



# Odyssey™

EATING DISORDER NETWORK



## Odyssey Eating Disorder Network Overview

One Call, Many Solutions | 866-92-FREED

## ABOUT ODYSSEY'S EATING DISORDER NETWORK

Across our Eating Disorder Network, we meet each client where they are and provide individualized treatment that empowers sustainable freedom. Our expert clinical teams support clients on their recovery journeys using customized treatment plans that consist of evidence-based therapies, including our unique Care Through Culinary™ program.

We welcome each client to safe home-like settings that offer a full continuum of care that supports clients as they move through their treatment. Accepting all genders, ages 10 and older (varies by location), we offer multiple in-network commercial insurance and private-pay options.

## WHO WE ARE

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 journeys by combining compassionate, evidence-based treatment with concierge-quality amenities.

## LEVELS OF CARE

- Inpatient
- Residential Treatment
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Virtual IOP (V-IOP)
- Transitional Housing

## WHAT WE TREAT

Within our Eating Disorder Network we treat the following eating disorders as well as co-occurring substance use disorder and co-occurring mental health conditions.

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Binge Eating Disorder (BED)
- Bulimia Nervosa
- Compulsive Exercise Disorder
- Diabulimia
- Purging Disorder
- Otherwise Specified Feeding or Eating Disorder (OSFED)







## HOW WE TREAT

Clinically excellent, evidence-based treatment is at the core of everything we do. At every stage of treatment, our programs emphasize self-acceptance, validation, personal empowerment, and balanced nutrition. Our clinical team utilizes the following treatment methods to help guide adolescents and adults of all genders to recovery.

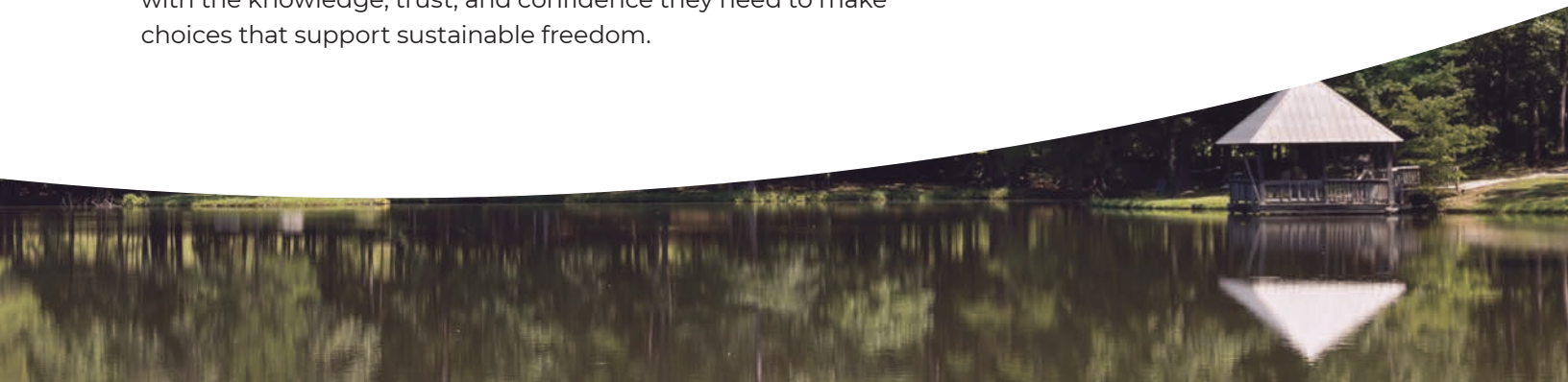
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Psychodynamic Therapy
- Narrative Therapy
- Mindfulness
- Exposure and Response Prevention (ERP)
- Experiential Therapy
- Motivational Interviewing
- Individual Psychotherapy Sessions
- Family Therapy
- Nutrition Therapy
- Equine Therapy
- Art Therapy
- Group Therapy
- Spirituality
- Internal Family Systems (IFS)

## THE CARE THROUGH CULINARY™ DIFFERENCE

Our nutritional and culinary teams are dedicated to preparing nutritious food and extending real-time care to our clients. Culinary excellence involves nourishing the mind, body, and spirit and our clinical teams collaborate with each client in four key areas to help them achieve life-long recovery by:

1. Teaching them how to plan, shop, and prepare well-balanced meals
2. Helping them build supportive communities during meals with others
3. Supporting them as they actively explore culinary options
4. Providing welcoming therapeutic environments to help them change behaviors and overcome fears

This culinary collaboration builds the foundation by instilling clients with the knowledge, trust, and confidence they need to make choices that support sustainable freedom.



## OUR FACILITIES

As a part of Odyssey Behavioral Healthcare, the Odyssey Eating Disorder Network provides individualized, high-quality care for adolescents and adults suffering from eating disorders and co-occurring conditions while providing a path for lasting recovery.



Established in 2022, Aster Springs addresses an underserved market with world-class clinical care for adult women struggling with eating disorders.



Nashville, TN  
Richmond, VA



Women, Ages 18+



[astersprings.com](https://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](https://magnoliacreek.com)



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](https://selahhouse.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



[toledocenter.com](https://toledocenter.com)

## PAYMENT FLEXIBILITY

We are in-network with most insurance companies and work with clients to establish a financial plan that best meets their needs.

## ODYSSEY BEHAVIORAL HEALTH

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