



Clinical Outcomes
and Key Findings
2023 Edition

MENTAL HEALTH AND EATING DISORDERS: HIGH PREVALENCE CONTINUES ACROSS AMERICA

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



“Our residential and outpatient services specialize in caring for adults and adolescents with mental health disorders, eating disorders, substance use disorders, and dual diagnosis. Recognized as clinical leaders in the behavioral health industry, our teams are dedicated to providing superior treatment programs delivered with care and compassion.

We’re proud to have helped thousands of individuals and families progress in their recovery journey. We remain focused on our mission of addressing the country’s rising demand for high quality, subacute programs and services through expanding nationwide access to care.”

Richard Clark
CEO, Odyssey Behavioral Healthcare

57,800,000+

Americans currently experiencing a
mental health condition

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/>

TABLE OF CONTENTS

About Odyssey.....	4
Residential Services: Mental Health and Substance Use Disorders	6
Residential Services: Eating Disorders	7
Mental Health and Substance Use Disorder Outcomes	8
Eating Disorder Outcomes	10
Outpatient Services: Mental Health and Eating Disorders.....	12
Outpatient Outcomes.....	13
Stories of Hope and Healing	15
Family Programming.....	16
Alumni Programming	17
Dedicated Teams Equal Outstanding Results.....	18
Methodology and Assessment Tools	19

ABOUT ODYSSEY

Innovating and evolving to remain an industry leader of ethically sound and operationally astute mental health programs serving clients and their families with psychiatric, substance use, and eating disorders.

Odyssey has expanded services across the nation to become a diversified, responsive healthcare system comprised of nationally and internationally leading programs. Our programs adhere to the highest clinical standards and are led by dedicated, experienced operational and clinical leaders.

Odyssey provides a comprehensive continuum of treatment for adults and adolescents with complex mental health, eating disorders, addiction, and co-occurring conditions in 10 states.

Our licensed facilities are either CARF or Joint Commission Accredited. We also actively pursue additional certifications as available to demonstrate 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.



*"They were wonderful! I am so happy I went!
Came out better than I was before! They give
so much support there and after!"*

- Grateful Lifeskills Orlando 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 diverse system of care has highly credentialed and licensed physicians, practitioners, and clinicians who are accessible to consult and collaborate.



Mental Health Disorders



Substance Use Disorders



Eating Disorders



Autism Spectrum Disorder (ASD)



Dual Diagnoses



Process Addictions



Inpatient Programs



Detoxification



Intensive Residential Treatment (RTC)



Partial Hospitalization Programs (PHP)



Intensive Outpatient Programs (IOP)



Transitional Living

LEVELS OF CARE

We offer a full continuum of services that meet and move with clients as their needs change through recovery.

RESIDENTIAL SERVICES FOR MENTAL HEALTH AND SUBSTANCE USE DISORDERS

All of Odyssey's programs have strong reputations for providing inclusive, high quality, and differentiated clinical services for adults.



Founded in 2000, Clearview provides mental health and addiction treatment for adults through their residential and outpatient services.



California



All Genders, Ages 18+



clearviewtreatment.com



Established in 1991, Lifeskills offers tailored detoxification, intensive residential and outpatient programs for adults with complex psychiatric and substance use disorders.



Florida



All Genders, Ages 18+



lifeskillssouthflorida.com



With nearly 25 years of clinical expertise, Pasadena Villa provides a full continuum of evidence-based residential and outpatient programs for adults with mental health, autism spectrum, and other co-occurring disorders.



Michigan, Tennessee,
& Virginia



All Genders, Ages 18+



pasadenavilla.com



Founded in 2013, STR Behavioral Health provides detoxification, residential, and outpatient treatment programs for adults with addiction and mental health disorders.



Pennsylvania



All Genders, Ages 18+



stepstorecovery.com

STR Behavioral Health - Silver Pines



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.



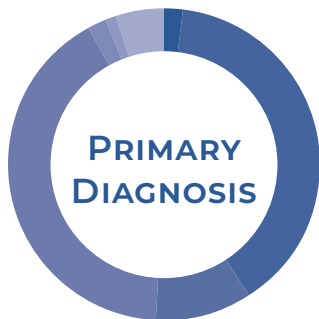
MENTAL HEALTH AND SUBSTANCE USE DISORDERS

DEMOGRAPHICS AND DIAGNOSES

Every client and family are vital partners with Odyssey's treatment teams to create tailored, responsive recovery plans. Our programs' staff lead with respect and compassion to set a successful path that optimizes resources, strengths, and capabilities, to achieve the best outcomes possible.

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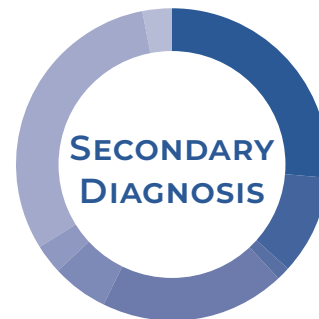
Total Discharges



- Anxiety Disorders: 5%
- Mood Disorders: 41%
- Thought Disorders: 9%
- Substance Use Disorders: 39%
- Trauma Related Disorders: 2%
- Personality Disorders: 1%
- Autism Spectrum Disorder: 1%
- Other: 3%

80%

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



- Anxiety Disorders: 30%
- Mood Disorders: 14%
- Thought Disorders: 1%
- Substance Use Disorders: 23%
- Trauma Related Disorders: 5%
- Personality Disorders: 2%
- Autism Spectrum Disorder: 1%
- Other: 3%

"Honestly this facility has been a fantastic experience. The staff is caring and actually listens to what you individually need. They build you your own personalized treatment plan and give you all the resources to not only get sober but to maintain your sobriety. Would recommend to anyone who is struggling. Also extremely LGBTQ+ friendly and supportive."

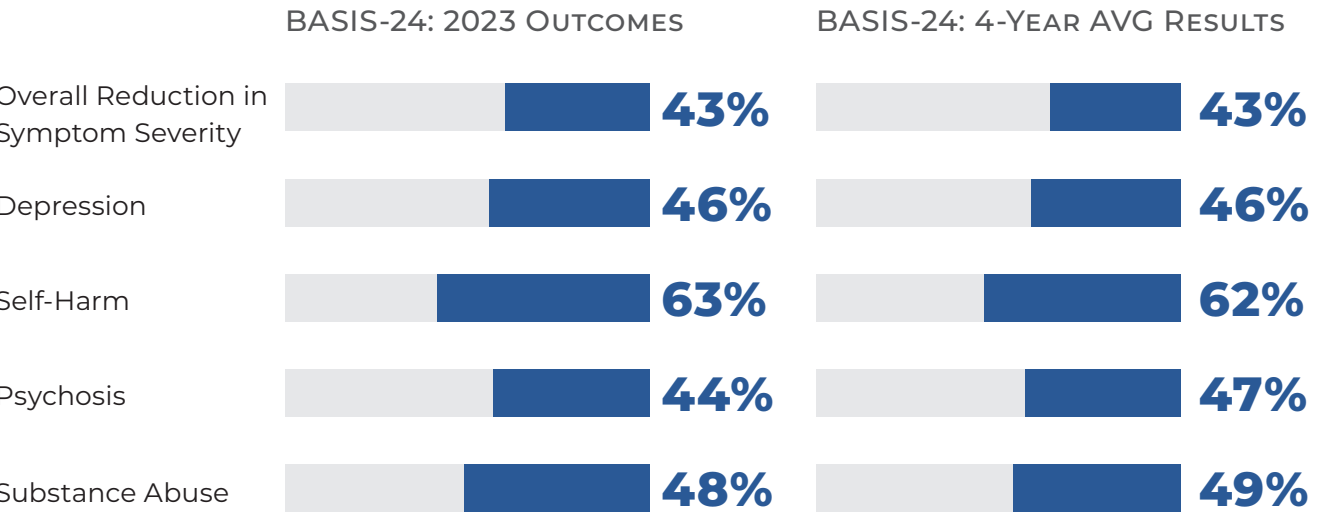
- Grateful STR Behavioral Health Silver Pines Alumnus



STR Behavioral Health - Silver Pines

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 STR Behavioral Health. Odyssey has added the Brief Psychiatric Rating Scale (BPRS) to expand measurement of program impact and look forward to sharing results in future reports. Additionally, Lifeskills also leverages a battery of other inventories to measure changes in behavior and functionality, along with multi-year longitudinal studies to evaluate client progress over time. Learn more by visiting lifeskillssouthflorida.com/outcomes.



“Coming here to Lifeskills was the best thing to happen to me. I was struggling with addiction and mental health, and they helped me regain control of my life. The staff here are wonderful as well as the nurses. Lifeskills will be the change you and your family need to get through any challenges.”

- Grateful Lifeskills South Florida Alumnus



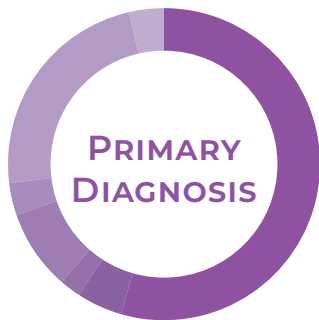
EATING DISORDERS

DEMOGRAPHICS AND DIAGNOSES

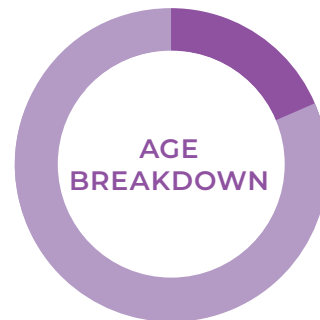
Odyssey's eating disorder residential services meet clients where they are in their recovery and provide the necessary therapeutic techniques to empower sustainable freedom.

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

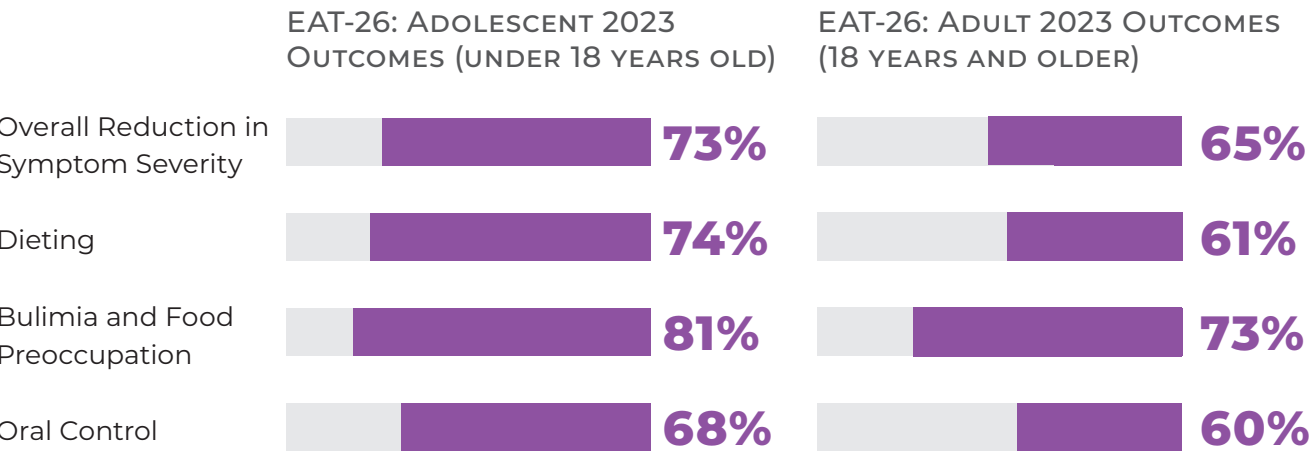


CLINICAL OUTCOMES

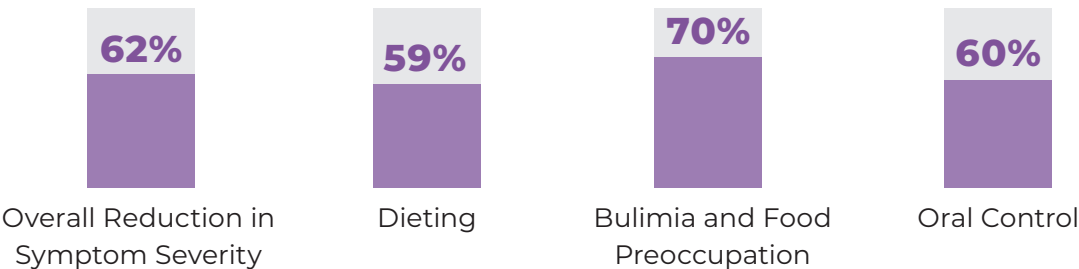
Clinical outcomes for Odyssey’s residential treatment programs, measured using EAT-26 and BASIS-24 currently includes Aster Springs, Magnolia Creek, Selah House, and Toledo Center.

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



OUTPATIENT SERVICES FOR MENTAL HEALTH, SUBSTANCE USE, AND EATING DISORDERS

Bringing partial hospitalization and intensive outpatient services to local communities across the nation, Odyssey's outpatient services for mental health, eating disorders, and substance use disorders offer programs for adolescents and adults of all genders. Our outpatient services help individuals ease back into their daily lives with newfound resources for support. Programs and services vary by location.



Aster Springs Outpatient specializes in eating disorder and co-occurring condition treatment.



Multiple States



All Genders, Ages 12+



astersprings.com



Clearview Outpatient provides compassionate and comprehensive treatment for mental health conditions.



California



All Genders, Ages 18+



clearviewtreatment.com



Pasadena Villa Outpatient facilities provide treatment for adults and adolescents with a mental health disorder and co-occurring conditions.



Multiple States



All Genders, Ages 12+



odysseyoutpatient.com



STR Behavioral Health offers treatment programs for mental health and substance use disorders at the partial hospitalization and intensive outpatient levels of care.



Pennsylvania



All Genders, Ages 18+



stepstorecovery.com



"Believe the hype and believe the high ratings, folks. As the first person to complete their evening IOP program, I can honestly say that Pasadena Villa really has something special going on. They saved my life. Period."

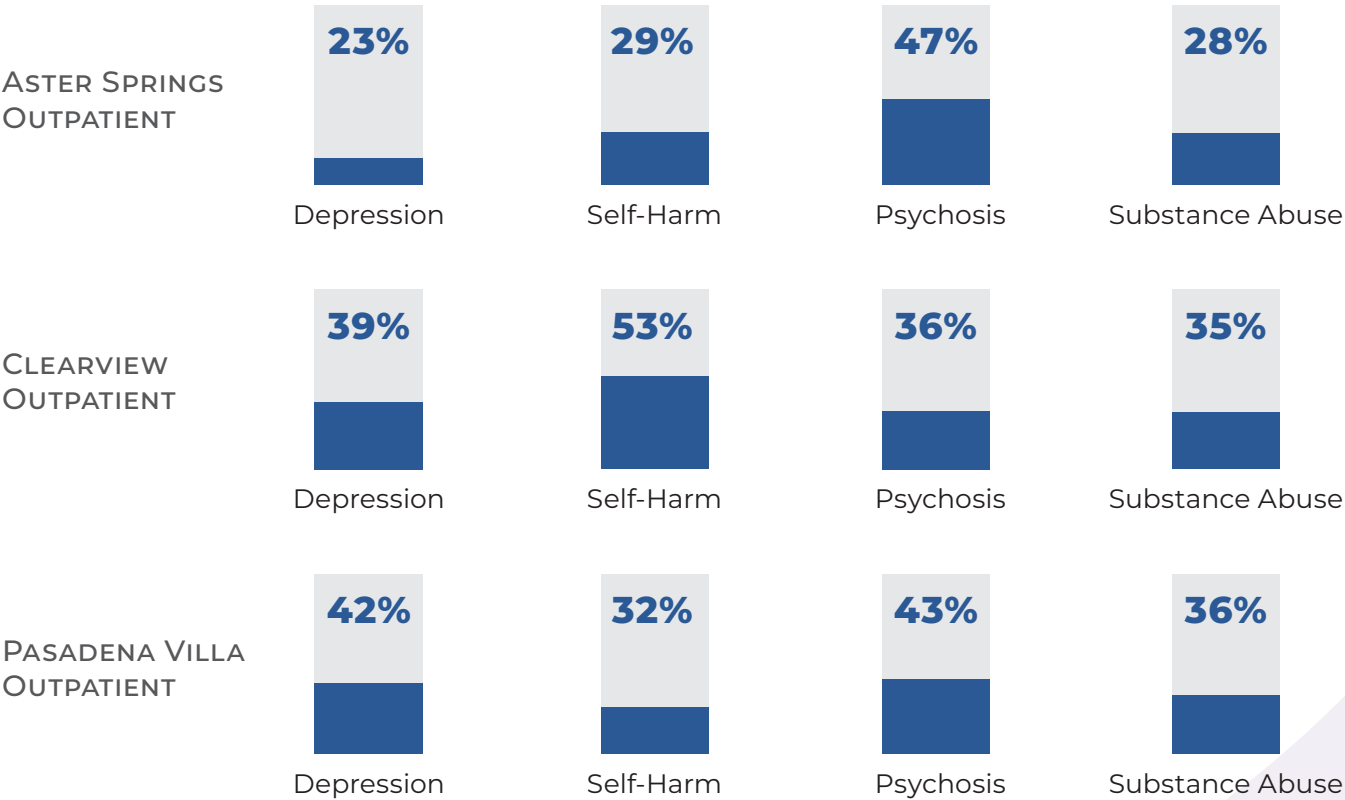
*- Grateful Pasadena Villa Outpatient
McLean Alumnus*



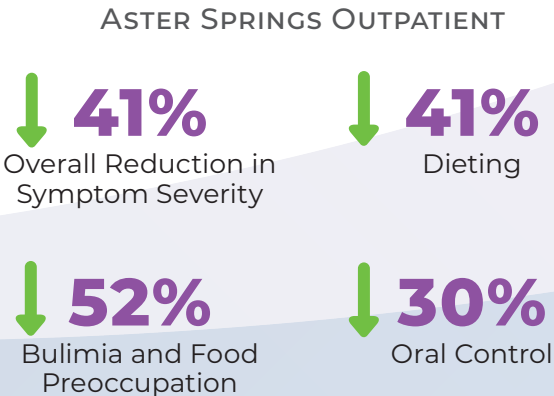
CLINICAL OUTCOMES

Measured using BASIS-24 and EAT-26, Odyssey’s outpatient service outcomes for mental health, substance use, and eating disorders include Aster Springs Outpatient, Clearview Outpatient, and Pasadena Villa Outpatient. We look forward to STR Behavioral Health becoming part of our future reports.

BASIS-24: 2023 OUTCOMES



EAT-26: 2023 OUTCOMES



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.

CLIENT AND FAMILY SATISFACTION IS EXCEPTIONALLY HIGH

Odyssey measures client and family satisfaction through surveys delivered at discharge, where they provide feedback about multiple areas of their treatment experience. Measurement for overall experience satisfaction is captured using a star rating of 1-5, with 5 being the high and 1 being the low.

Data collected from 3,984 surveys in 2023 across Odyssey's residential and outpatient services found that client and family satisfaction weighted averages for star ratings were 4.4.

RESIDENTIAL SERVICES

Mental Health and Substance
Use Disorders



4.1 out of 5

Eating Disorders



4.4 out of 5

OUTPATIENT SERVICES

Mental Health and Substance
Use Disorders



4.5 out of 5

Eating Disorders



4.6 out of 5



Lifeskills South Florida



Aster Springs - Nashville



Clearview Outpatient - Long Beach

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.

"A friend of mine came to Aster for treatment and it truly saved her life. I would give 6 stars if I could! The staff were truly amazing. We are forever grateful for the care that was provided. Y'all are amazing!"

- Grateful Aster Springs Virginia Alumnus



"My experience at Pasadena has been so impactful for my own personal development and emotional regulation. It's given me not only hope that the future will be better but the skills to implement them in my life. Pasadena offered a support system when I didn't have one and there is a multitude of license counselors with different background to relate to POC and other individuals. I highly recommend this program. It's a safe place."

- Grateful Pasadena Villa Outpatient Charlotte Alumnus



"From day one of walking in the door you truly feel like every staff member cares about you, your well being, your sobriety, and mental health. They cover every aspect of your life and will help you navigate any area you are seeking help for. I would send my own family here in a heartbeat."

- Grateful STR Behavioral Health Bucks County Alumnus



"Clearview Outpatient is an amazing program. All the people here are really caring and helpful. Everyone really just wants to help others on their mental heal journey. I highly recommend coming here if you are looking for intense mental health support."

- Clearview Outpatient Woodland Hills Alumnus



"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



FAMILY PROGRAMMING

When a loved one suffers from an addiction or a mental illness, the entire family is impacted. It's common for families to be overwhelmed and Odyssey offers guidance and education to empower families.

Our virtual and in-person family programs engage families in therapy sessions and supportive activities to expand their understanding of each other's needs, strengths, and vulnerabilities within the family. 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



"Our son was only there 5 weeks and came out much more in tuned with and accepting of himself and is so open to discussing feelings and wants to stay on a structured schedule unlike before. For the past 5 years since age 13, he had no interest in life and no motivation or drive. He really changed after all of the therapy here. They really seemed to care!"

- Grateful Parent of a Pasadena Villa Alumnus



"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



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 elective and engage our residential clients and families while in treatment to become a bridge and part of aftercare plans through enrollment. These programs offer consistent support groups for clients, separate groups for families, and follow-up calls and mobile app group connections. Our Alumni Program benefits the health and well-being of individuals, ensuring a smoother transition back into their daily lives.



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.

In 2023, Odyssey's alumni programming connected with thousands of individuals in meaningful and supportive ways.

2,700+

New Alumni
Enrollments

40,000+

Alumni Outreach
Contacts

19,500+

Family Alumni
Outreach Contacts

DEDICATED TEAMS EQUAL OUTSTANDING RESULTS

We care for individuals and support their families at some of their most challenging moments. The competence and compassion of our teams make an incredible impact on each client's ability to heal and find recovery. Our staff's confidence that they have the support they need to do their jobs to the best of their ability is essential to our industry-leading clinical outcomes.

IN 2023, 87% OF OVER 1,000 ODYSSEY TEAM MEMBERS SHARED THAT:

I am aligned with the organization's core values



4.5 out of 5

I am proud to work for my organization



4.4 out of 5

I regularly have the opportunity to do my best work



4.1 out of 5

My position has a meaningful impact on the success of my team, clients, and organization



4.4 out of 5

My supervisor cares about me as a person



4.3 out of 5

I trust my team to do the right thing



4.3 out of 5

"Excellent organization to be a part of. The leadership is very intentional, customer-focused, and mission-driven. Their hearts are in this business for all of the right reasons and they greatly value their employees, along with the clients and families with whom they treat each day."

- Odyssey Employee



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

	BASIS-24: # of Intake Surveys Completed	BASIS-24: # of Discharge Surveys Completed	EAT-26: # of Intake Surveys Completed	EAT-26: # of Discharge Surveys Completed
Residential Services				
Mental Health and Addiction	1669	1123	-	-
Eating Disorder	593	492	534	373
Outpatient Services				
Mental Health and Addiction	139	159	-	-
Eating Disorder	17	15	22	19

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 50 treatment locations and across ten 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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