



Odyssey™
BEHAVIORAL HEALTHCARE



Clinical Outcomes Report
and Key Findings:

Residential Services

2022 Edition

MENTAL HEALTH AND EATING DISORDERS: AN UNRELENTING HEALTHCARE CRISIS

According to the National Alliance on Mental Illness (NAMI)¹, the National Institute of Mental Health (NIMH)², and according to the National Association of Anorexia Nervosa and Associated Disorders (ANAD)³, among adults in the U.S.:



1 in 5 experienced
a mental illness



1 in 20 experienced
a serious mental illness



“Odyssey Behavioral Healthcare’s residential services specialize in caring for those with mental health disorders, eating disorders, substance use disorders, and dual diagnosis. Our network of facilities are recognized as clinical leaders across the nation, with decades of combined experience in providing superior treatment programs delivered with care and compassion.

We remain focused on our mission of addressing the country’s continued mental healthcare crisis by helping as many as possible achieve lifelong recovery. Client-centered care and clinical excellence are at the heart of everything our teams do, and we’re proud to have helped thousands progress in their recovery journey in 2022.”

Richard Clark
CEO, Odyssey Behavioral Healthcare



1 in 15 experienced both a substance use disorder and mental illness

12,000,000+

had serious thoughts of suicide

28,800,000

Americans currently struggling with an eating disorder

- 1 https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI_2020MH_ByTheNumbers_Adults-r.pdf
- 2 <https://www.nimh.nih.gov/health/statistics/mental-illness>
- 3 <https://anad.org/eating-disorders-statistics/>

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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 residential healthcare services provide support to individuals throughout their journey by combining compassionate, evidence-based treatment with concierge-quality amenities.

Currently, we operate distinct psychiatric and eating disorders treatment locations in 9 states and offer a continuum of services for complex psychiatric, eating disorder, dual diagnosis, substance use, and process addictions.

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.

OUR VISION

We aim to 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 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 help our clients achieve optimal levels of health and independence.



"I really felt at home and part of a community focused on my betterment. I now have the tools needed to succeed at life. Pasadena Villa put me on an amazing path and gave me hope for my future."

– Grateful Pasadena Villa Alumnus



OUR SIX CORE VALUES



ACCOUNTABILITY

We have an ownership mentality with the goal of helping more clients succeed.



COLLABORATION

The better we collaborate, the better we can help our clients, their families, and our clinical partners.



FLEXIBILITY

We adapt in ways that promote continuously improving ourselves and our organization.



INTEGRITY

We do the right thing, and what we say should match what we do.



RESPECT

We demonstrate respect for people and their differences to create an environment of inclusion.



SERVICE

We are committed to making a difference in the lives of others.

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



Eating Disorders



Autism Spectrum Disorder (ASD)



Dual Diagnoses



Process Addictions

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.



Inpatient Programs



Detoxification



Intensive Residential Treatment (RTC)



Partial Hospitalization Programs (PHP)



Intensive Outpatient Programs (IOP)



Transitional Living

RESIDENTIAL SERVICES FOR MENTAL HEALTH AND SUBSTANCE USE DISORDERS

Odyssey offers a continuum of services for complex psychiatric disorders, dual diagnoses, substance abuse, and process addictions for adults of all genders.



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+



clearviewtreatment.com



Established in 1991, Lifeskills offers tailored detoxification, intensive residential and outpatient programs for adults suffering from mental health and substance use disorders.



Deerfield Beach, FL
Ft. Lauderdale, FL



All Genders, Ages 18+



lifeskillssouthflorida.com



Psychiatric Treatment Network

With nearly 25 years of clinical expertise, Pasadena Villa provides a full continuum of evidence-based residential and outpatient programs for adults with complex psychiatric and autism spectrum disorder.



Orlando, FL &
Sevierville, TN



All Genders, Ages 18+



pasadenavilla.com



Founded in 2017 and part of Steps to Recovery Treatment Programs, Silver Pines provides detoxification and residential levels of care for adults suffering from addiction and mental health disorders.



Mahanoy City, PA



All Genders, Ages 18+



silverpinestreatmentcenter.com



Aster Springs

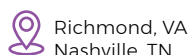


RESIDENTIAL SERVICES FOR EATING DISORDERS

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.



Richmond, VA
Nashville, TN



Women, Ages 18+



astersprings.com



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.



Columbiana, AL



Women, Ages 12+



magnoliacreek.com



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.



Anderson, IN



Women, Ages 12+



selahhouse.com



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



Long Beach, CA



All Genders, Ages 13+



shorelineeatingdisorders.com



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.



Sylvania, OH



All Genders, Ages 10-17
Women, Ages 18+



toledocenter.com

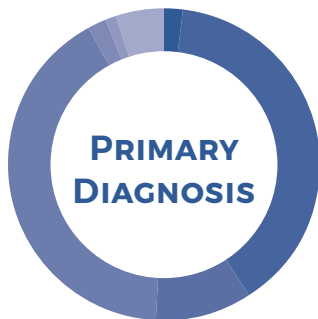
MENTAL HEALTH AND SUBSTANCE USE DISORDERS

DEMOGRAPHICS AND DIAGNOSES

Odyssey's mental health and addiction residential services are committed to providing compassionate, comprehensive, and the highest quality individualized psychiatric and psychotherapeutic care for adults who suffer from mental illness and/or substance abuse disorders while maximizing social functioning in the real world.

1840

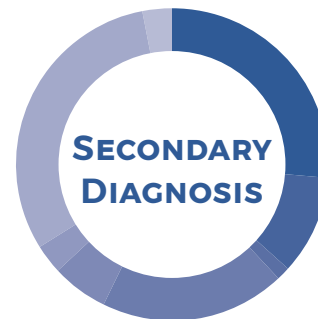
Total Discharges



- Anxiety Disorders: 2%
- Mood Disorders: 39%
- Thought Disorders: 10%
- Substance Use Disorders: 41%
- Trauma Related Disorders: 2%
- Autism Spectrum Disorder: 1%
- Other: 5%

73%

clients had 2 or more co-occurring diagnoses confirmed at admission



- Anxiety Disorders: 18%
- Mood Disorders: 7%
- Thought Disorders: 1%
- Substance Use Disorders: 13%
- Trauma Related Disorders: 4%
- Personality Disorders: 2%
- Autism Spectrum Disorder: 21%
- Other: 2%

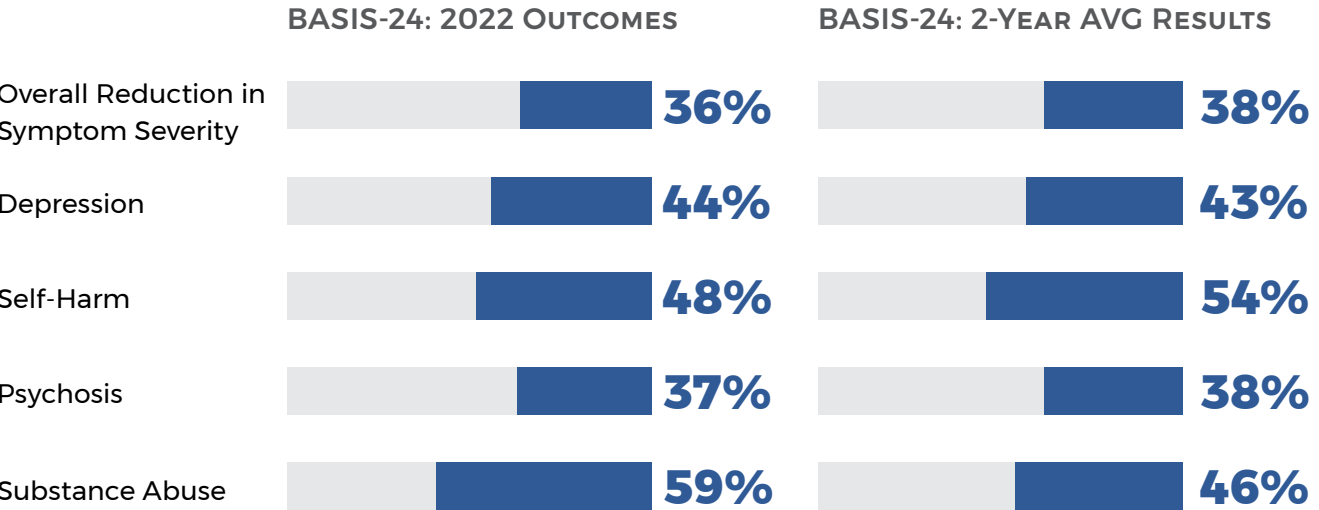
"Excellent, comprehensive care for mental health. Really helped me manage symptoms that had once been debilitating with informative groups and empowering one-on-one support. The continuum of care is gradual and supportive. It's hard work, but if you really take advantage of all the program's opportunities, it pays off."

- Grateful Lifeskills South Florida Alumnus



CLINICAL OUTCOMES

Measured using BASIS-24, Odyssey’s residential treatment program outcomes for mental health disorders and addictions include Clearview Treatment Programs, Lifeskills South Florida, Pasadena Villa, and Silver Pines Treatment Center. Additionally, Lifeskills also leverages a battery of other inventories to measure changes in behavior and functionality, along with a 4-year longitudinal study to evaluate client progress over time. Learn more by visiting lifeskillssouthflorida.com/outcomes.



“Silver Pines absolutely changed my life. This place has a special spot in my heart for the rest of my life. If you need to acquire the tools and knowledge to take back your life and live it to its absolute fullest, Silver Pines is for YOU!”

– Grateful Silver Pines Alumnus



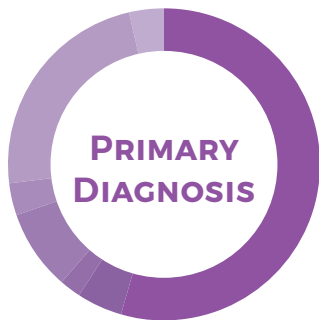
EATING DISORDERS

DEMOGRAPHICS AND DIAGNOSES

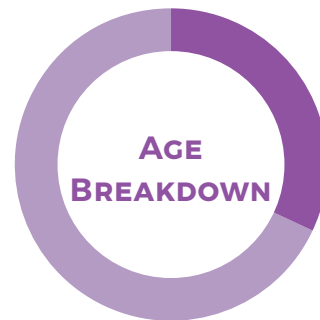
Odyssey's eating disorder residential services meet clients where they are in their recovery and provide the necessary therapeutic techniques to empower sustainable freedom.

511

Total Discharges



- Anorexia Nervosa: 47%
- Avoidant/Restrictive Food Intake Disorder (ARFID): 4%
- Binge Eating Disorder: 2%
- Bulimia: 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

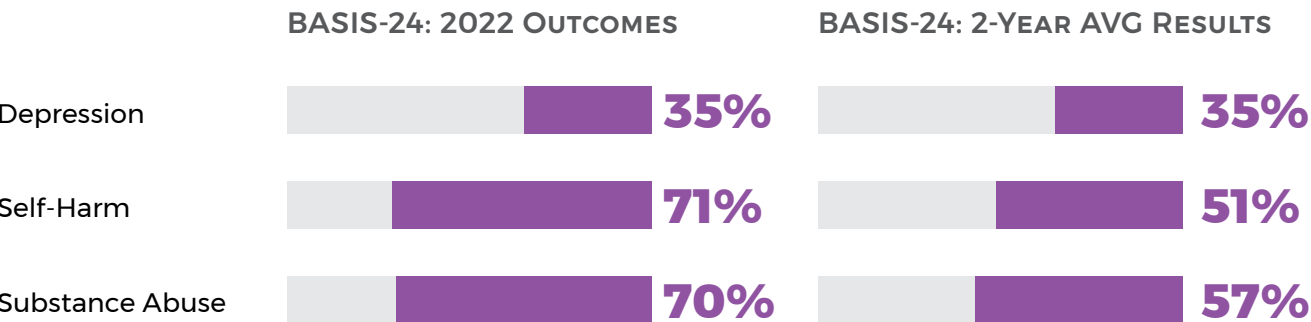
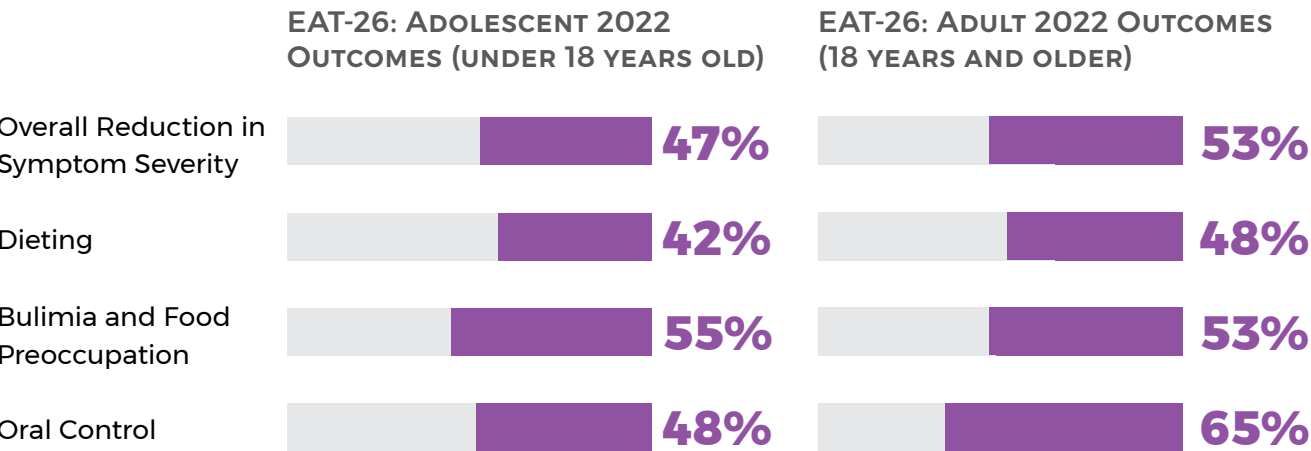


CLINICAL OUTCOMES

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.



FAMILY PROGRAMMING

When a loved one suffers from an addiction or a mental illness, the entire family can be impacted. It's common for families to feel overwhelmed with making decisions and finding the correct help for their loved ones. Family members are also seeking guidance, hope, and how they can support their loved ones when they step down to a lower level of care.

Our family support programs are offered with both virtual and in-person components, and as families engage in therapy sessions and supportive activities, they better understand each other's needs, strengths, and vulnerabilities. By experiencing the journey together, families often develop a stronger sense of unity, empathy, and trust. These strengthened bonds create a foundation of support and resilience that can positively impact the overall mental health and well-being of everyone involved.

Family programming offers numerous benefits to individuals and their families, including:

- Enhanced communication
- Empathy
- Stronger relationships
- Supportive environment
- Education, skill-building, and relapse prevention strategies

Families can actively participate in their loved one's recovery journey. Ultimately, family programming strengthens family bonds and contributes to all family members' overall well-being and resilience.

Pasadena Villa Smoky Mountain Lodge



"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



"Other than my son's determination, Pasadena Villa has been the reason he has stabilized and been so accomplished in reaching the goals he sets for himself. Your structure, support, compassion, experience, and meeting individualized needs are outstanding."

- Grateful Parent of a Pasadena Villa Alumnus



ALUMNI PROGRAMMING

Our alumni programs foster relationships with our alumni and their families through meaningful connection while devoting ourselves to serving and guiding them as a community that supports each person's continued recovery journey.

OUR GUIDING PRINCIPLES

1. CONNECT

Our communities to our alumni and their families in a meaningful way.

2. COMMIT

To serving and guiding our alumni and their families.

3. CULTIVATE

Strong communities that will continue their recovery journeys together.

Our alumni programs are essential for lifelong recovery, and that starts when a client discharges from treatment. These programs offer ongoing support and resources, and staying connected through these programs can significantly benefit the health and well-being of individuals, ensuring a smoother transition back into their daily lives.

The program components include:

- Discharge interviews
- Discharge groups
- Alumni support groups
- Family support groups



Alumni Reuniting at Selah House

Alumni programs also provide a platform for individuals to share their success stories and give back to the community. By becoming a mentor or sharing their journey, individuals can inspire and support others still recovering. Being a mentor helps others and reinforces their commitment to their mental health and recovery.

Our alumni programs offer a safe space for individuals to connect with others who have gone through similar experiences, fostering a sense of belonging and understanding. Consistent contact cultivates relationships and the support of a community can be crucial in preventing relapse and promoting ongoing recovery.

STORIES OF HOPE AND HEALING

Recovery is told through clinical outcomes and through stories from each of our clients, their families, and our clinical partners. Odyssey's goal is to empower each person and ensure they feel heard, supported, and successful, both during their time with us and beyond. We're proud to share their stories and celebrate each one that we receive as an organization.

"Clearview saved my life. They not only educated me on how to manage my own mental illness but educated my whole family on how to support a loved one living with mental illness. I highly recommend Clearview Women's Center and appreciate each and every staff member who helped me learn how to have a fulfilling life worth living for."

- Grateful Clearview Alumnus



"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



"Wow, I can't even imagine where to begin in my praises of this facility! For starters, I have never encountered a more sensitive and empathetic treatment team that so accurately customizes their treatment to each individual. Lifeskills is by far the quintessential treatment center for anyone struggling with substance abuse or dual diagnosis issues. Highly recommended!"

- Grateful Lifeskills Alumnus



"We had a very positive experience with Shoreline and our loved one has a completely different relationship with food. The intense emotional work (in both groups and individual therapy) has created lasting changes in self-image and provided practical, effective strategies to cope with stress in healthy ways. We couldn't have hoped for a better outcome. The program is solid and professionally implemented."

- Grateful Parent of Shoreline Alumnus



"This facility completely changed my life. There was a time when I couldn't speak or eat and now, I'm a productive member of society working two jobs, living on my own, and paying my own bills. I was taught techniques and ways to keep myself stable and to keep myself going. I owe this place so much for getting me to where I am today. I never thought I would "live" again, but here I am."

- Grateful Pasadena Villa Alumnus



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) and Lifeskills South Florida includes several additional assessments, including the Difficulties in Emotional Regulation Scale (DERS), Brief Psychiatric Rating Scale (BPRS), Drug Attitude Inventory (DAI), and the Short Post-Traumatic Stress Disorder Rating Interview (SPRINT) to better understand impact and guide program development.

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: # of Intake Surveys Completed	BASIS-24: # of Discharge Surveys Completed	EAT-26: # of Intake Surveys Completed	EAT-26: # of Discharge Surveys Completed
Mental Health and Addiction	1030	721	-	-
Eating Disorder	378	316	277	160

Odyssey Behavioral Healthcare, founded in 2015, has clinically diverse services treating adults, young adults, and adolescents with eating disorders, psychiatric disorders, dual diagnoses, and addictive disorders.

Odyssey provides a comprehensive continuum of care that includes inpatient, detoxification, intensive residential, partial hospitalization, intensive outpatient and transitional living programs at over 35 locations and across nine states.

INSURANCE

Our facilities have agreements with most major insurance companies that provide benefits for mental health and substance use disorder treatment, while some of our facilities only offer private pay. We can also create single-case agreements with many providers and establish a financial plan that best meets their needs.



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