

Eating Disorder Treatment Center Restores Health, Hope, and Happiness

Magnolia Creek offers tailored programming and comprehensive, evidence-based treatment to meet the needs of those struggling with eating disorders and co-occurring mental illnesses.

It's a shocking but very real statistic: Eating disorders have the highest mortality rate of any mental illness. Doctors cannot simply medicate eating disorders away or remove those who have them from dangerous environments. Many clients, says Linda Smith, Executive Director of Magnolia Creek Treatment Center for Eating Disorders, come to Magnolia Creek at rock bottom and often with serious heart, kidney, and lung problems.

"Success is measured when the clients do the work to achieve recovery. Magnolia Creek provides a safe space to do the work and a multidisciplinary team who can provide tools to assist in their recovery, walking hand in hand to support them along their journey."

"Recovery is possible, and we are here to help make it happen."

What to Expect

The goal of Magnolia Creek is not merely to teach clients to manage eating disorders and co-occurring mental health conditions, but rather to help them recover fully and completely. The treatment philosophy focuses on cognitive behavioral therapy and multidisciplinary treatment, utilizing nutritional interventions as well as medical and psychiatric care. Clients typically present with personality disorders including borderline and other co-occurring mental health disorders such as dissociative disorder, post-traumatic stress disorder, obsessive-compulsive disorder, and substance abuse disorders. The length of a client's stay is dependent on individual client progress and needs.

According to Smith, one of the tenets of the Magnolia Creek program is that clients must help themselves through the process.

"It only works if clients want it to," Smith says. "They'll never be

alone in the process, but they need to play an active role." Clients typically participate in five to eight individual sessions (with a therapist, dietitian, psychiatrist, etc.) and an additional 20 to 30 hours of group therapy weekly. Family therapy is also included and is an integral step toward successful recovery.

Magnolia Creek's lush, serene, 36-acre campus also aids in recovery, as does an optional slate of alternative therapies, including yoga, art therapy, and equine therapy.

"We aren't anything like a hospital, and that sets us apart," Smith explains. "It helps our clients get outside of themselves and express themselves. Alternative therapies can be an incredibly powerful resource for processing for those who struggle to articulate what they are feeling."

And the help doesn't end at discharge. Aftercare is an essential component of the program. The team follows up to ensure that every client has ongoing support to lean on as life triggers occur; there is always someone there to support them and connect them with further support resources if needed. The staff follows up via phone 24 hours and 48 hours after discharge, then at seven days, and then once per month following that.

"Often, the hardest recovery work begins when residential or partial treatment ends. It can be an exciting but scary time for clients," says Smith. "We've been with them on their journey to wellness thus far, and we will walk hand in hand with them as long as they need. Recovery is possible, and we are here to help make it happen."



Magnolia Creek

Treatment Center for Eating Disorders

**162 Magnolia Creek Drive • Columbiana, AL 35051
205-678-4373 • magnolia-creek.com**