

### Partial Hospitalization Program

Our adult and adolescent partial hospitalization programs (PHP) offer evidence-based treatment complemented by activities that promote mindfulness, healing, and the development of new methods of self-expression.

### Family Education & Coaching Program

To engage parents and caregivers in recovery, our Family Education and Coaching Program empowers them to participate in their child's treatment journey. This program provides the tools and support needed to strengthen their role as key recovery team members.

### Virtual Intensive Outpatient Program

Our virtual intensive outpatient program (V-IOP) offers a flexible treatment option for Ohio residents. Available to adults and adolescents (16+), this program supports in-person care without the need to relocate. It serves as a higher level of care when traditional outpatient services aren't effective or as a step down from RTC or PHPs.

