

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. Selah House 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



SelahHouse.com/LetsBeHonest



Selah House

Who We Are

At Selah House, our success is built on a foundation of evidence-based treatment to help adolescent and adult females (12+) achieve lasting freedom from eating disorders. Our unique Christ-centered environment fosters openness and acceptance, meeting each client on their recovery journey in a judgment-free atmosphere, regardless of personal beliefs.

Levels of Care

Inpatient Treatment

Our inpatient program provides structured, 24-hour care focused on medical stabilization, weight restoration, and psychiatric support to ensure comprehensive healing and recovery.

Residential Treatment

Our 24-hour comprehensive residential treatment program (RTC) provides medical and psychiatric supervision. Often used as a step-down option from acute or inpatient levels of care, it offers a safe, structured environment for those requiring more intensive support.

Partial Hospitalization Program

Our seven-day-a-week, full-day partial hospitalization program (PHP) helps individuals transition from a residential setting to greater independence. Combining structured programming with real-life exposures, this program equips clients with the skills needed for long-term, sustainable recovery.

