



Odyssey™

BEHAVIORAL HEALTHCARE

EATING DISORDERS

2025

CLINICAL OUTCOMES

DATA THAT STRENGTHENS CLINICAL EXCELLENCE

Behind every data point is a person, and behind every clinical decision is a commitment to delivering exceptional care. At Odyssey Behavioral Healthcare, we use empirical outcome measurement to continuously evaluate and strengthen our clinical programs, ensuring treatment remains individualized, evidence-informed, and responsive to each person's needs.

Through our partnership with eBasis, we use validated assessment tools, including the BASIS-24® and EAT-26®, to measure treatment progress, identify trends, and guide ongoing clinical improvements. These insights help our teams refine care and support better long-term outcomes.

This commitment to continuous improvement is rooted in The Odyssey Way. Guided by our core values — Respect, Service, Flexibility, Collaboration, Accountability, and Integrity—we combine clinical expertise with measurable outcomes to provide compassionate, high-quality behavioral healthcare.



10 YEARS

2015–2025: CELEBRATING 10 YEARS OF GROWTH, CARE, + HOPE

Since its founding in 2015, Odyssey Behavioral Healthcare has grown into a nationwide network of specialized mental health, eating disorder, and substance use treatment programs. United by a common mission, Odyssey provides individualized, high-quality care that supports long-term recovery at every stage.

OUR LEVELS OF CARE

Odyssey Behavioral Healthcare bridges the gap between acute hospitalization and traditional outpatient therapy through our personalized, evidence-based eating disorder treatment for adolescents and adults.

COMMITTED TO BRIDGING THE TREATMENT GAP

Odyssey's comprehensive continuum of care supports individuals experiencing primary eating disorders and co-occurring mental health or substance use disorders in achieving lasting recovery. Each Odyssey program is recognized for delivering inclusive, high-quality, and specialized clinical care.

- Inpatient Treatment
- Residential Treatment
- Partial Hospitalization Program
- Intensive Outpatient Program



2025 | RESIDENTIAL + OUTPATIENT EATING DISORDER SERVICES

CLIENT DEMOGRAPHICS + DIAGNOSES

Odyssey Behavioral Healthcare provides structured, evidence-based eating disorder treatment for adolescents and adults, integrating medical care, clinical therapy, nutritional counseling, and family support to build a strong foundation for long-term recovery.

RESIDENTIAL CLIENT OVERVIEW

Aster Springs | Magnolia Creek | Selah House

825
DISCHARGES

20%
CLIENTS UNDER 18

80%
CLIENTS 18+

CLIENT DISORDER BREAKDOWN	PRIMARY DIAGNOSIS
Anorexia nervosa	46%
Other specified feeding or eating disorder (OSFED)	30%
Bulimia nervosa	7%
Unspecified feeding or eating disorder (UFED)	7%
Avoidant/restrictive food intake disorder (ARFID)	7%
Binge eating disorder	4%

OUTPATIENT CLIENT OVERVIEW

Aster Springs Outpatient

282
DISCHARGES

16%
CLIENTS WITH 2+ DIAGNOSES

17%
CLIENTS UNDER 18

83%
CLIENTS 18+

CLIENT DISORDER BREAKDOWN	PRIMARY DIAGNOSIS
Other specified feeding or eating disorder (OSFED)	46%
Anorexia nervosa	33%
Avoidant/restrictive food intake disorder (ARFID)	7%
Bulimia nervosa	6%
Binge eating disorder	5%
Unspecified feeding or eating disorder (UFED)	2%



“Across our eating disorder programs, recovery is built on connection, compassion, and evidence-based care designed around each client. The outcomes we see throughout our network reflect what’s possible when clinical rigor and genuine human connection work together.”

Chrissy Hall, LCSW
Group CEO, Eating Disorder Services

WE MEASURE IMPACT TO DRIVE MEANINGFUL RESULTS

Odyssey is committed to using data to inform and enhance clinical excellence. Through standardized outcome measures and ongoing results tracking, we continuously evaluate and refine our programs to maximize their effectiveness.

Each client's treatment plan is individualized based on their unique diagnosis, clinical needs, and treatment goals. Data-driven insights and evidence-informed practices guide ongoing adjustments throughout the treatment journey, ensuring care remains responsive, effective, and focused on supporting long-term recovery.

THE VALUE OF LONGITUDINAL DATA

Strong outcomes sustained year after year are the clearest evidence that treatment is working. Consistent results over time reflect care that adapts to each client's progress and is refined to support effective, long-term recovery. Tracking outcomes across multiple years allows Odyssey to validate program effectiveness and continually strengthen the care it delivers.

6-Year Overall Symptom Reduction



*Residential Services
Adults*

6-Year Overall Symptom Reduction



*Residential Services
Adolescents*

STRENGTHENING FAMILY RELATIONSHIPS

Eating disorders affect the entire family system. As clients progress through Odyssey's comprehensive continuum of care, relationships both within and beyond the home continue to strengthen.

6-Year Average Improvement



Residential Services

3-Year Average Improvement



Outpatient Services

(EAT-26)

DRIVERS OF CLINICAL IMPROVEMENT

Significant, sustained symptom reduction reflects the consistent application of well-matched, evidence-based clinical interventions. When functional improvement scores rise steadily over time, it indicates that care is well-sequenced and aligned with each client's developmental and motivational stage.



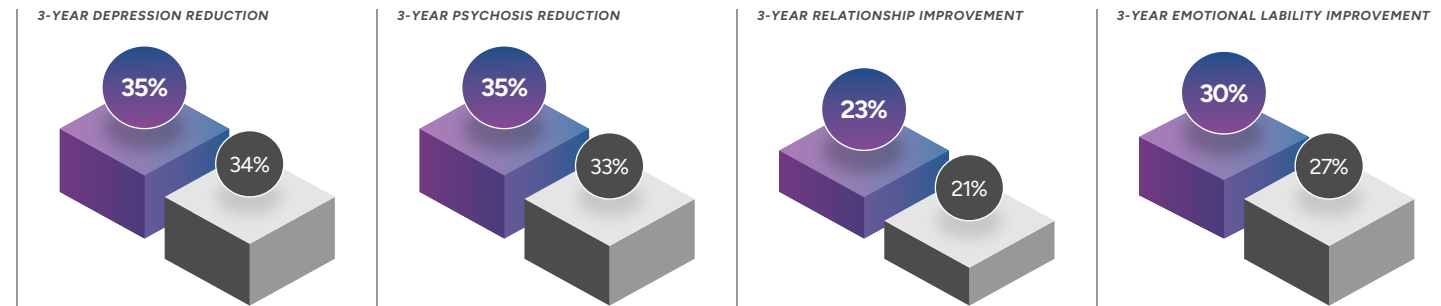
6-YEAR AVERAGE SYMPTOM REDUCTION | RESIDENTIAL (BASIS-24)

Odyssey Behavioral Healthcare uses BASIS-24®, a validated behavioral health assessment that measures symptom severity, functioning, and overall well-being across a broad range of mental health conditions. This standardized tool helps our clinical teams evaluate treatment progress and inform individualized, evidence-based care.



3-YEAR AVERAGE SYMPTOM REDUCTION | OUTPATIENT (BASIS-24)

ODYSSEY CLIENTS NATIONAL AVERAGE



2025 VS 4-YEAR AVERAGE SYMPTOM REDUCTION | OUTPATIENT (EAT-26)

The data below compare 2025 outpatient results with the program's multi-year performance for each EAT-26 measure. In 2025, outcomes met or exceeded prior-year results on nearly every measure — with notable gains in food preoccupation and oral control — reflecting a pattern of strong, sustained, and, in several areas, improving clinical performance over time.

YEAR	OVERALL SYMPTOM REDUCTION	DIETING	FOOD PREOCCUPATION	ORAL CONTROL
2022	42%	47%	47%	26%
2023	41%	41%	52%	30%
2024	49%	51%	55%	39%
2025 OUTCOME	48%	46%	60%	43%
4-YEAR AVERAGE	45%	46%	54%	35%

2025 | RESIDENTIAL + OUTPATIENT (EAT-26)

Odyssey Behavioral Healthcare advanced the development of a unified nutrition model in 2025, an evolving outcomes-driven nutrition philosophy that continues to strengthen clinical results across its programs.

2025 Overall Symptom Reduction



Residential Services Adults

2025 Overall Symptom Reduction



Residential Services Adolescents

2025 Overall Symptom Reduction



Outpatient Services

SUBSTANCE USE SYMPTOM REDUCTION

Magnolia Creek treats co-occurring substance use disorders alongside eating disorders. This integrated approach is reflected in its outcomes. Among clients served in 2025, substance use symptoms were reduced by



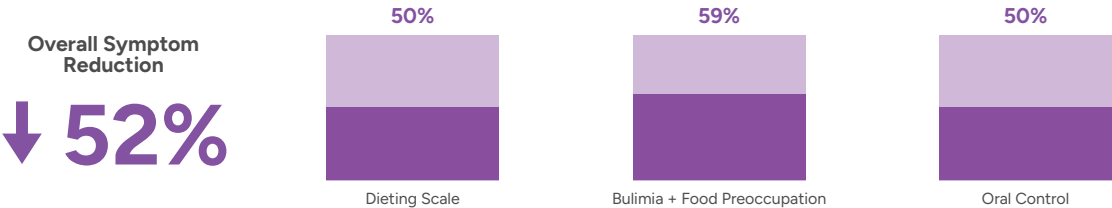
VS NATIONAL AVERAGE OF 44% (BASIS-24)

2025 CLINICAL RESULTS BY FACILITY | RESIDENTIAL (EAT-26)

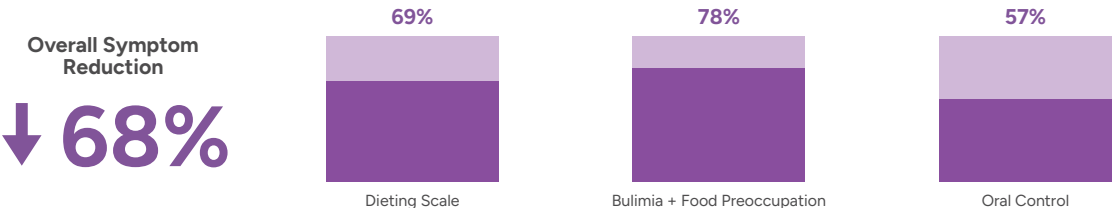
Odyssey's 2025 data provide meaningful insight into how its clinical programs influence behavioral change and symptom reduction.



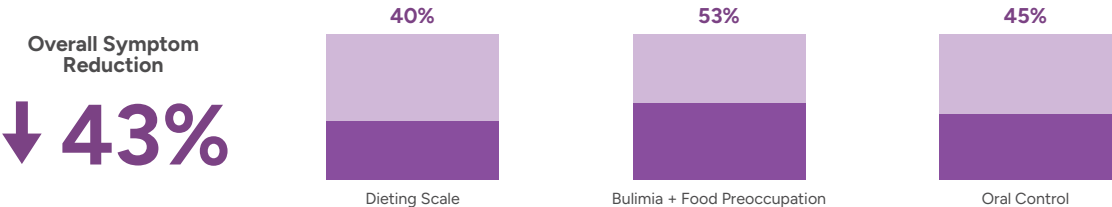
ASTER SPRINGS (EAT-26)



MAGNOLIA CREEK (EAT-26)



SELAH HOUSE (EAT-26)



METHODOLOGY + ASSESSMENT TOOLS

EAT-26 ASSESSMENT

Odyssey Behavioral Healthcare utilizes the EAT-26, a leading standardized self-report tool designed to assess eating disorder symptoms and related concerns. The assessment uses a six-point Likert scale and includes measures for behavioral symptoms and body mass index (BMI). It generates an overall score and three subscale scores: dieting, bulimia and food preoccupation, and oral control.

SAMPLE SIZES + COMPLETION RATES

EATING DISORDER | RESIDENTIAL + OUTPATIENT

Program Type	EAT-26 Number of Intake Surveys Completed	EAT-26 Number of Discharge Surveys Completed
Eating Disorders	868	776

BASIS-24 ASSESSMENT

Odyssey Behavioral Healthcare utilizes the BASIS-24, a leading behavioral assessment tool designed to measure a broad range of symptoms and challenges across the diagnostic spectrum. The instrument includes 24 questions rated on a 5-point Likert scale and scored using a weighted average algorithm to generate both an overall score and 6 subscale scores. These subscales assess key domains: depression, relationships, self-harm, emotional lability, psychosis, and substance abuse.

SAMPLE SIZES + COMPLETION RATES

EATING DISORDER | RESIDENTIAL + OUTPATIENT

Program Type	BASIS-24 Number of Intake Surveys Completed	BASIS-24 Number of Discharge Surveys Completed
Eating Disorders	868	713

CARE INFORMED BY RESEARCH + TRAINING

Odyssey Behavioral Healthcare uses a comprehensive battery of clinical outcome measurement tools to track progress, assess treatment effectiveness, and refine care in real time. Grounded in current research, these tools provide objective insight across eating disorder and mental health treatment, enabling the clinical team to adapt, optimize, and deliver the highest standard of care for every client.

eBASIS
BPRS



TRANSFORMATIVE PROGRAMS, MEASURABLE IMPACT

As part of Odyssey Behavioral Healthcare, our facilities deliver individualized care for eating disorders and related conditions. Across the network, programs serve a range of ages and genders and address co-occurring mental health and substance use disorders, with the specific populations and conditions treated detailed in each facility's program information.

INSURANCE + PAYMENT

Odyssey's facilities partner with most major insurance providers to offer coverage for eating disorder treatment. Several programs also accept private pay and out-of-network benefits. Each client works directly with the admissions team to build a financial plan that fits both their clinical needs and financial circumstances.

ADMISSIONS | 866.327.5609