



Clinical Outcomes Report  
and Key Findings:  
**Eating Disorders**  
*2023 Edition*

## EATING DISORDERS: HIGH PREVALENCE CONTINUES ACROSS AMERICA

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 treatment in home-like settings with a clear step-down process to provide 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.

*"From the moment we arrived on this beautiful property...we were met with compassion and professionalism. The staff assured us that our chosen daughter would be surrounded by professionals who cared for her as their own. She formed friendships that continue to be part of her support network today. Magnolia Creek continues their support even after leaving treatment. We are able to continue individual and family support. Thank you Magnolia Creek for educating us, for the expert care, the family you became and the support you continue to give."*

- Grateful Parent of a Magnolia Creek Alumnus



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

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



Magnolia Creek

## 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 provides world-class residential care for adult women with an eating disorder and outpatient services for adults and adolescents of all genders.



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



Established in 2006, Selah House provides a full continuum of Christ-centered, clinically excellent care for adult and adolescent women with an eating disorder.



With over 25 years of expertise, Toledo Center provides specialized treatment for adults and adolescents of all genders with eating disorders and co-occurring mental health conditions.



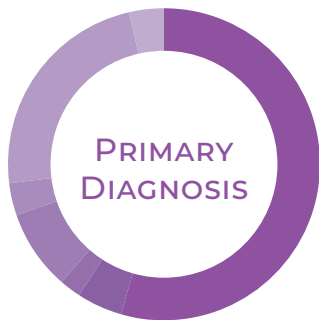
## EATING DISORDERS

### DEMOGRAPHICS AND DIAGNOSES

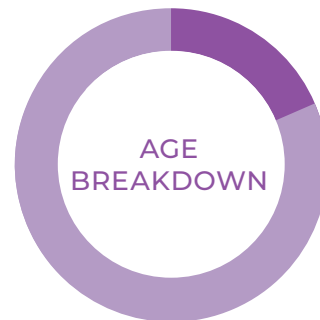
Odyssey's eating disorder residential services meet clients where they are in their recovery and provide the necessary therapeutic techniques to empower sustainable freedom.

530

Total Discharges



- Anorexia Nervosa: 47%
- Avoidant/Restrictive Food Intake Disorder (ARFID): 5%
- Binge Eating Disorder: 5%
- Bulimia Nervosa: 9%
- Unspecified Feeding or Eating Disorder (UFED): 2%
- Other Specified Feeding or Eating Disorder (OSFED): 30%
- Other: 4%



- Teens: 19%
- Adults: 81%

*"Aster Springs Nashville saved my life. This was my first residential treatment experience, and while I can confidently say it is one of the hardest things I've ever done, Aster showed me that I can do hard things. Thank you Aster, for giving me my future."*  
- Grateful Aster Springs Nashville Alumnus



*"There is no doubt in my mind when I say that Selah saved my life. When I came in, I was terrified. They showed me that there is freedom in recovery. That I'm loved beyond measure. I am now getting ready to go to college, free from the chains of my eating disorder. Truly, if you are in need of help, this is where you need to be."*  
- Grateful Selah House Alumnus

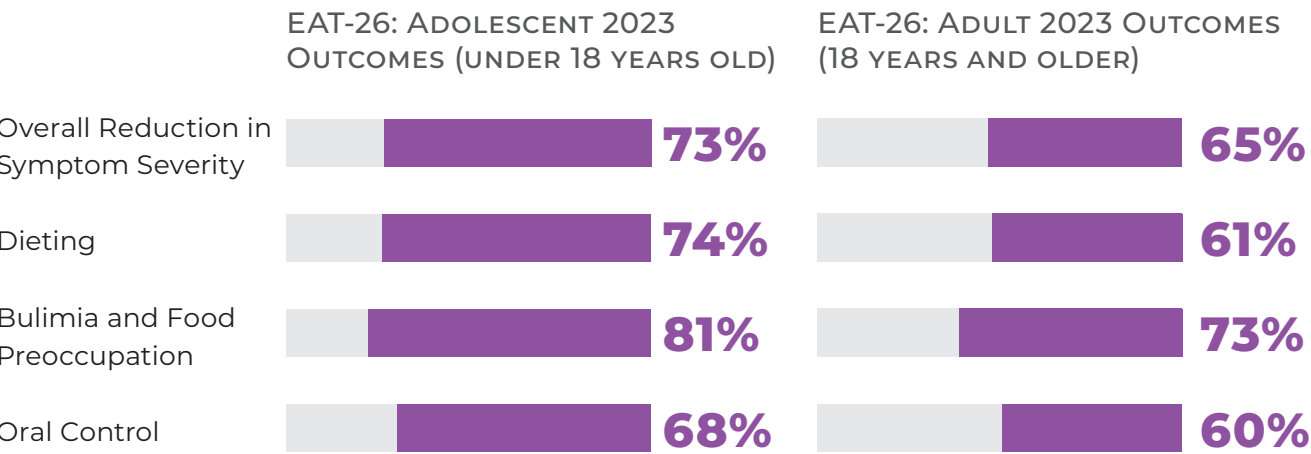


CLINICAL OUTCOMES

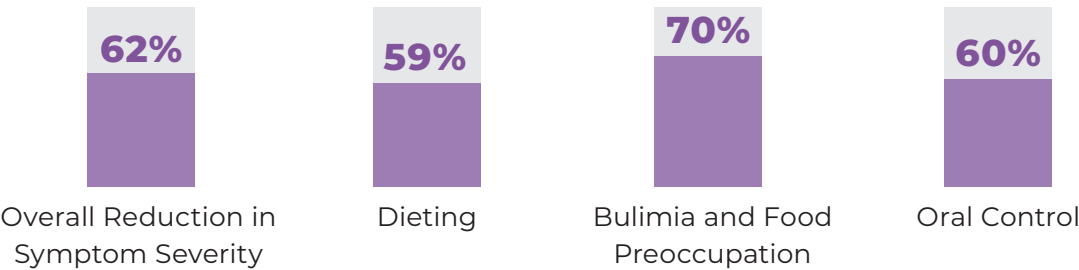
Clinical outcomes for Odyssey’s residential treatment programs, measured using EAT-26 and BASIS-24, currently includes Aster Springs, Magnolia Creek, Selah House, and Toledo Center.

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 3-YEAR AVG RESULTS



BASIS-24: 2023 OUTCOMES



## EAT-26: FACILITY SPECIFIC OUTCOMES

In 2023, Odyssey's eating disorder treatment facilities used EAT-26, a leading standardized self-report measure of eating disorder symptoms and concerns to better understand program impact and identify opportunities for clinical enhancement.

### ASTER SPRINGS

Overall Reduction in  
Symptom Severity

↓ **77%**

**80%**

Reduction in  
Dieting

**83%**

Reduction in  
Bulimia and Food  
Preoccupation

**61%**

Improvement In  
Oral Control

### MAGNOLIA CREEK

Overall Reduction in  
Symptom Severity

↓ **66%**

**65%**

Reduction in  
Dieting

**73%**

Reduction in  
Bulimia and Food  
Preoccupation

**64%**

Improvement In  
Oral Control

### SELAH HOUSE

Overall Reduction in  
Symptom Severity

↓ **62%**

**57%**

Reduction in  
Dieting

**70%**

Reduction in  
Bulimia and Food  
Preoccupation

**55%**

Improvement In  
Oral Control

### TOLEDO CENTER

Overall Reduction in  
Symptom Severity

↓ **73%**

**73%**

Reduction in  
Dieting

**81%**

Reduction in  
Bulimia and Food  
Preoccupation

**67%**

Improvement In  
Oral Control

# METHODOLOGY AND ASSESSMENT TOOLS

## MEASURES

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

### 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.

### 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.

### SAMPLE SIZES AND COMPLETION RATES

Program Type	EAT-26 # of Intake Surveys Completed	EAT-26 # of Discharge Surveys Completed	BASIS-24 # of Intake Surveys Completed	BASIS-24 # of Discharge Surveys Completed
Eating Disorder	534	373	593	492

*"I cannot thank the Toledo Center enough for the care I received. They cared for me as a whole person and more. Medically, physically, mentally, emotionally, I was treated with such respect through one of the hardest periods of my life. I would recommend this for anyone seeking treatment, looking for understanding, and/or searching for a wholistic approach to reclaiming their life. Thank you Toledo Center!"*

- Grateful Toledo Center Alumnus



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.

**For Admissions, call 866-92-FREED**



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

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