

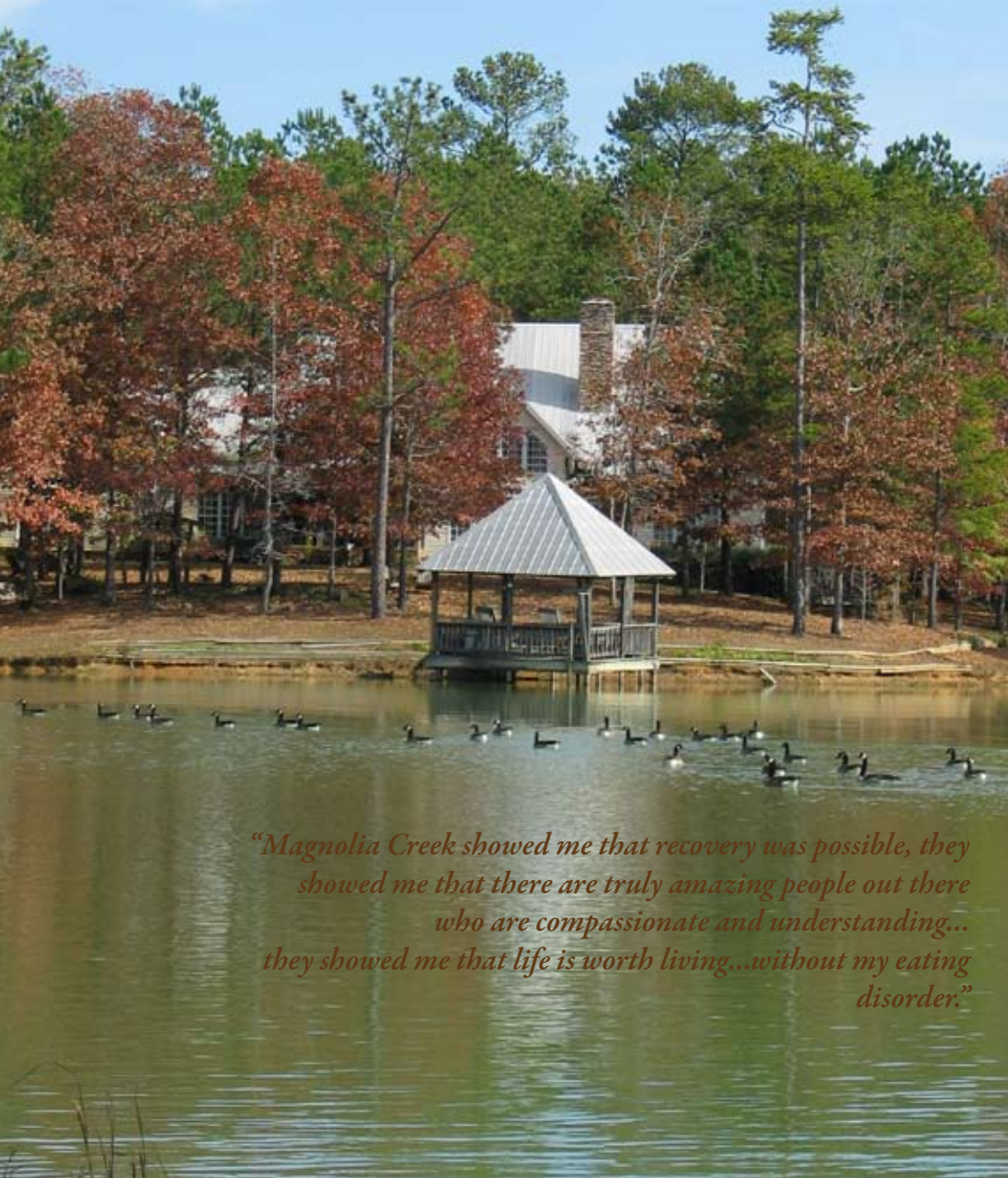
Renew your Hope,
Restore your Health,
Recover your Life.



Magnolia Creek

TREATMENT CENTER FOR EATING DISORDERS

Peacefully situated beside a private lake and nestled among thirty-six wooded acres, Magnolia Creek provides residential and day treatment for women struggling with eating disorders.



“Magnolia Creek showed me that recovery was possible, they showed me that there are truly amazing people out there who are compassionate and understanding... they showed me that life is worth living...without my eating disorder.”



Renew your hope...

We believe that women with eating disorders are capable of making a true and lasting recovery. We work collaboratively with our clients, encouraging them to be active participants in their treatment and instilling a sense of hope and empowerment.

Restore your health...

Our team of therapists, doctors, nurses, and dietitians is dedicated to providing the highest quality of care using current and research-supported methods. We work together to create an individualized treatment approach for each client that not only nourishes the body but also strengthens the spirit.

Recover your life.

Our goal is to promote healing and growth while preparing our clients to transition back to life outside treatment. We emphasize setting goals, recognizing progress throughout treatment, and helping our clients ease into a life free from eating disorders.

Treatment Philosophy

Strengths-Based

We look beyond the symptoms and behaviors of an eating disorder to honor the strengths within each of our clients.

We see our clients as strong and capable women, and we emphasize acceptance, validation, and empowerment at every stage of treatment.



Collaborative

We believe that the most important member of the treatment team is the client herself. Treatment is active rather than passive, collaborative rather than imposed, and personal rather than detached.

Recovery-Focused

We are committed to helping our clients recover from, not just manage, the eating disorder. Many of our staff have also recovered from eating disorders, providing constant encouragement as role models for recovery.

Experiential

Our programs integrate art, adventures, recreational outings, and ceremony. These experiential activities build confidence and help clients develop healthier thoughts and more effective coping skills.

“Magnolia Creek was of tremendous help. It provided me with new coping skills to continue in recovery and in a healthy direction.”

Psychological Treatment

Healing the Mind & Soul

Magnolia Creek provides a safe, therapeutic environment that encourages our clients to deeply explore the issues and experiences related to the eating disorder and to challenge the thoughts and behaviors that prevent them from living fully and freely.

Focused & Individual Attention



Clients receive regular one-on-one attention, meeting individually with their primary therapist up to three times a week and with the director on a regular basis.

To maintain a high level of personalized care, we ensure that our primary therapists carry a low client load. We admit no more than ten clients to our residential program and no more than eight clients to our partial hospitalization program.

Supportive Group Therapy

Clients interact with a community of peers and licensed therapists in up to 20 hours a week of group therapy.

Clients participate in another 10 to 15 hours a week of group activities and classes such as physical training, expressive arts, yoga and movement, and outings.

Renew your hope...

Ensuring Health & Safety

We take very seriously the physical well-being of our clients and the potential medical complications associated with eating and coexisting disorders.

Clients receive a thorough assessment from our medical and nursing team. Our medical director and nurse practitioner visit regularly for individual appointments.



24-Hour On-site Nursing Care

Few treatment centers of our size offer around-the-clock on-site nursing care. Our nurses provide continuous care, monitoring, and assessment, as well as the proverbial shoulder to lean on.

Joint Commission Accreditation



Magnolia Creek holds an accreditation and Gold Seal of Approval from The Joint Commission (formerly JCAHO), the nation's predominant standards-setting and accrediting body in health care.

"Everyone at Magnolia Creek, from the therapists to the staff counselors, nurses, dietitians, doctors... there was not a single employee there that did not reach out their hand and allow me to share my heart with them.

They believed in me when I didn't believe in myself. They held on to hope for me when I did not have any for myself."

Promoting Mindful & Intuitive Eating



Our goal is to help each client develop a healthier, more intuitive, and more sustainable relationship with food, free from restrictions and rules.

Each client meets weekly with our dietitian to examine personal dietary needs, discuss food preferences, and develop a personalized meal plan.

Meals are shared family-style with staff members to provide constant support and guidance. We schedule weekly meal outings to strengthen clients' healthy habits and coping skills in social settings.

Exercise & Wellness

Our dietitian and physical trainer work with clients to design a well-balanced exercise plan that can accommodate individual preferences, medical conditions, and physical needs.

Daily physical activity is integrated into the schedule to promote a healthy and balanced relationship with exercise. Activities may include morning walks, yoga, tai chi, and physical training.



Restore your health...

Family Program

Healing for the Whole Family

Eating disorders affect the entire family. Family members also need healing and understanding, and their involvement in treatment plays a powerful role in recovery.



Family Therapy & Support

We have a dedicated family therapist on staff to help clients and their families explore family dynamics and facilitate communication. Our family therapist offers private therapy sessions and provides weekly support for family members by phone and email while their loved one is in treatment.

Group therapy is available each week during Family Night with educational, support, and multi-family groups.

Family Weekend

Every few weeks, clients can invite members of their families to take an even more active role in the treatment process.

Family Weekend is filled with classes, shared meals, and individual and group therapy. Walks, picnics, bonfires, game board tournaments, and other activities offer families a chance to share and reconnect.

“Thank you for an opportunity to meet other families, learn from your wonderful, caring staff, and for providing thoughtful and professional responses to questions. We are thankful for each of you and know we are in a better place after Family Weekend to move forward together.”

After Care Program

More Than an Afterthought



Often the hardest work begins when clients leave. Providing support and continuity between treatment and home is essential to a successful recovery.

Planning During Treatment

Clients begin preparing an after-care plan early in the treatment process to ensure they have the resources and support they will need after discharge.

Our treatment team works with each client to assemble an outpatient treatment team, locating doctors, therapists, dietitians, and other support professionals that may be needed.

Support After Treatment

After discharge, our staff follows up with each client at regular intervals to check in, receive feedback, and provide encouragement.

We offer an ongoing free weekly therapy group led by professional therapists for former clients living in the Birmingham area. We also hold reunion weekends and workshops for alumnae to reconnect with one another and recommit to recovery.



Recover your life.

Residential Treatment Program

The Highest Level of Care

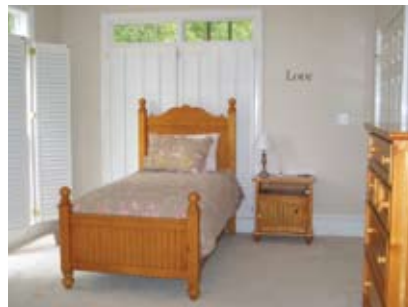
Magnolia Creek's residential program offers the highest level of care and the closest amount of supervision and support. Residential treatment provides a structured, constant, and stable environment in which our clients can restore their physical and psychological health.



As clients improve in health and strengthen their commitment to recovery, they gradually receive less supervision and gain more autonomy. The program emphasizes goal setting and continually recognizes progress, helping clients transition smoothly toward life beyond the eating disorder.

Continuous Care & Constant Support

The program runs seven days a week, with clients residing on-site and a staff nurse and support staff on-site 24 hours a day. Clients participate in both individual and group therapy and meet regularly with the program's medical director, nurse, and dietitian.



All meals and snacks are provided for by the center, including outings.

"I never felt as much support at a treatment center as I did at the Creek... when I wanted to give up on myself, the staff didn't!"

Partial Hospitalization Program

Day Treatment Program

Partial Hospitalization (PHP), also known as Day Treatment, allows clients to begin a life outside of treatment, facing everyday triggers and challenges while still receiving a strong level of professional care. Clients apply the skills they learn in treatment to their daily lives, receiving regular feedback and support to gain confidence as they transition out of treatment.



Off-site Living with Therapeutic Support

The standard PHP schedule runs weekdays from 7:30 AM to 4:30 PM, but the schedule may be extended or shortened as needed. Clients reside off-site but have the option of living in our furnished apartments nearby for an additional fee.

Clients participate in both individual and group therapy and also meet regularly with the program's medical director, nurse practitioner, and dietitian. They receive two meals a day and snacks at the center and are provided with nutrition education, cooking classes, meal vouchers, and grocery vouchers to purchase and prepare evening and weekend meals at home.



Residential or Day Treatment?

Consider the following factors when selecting an appropriate treatment program: recommendations by your physician and therapist, your health condition and severity of the eating disorder, insurance coverage, and also your personal preferences and comfort level.

Our staff is well-versed in knowing which clients succeed in what programs and can help determine which program will best fit. You may also be assured that there will be room to “step-up” or “step-down” between programs should the need arise.

	Residential Program	Partial Hospitalization Program
Program Hours	Sunday - Saturday 24 hours	Monday - Friday 7:30 AM - 4:30 PM
Minimum Length of Stay	30 days	15 days
Housing	On-site	Off-site apartments, if desired
Meals	3 meals a day, plus snacks	2 meals a day, plus snacks, Vouchers given to prep meals at home
Nursing Care	On-site 24 hours	Available as needed
Meets with Nurse Practitioner	Weekly	As needed
Meets with Psychiatrist	Weekly	
Meets with Dietitian	Weekly	
Meets with Primary Therapist	3 times per week	2 times per week
Therapy Groups & Classes	> 30 hours per week	> 20 hours per week
Medical Status	Must be medically stable	
Medications	Administered by nursing staff	Self-medicating, nursing staff available

“You making this program has saved my life. My gratitude knows no bounds. Thank you for believing in me!”

To ensure the quality of care offered at Magnolia Creek, we analyze progress across various symptom domains. Our most recent analyses at the end of 2009 indicate the following for all individuals who have successfully completed the program.

Outcomes Related to Eating Disorder Diagnosis

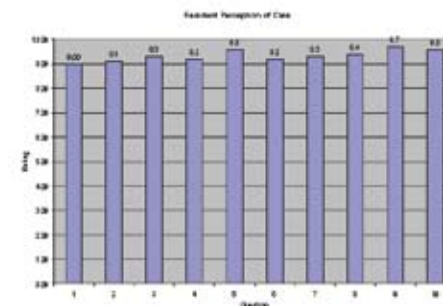
- 100% of clients who admitted with a diagnosis of Anorexia Nervosa discharged at a healthy weight range > 18.0 BMI.
- Average Eating Disorder Risk Composite ¹
Upon admission: elevated clinical range
Upon discharge: typical clinical range
- 94% of clients discharged to a lower level of care.

Outcomes Related to Depression and Anxiety

- Average depression rating ²
Upon admission: “severely depressed” range
Upon discharge: “mildly depressed” range
- Average anxiety rating ³
Upon admission: “severely anxious” range
Upon discharge: “mildly anxious” range

Satisfaction with Treatment Program

- The average satisfaction ratings by clients across various aspects of our program (e.g., level of satisfaction, treated with respect and dignity, personal goals integrated into treatment) ranges from 9.3 - 9.7 on a scale of 1-10.



1. As measured by the Eating Disorder Inventory (EDI-III), 2. As measured by the Beck Depression Inventory (BDI-II), 3. As measured by the Beck Anxiety Inventory (BAI)

For more information about our outcome studies and the assessments used in them, visit the “Treatment Success” page of the Magnolia Creek website.

Admissions Information

Admission Requirements

Magnolia Creek admits women ages 18 or older who have been diagnosed with anorexia nervosa, bulimia nervosa, binge eating disorder (BED), or eating disorder not otherwise specified (EDNOS).



Our program also accepts clients with coexisting disorders, including anxiety, depression, self-harm, addiction issues and trauma.

- Minimum stay for residential clients: 30 days
- Minimum stay for PHP/day treatment clients: 15 days
- Prospective clients must be medically stable
- Treatment is entirely voluntary

Admissions Process

- Contact Magnolia Creek online or via phone, and ask to speak to someone on our intake staff.
- We will schedule a phone intake interview to learn more about you and your medical history.
- You will need to complete a pre-admission packet with information, medical clearance forms, and lab work forms.
- We will then work with you to schedule an admission date or place you on a waiting list if no openings are available.

Paying for Treatment

If insurance is involved, our staff can check into your eligibility and benefits. We do as much as we can to help with the process, including obtaining pre-certification, conducting concurrent reviews, and working out single case agreements. Please understand that insurance policies vary greatly and that verification of benefits is not always a guarantee of payment.

If you do not have insurance or are underinsured, we will work with you to come up with a viable plan to obtain treatment.



P.O. Box 391 - Chelsea, AL 35043

888 7MAGNOLIA
888 762 4665 (toll-free)
205 678 4373 (direct)

www.magnolia-creek.com

Magnolia Creek Treatment Center for Eating Disorders provides residential and day treatment for women struggling with anorexia, bulimia, binge eating disorder, and other eating disorder behaviors. We also treat coexisting disorders, including compulsive exercise, anxiety, depression, self-harm, and trauma.

Magnolia Creek is dedicated to offering the highest quality of care. Our goal is to provide our clients a comprehensive treatment experience, addressing their psychological, medical, nutritional, spiritual and relational needs.

- Private, homelike setting in natural surroundings
- 24-hour on-site nursing care for residential clients
- Low client-to-staff ratio
- CBT, DBT, Experiential & Psychodrama
- Art, yoga & equine therapy
- Nutrition & exercise education
- Family program providing education & support
- After-care planning & support
- Free support groups in the community
- Major insurance plans accepted

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