



Odyssey™

BEHAVIORAL HEALTHCARE



Clinical Outcomes Report and Key Findings

2020 Edition



“Odyssey Behavioral Healthcare’s residential treatment programs are built on two distinct networks: Psychiatric and Eating Disorders. Each network consists of separate facilities with over 200 years of combined experience caring for clients struggling with mental health or eating disorders, and are recognized for their clinical excellence and industry-leading performance.

2020 was a challenging year. These networks supported our clients as well as their families and clinical partners every step of the way while continuing to outperform



Magnolia Creek

national clinical benchmarks. I'm proud of the outcomes we continue to achieve, ensuring sustained, lasting recovery for our clients. We look forward to including Clearview Treatment Programs and Shoreline Center for Eating Disorder Treatment, the newest Odyssey Behavioral Healthcare facilities, in the 2021 Outcomes Annual Report."

Richard Clark

CEO, Odyssey Behavioral Healthcare

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OUR VISION

Change lives by empowering a person's inherent strengths while partnering with our clients, their families, and clinical providers to optimize their medical, physical, emotional, social, and spiritual well-being and independence.



OUR TREATMENT PHILOSOPHY

Odyssey Behavioral Healthcare provides unique, superior, evidence-based mental health treatment not traditionally available within the care continuum, especially for individuals with complex psychiatric conditions. We offer long-term, sustainable solutions to achieve optimal levels of health and independence.



BASIS-24 EVALUATION

Our networks 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.

Throughout 2020, 989 clients participated in programming at Lifeskills, Pasadena Villa, Magnolia Creek, Selah House, and Toledo Center, with 556 clients completing the BASIS-24 assessment. The questionnaire was administered at admission, mid-treatment or every 30 days, and again at discharge.



ABOUT ODYSSEY

Odyssey Behavioral Healthcare believes that each person deserves the opportunity to embark on a new journey to reach their optimal level of health. Odyssey's network of behavioral healthcare services provides support to individuals throughout their journey by combining compassionate, evidence-based treatment with concierge-quality amenities.

Currently, we operate distinct psychiatric treatment locations and offer a continuum of services for complex psychiatric, dual diagnosis, substance use, and process addictions within our Psychiatric Network. Additionally, our Eating Disorder Network is dedicated to serving adults and adolescents of all genders and specializes in the full array of eating disorders diagnoses and co-occurring conditions within a robust continuum of services.

Most of our private facilities are in network and also accept out-of-network benefits and private pay. We remain diligent in pursuing contracts to expand access to our superior services that deliver leading treatment outcomes.

Our licensed facilities are either CARF or Joint Commission Accredited. We also actively pursue additional certifications as available to demonstrate evidence of our commitment to accountable, ethical, safe, and clinically advanced care.

CONDITIONS WE TREAT

Odyssey's treatment networks provide support to individuals throughout their journey by combining compassionate, evidence-based treatment with concierge-quality amenities.



MENTAL HEALTH DISORDERS



SUBSTANCE USE DISORDERS



DUAL DIAGNOSIS



PROCESS ADDICTIONS



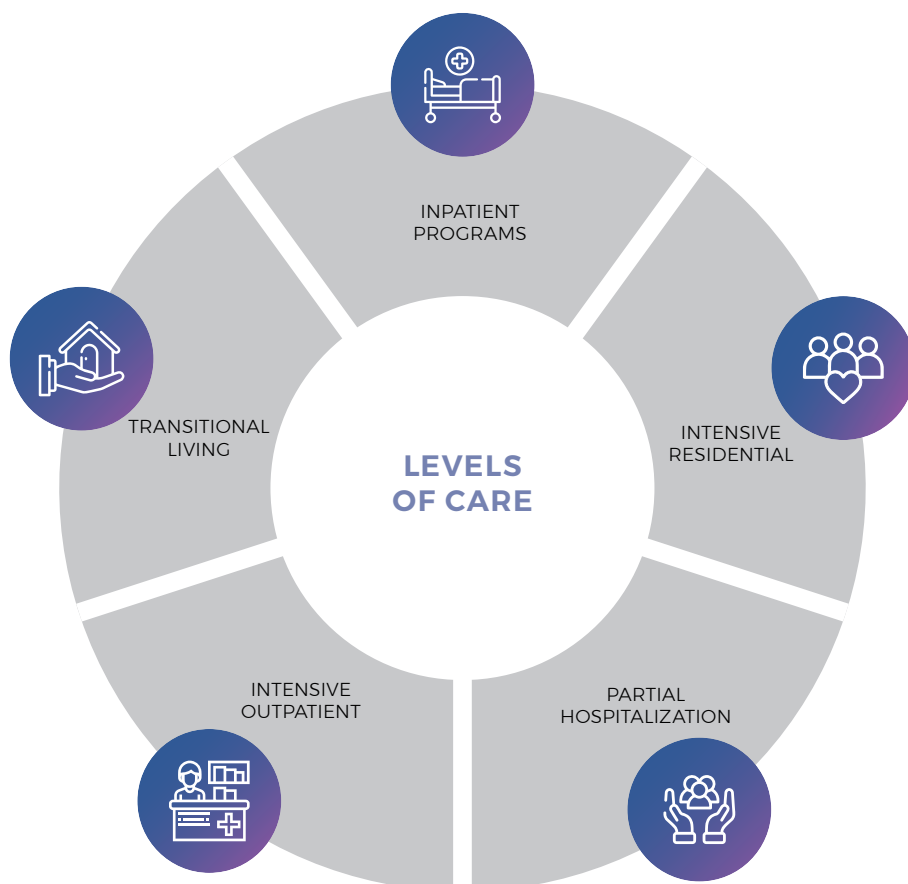
EATING DISORDERS



AUTISM SPECTRUM DISORDERS

LEVELS OF CARE

We offer a full continuum of services from inpatient and intensive residential levels of care to partial hospitalization and intensive outpatient programs along with transitional housing support.



Our Residential Treatment Networks

The Odyssey Psychiatric Network

The Odyssey Psychiatric Network is committed to providing compassionate, comprehensive, and highly individualized psychiatric and psychotherapeutic care for adults who suffer from severe and persistent mental illness while maximizing social functioning in the real world.

Our luxurious, resort-style facilities are artfully decorated and meet or exceed the highest safety standards. Each facility offers individuals a warm and comfortable setting for recovery.



Founded in 2000, Clearview provides mental health and addiction treatment for adults at residential and outpatient levels of care.



Venice, CA



All Genders, Ages 18+



Since 1991, Lifeskills has offered customized residential and outpatient treatment services for adults suffering from mental health and substance use disorders.



Deerfield
Beach, FL



All Genders, Ages 18+



Psychiatric Treatment Network

For over 20 years, Pasadena Villa has offered a full continuum of evidence-based residential and outpatient programs for adults with complex psychiatric disorders.



Orlando, FL &
Sevierville, TN



All Genders, Ages 18+

The Odyssey Eating Disorder Network

The Odyssey Eating Disorder Network provides individualized, high-quality care for adolescents and adults suffering from an eating disorder or co-occurring conditions while providing a path for lasting recovery.

We welcome each client to safe and comfortable home-like settings that offer a full continuum of care and a clear step-down process, so clients feel continually supported in their journey towards independence.



For over 15 years, Magnolia Creek has treated adult and adolescent women who struggle with eating disorders and co-occurring mental health or substance use disorders.



Columbiana, AL



Women, Ages 12+



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



Anderson, IN



Women, Ages 12+



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



Long Beach, CA



All Genders, Ages 13+



With over 25 years of clinical expertise, Toledo Center provides specialized, innovative treatment for adults and adolescents suffering from eating disorders and co-occurring mental health conditions.



Sylvania, OH



All Genders, Ages 12+

Odyssey Residential Outcomes

Recognized as a national clinical leader, Odyssey is built on a family of brands with extensive histories of clinical excellence. When compared to over 74,730 cases across comparable facilities nationwide, Odyssey's family of residential treatment facilities consistently outpaced the industry.

Treating complex psychiatric disorders, eating disorders, dual diagnosis, and co-occurring conditions, Odyssey's treatment facilities use a whole-person approach to care. We focus on the physical, mental, social, spiritual, and vocational needs of each individual to unlock their underlying

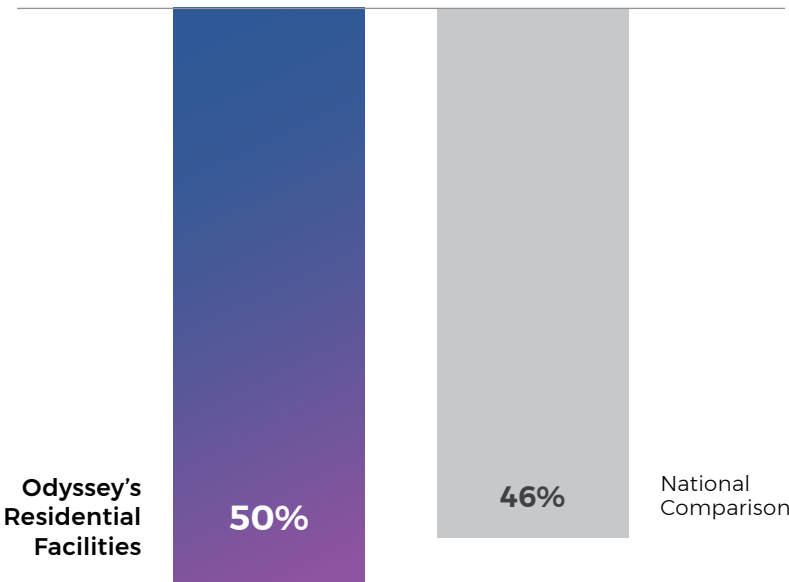
thoughts, feelings, and emotions. This allows our clinicians to create personalized treatment plans that help each individual take the next step in their recovery.

Client-centered care helps each client successfully transition back to their home, work, and family life with newly found self-esteem, direction, and balance. We work in partnership with each client's local clinical support to build a sustainable recovery path, leading to an overall reduction in symptom severity for a successful transition into a lower level of care.



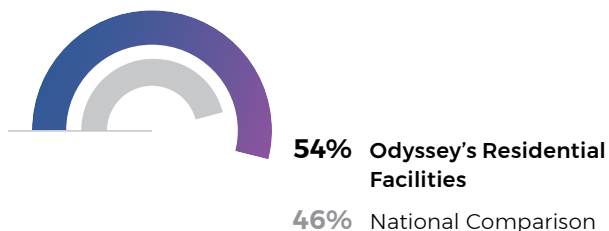
OVERALL REDUCTION IN SYMPTOM SEVERITY

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



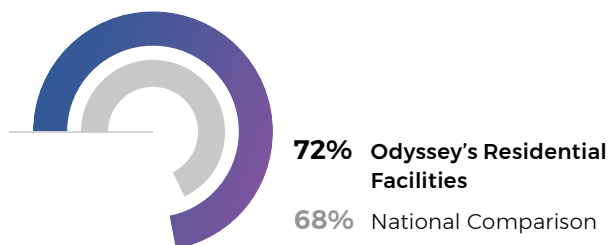
REDUCTION IN DEPRESSIVE SYMPTOMS

Clients experienced a 54% average reduction in depressive symptoms and an increase in functioning (daily/role functioning and depression or anxiety symptoms).



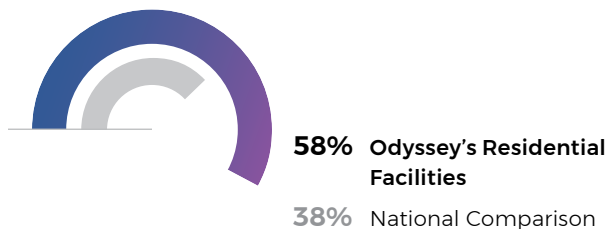
REDUCTION IN SELF-HARM

Clients saw a 72% average reduction in thoughts about hurting themselves and/or ending their lives.



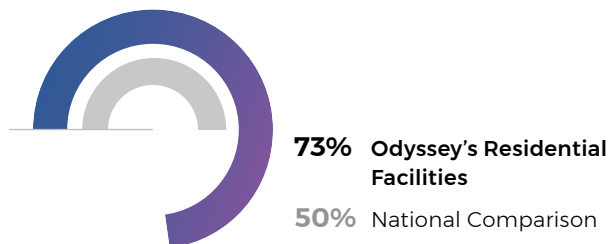
REDUCTION IN EMOTIONAL LABILITY

Clients reported a 58% average reduction in mood swings, racing thoughts, and feeling short tempered at discharge.



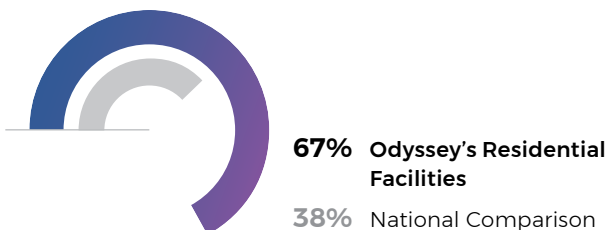
REDUCTION IN PSYCHOSIS

Clients experienced a 73% average reduction of psychosis symptoms (hallucinations, paranoia, detachment, and disorganized thinking).



REDUCTION IN SUBSTANCE ABUSE

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



Odyssey Psychiatric Network Outcomes

One in twenty adults in the US experience a serious mental illness.¹ Outpacing the industry is vital to helping the rising number of individuals experiencing complex psychiatric or dual diagnosis conditions. When compared to over 74,730 cases across comparable facilities nationwide, the Odyssey Psychiatric Network consistently outpaced the industry and helped hundreds of adults reduce the overall severity of their symptoms.

Both Lifeskills South Florida and Pasadena Villa have extensive histories of nationally recognized clinical excellence and employ licensed clinicians with doctoral or master's level degrees

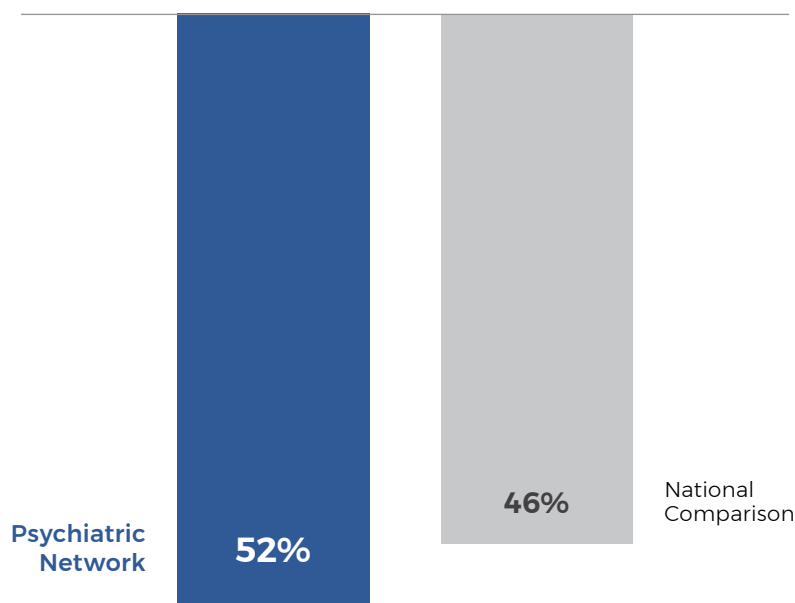
and multiple certifications in their respective specialties. Together they helped hundreds of adults in 2020 take the next step in their recovery journeys by utilizing specialized clinical pathways that addressed their specific needs.

In 2020, Clearview Treatment Programs joined the Odyssey Psychiatric Network, adding extensive expertise in treating dual diagnosis and borderline personality disorders leveraging Dialectical Behavior Therapy (DBT) and other evidence-based treatments. We're excited to add their exceptional outcomes to Odyssey's future clinical outcomes reports.



OVERALL REDUCTION IN SYMPTOM SEVERITY

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



¹ <https://www.nami.org/mhstats>

REDUCTION IN DEPRESSIVE SYMPTOMS

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



52% Psychiatric Network
43% National Comparison

REDUCTION IN SELF-HARM

Clients saw a 72% average reduction in thoughts about hurting themselves and/or ending their lives.



72% Psychiatric Network
67% National Comparison

REDUCTION IN EMOTIONAL LABILITY

Clients reported a 65% average reduction in mood swings, racing thoughts, and feeling short tempered at discharge.



65% Psychiatric Network
35% National Comparison

REDUCTION IN PSYCHOSIS

Clients experienced a 67% average reduction of psychosis symptoms (hallucinations, paranoia, detachment, and disorganized thinking).



67% Psychiatric Network
50% National Comparison

REDUCTION IN SUBSTANCE ABUSE

Clients experienced a 55% average reduction in urges to drink, abuse substances, and problems with drugs or alcohol.



55% Psychiatric Network
38% National Comparison

Odyssey Eating Disorder Network Outcomes

Approximately 28.8 million Americans will have an eating disorder sometime in their lives, and 35-57% of adolescent girls will engage in potentially dangerous weight loss activities.² Outpacing the industry in clinical outcomes is critical to combat social media and other factors that impact individuals at younger and younger ages.

When compared to over 74,730 cases at comparable facilities nationwide, the

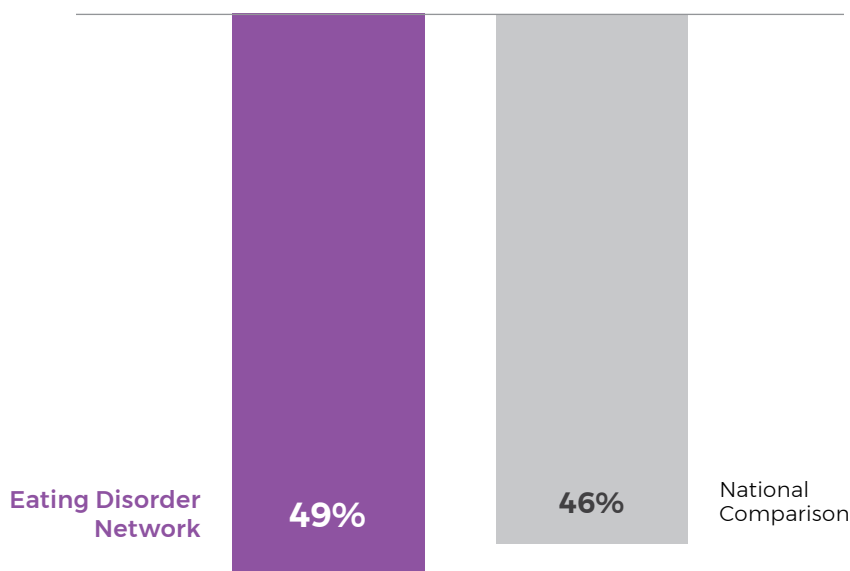
Odyssey Eating Disorder Network consistently outperformed the industry and helped hundreds of clients progress in their recovery journeys.

The Shoreline Center for Eating Disorders recently joined Magnolia Creek, Selah House, and Toledo Center as part of the Odyssey Eating Disorder Network. With an extensive history of clinical excellence, we're excited to see their outcomes join future Odyssey clinical outcomes reports.



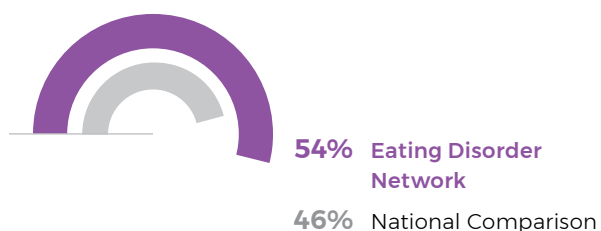
OVERALL REDUCTION IN SYMPTOM SEVERITY

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



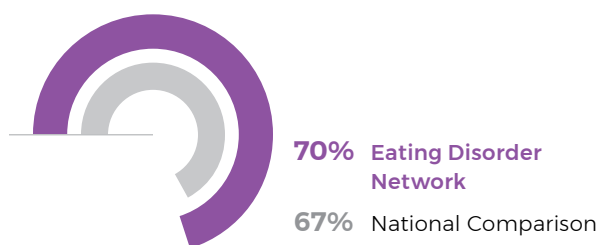
REDUCTION IN DEPRESSIVE SYMPTOMS

Clients experienced a 54% average reduction in depressive symptoms and an increase in functioning (daily/role functioning and depression or anxiety symptoms).



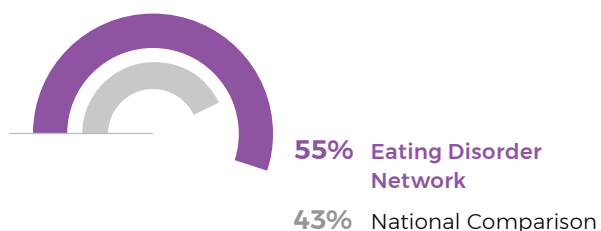
REDUCTION IN SELF-HARM

Clients saw a 70% average reduction in thoughts about hurting themselves and/or ending their lives.



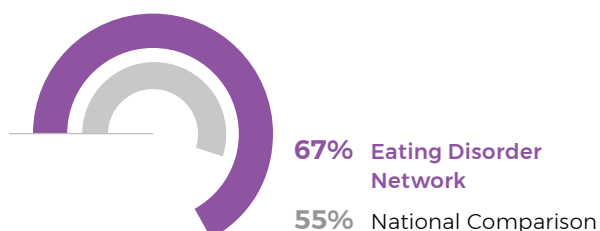
REDUCTION IN EMOTIONAL LABILITY

Clients reported a 55% average reduction in mood swings, racing thoughts, and feeling short tempered at discharge.



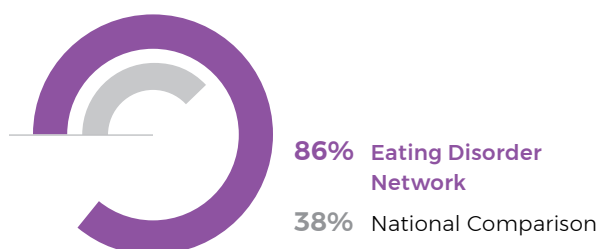
REDUCTION IN PSYCHOSIS

Clients experienced a 67% average reduction of psychosis symptoms (hallucinations, paranoia, detachment, and disorganized thinking).



REDUCTION IN SUBSTANCE ABUSE

Clients experienced a 86% average reduction in urges to drink, abuse substances, and problems with drugs or alcohol.



Odyssey Behavioral Healthcare, formed in 2015,
has behavioral health facilities across the treatment
spectrum under their Psychiatric, Eating Disorder, and
Outpatient Networks with locations in
a growing number of states nationwide.

We provide inpatient, intensive residential,
partial hospitalization, intensive outpatient, and transitional
living services for adults and adolescents
with a psychiatric, dual diagnosis, autism spectrum,
eating, or addictive disorder.



Odyssey Behavioral Healthcare

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