



Aster Springs™



**Aster Springs Overview
Eating Disorder Treatment**

Admissions and Referrals: 804.376.5118

WHO WE ARE

At our Aster Springs eating disorder facilities, we believe people aren't defined by their eating disorders. Each client we work with is unique and valued for who they are as a person. At our eating disorder treatment centers, we offer tailored treatment for adolescents and adults of all genders, ages 12 years and older (varies by location). We take a whole-person, compassionate approach to care to help each client take the next step toward lasting recovery.

Founded as part of Odyssey Behavioral Healthcare, we are unique in our ability to work with clinicians, leaders, and experts nationally to ensure the care provided at Aster Springs is evidence-based and industry leading within our state-of-the-art facilities. Our individualized treatment helps each client get the treatment they need to lead the life they want.

WHAT WE TREAT

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Binge Eating Disorder (BED)
- Bulimia Nervosa
- Muscle Dysmorphia
- Other Specified Feeding or Eating Disorder (OSFED)

OUR METHODS

Our staff are highly experienced and credentialed in using proven, evidence-based therapies to help each client successfully achieve long-term recovery from eating disorders. Our clinical teams provide multidisciplinary treatment that uses medical, nutritional, psychological, and psychiatric interventions in collaboration with each client's community of outpatient clinical, family, and other social supports.

Tailored programming, designed to meet the needs of each client, includes psychotherapy groups, individual therapy, nutrition education, meal planning, family therapy, medical or medication management, and aftercare planning and assistance. Our therapies include:

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Experiential Therapies
- Exposure and Response Prevention (ERP) Therapy
- Nutrition Therapy



Aster Springs Nashville, TN



Aster Springs Richmond, VA

Levels of Care

At Aster Springs, we don't take a one-size-fits-all approach to treatment. Our continuum of care ensures clients can step up or down into the appropriate level of care with a cohesive, dedicated treatment team that partners with our trusted clinical partners to help transition clients to traditional outpatient and aftercare programs. We offer the following levels of care with our residential treatment programs available for adult women, and our partial hospitalization and intensive outpatient programs available for adolescents and adults of all genders (varies by location).

Residential Treatment (RTC)

Our home-like settings in peaceful surroundings offer the environment and small community needed to heal. With a team of therapists, nutritionists, and highly credentialed, experienced team members, we ensure each individual receives whole-person and multi-dimensional treatment approaches that maximize the opportunities for lifelong recovery.

Partial Hospitalization Program (PHP)

In our PHP, clients attend programming during the day and prepare meals and engage in learned skills in the evening. Our PHP treatment includes six hours of group therapy, five days a week, and family therapy is scheduled as appropriate.

Intensive Outpatient Program (IOP)

In our IOP, clients can attend programming either during the day or during the evening and can then prepare meals and engage in learned skills during their free time. Additionally, select locations offer virtual evening programming that is similar to our onsite IOP program. Our IOP treatment meets three to five days a week for three hours a day.

Payment Options

Aster Springs offers multiple payment options, ensuring that each client has a financial plan that works for them. We are in-network with a growing number of health plans and also accept out-of-network benefits along with a private-pay rate.

Additionally, Aster Springs is proud to be a participating provider in the VA Community Care Network. (NPI numbers available on our website).

Aster Springs is committed to helping clients achieve freedom from their eating disorders. Recovery is possible.

For more information about our programs or to get started on your journey to recovery, call **804.376.5118**.



Aster Springs[™]

Proudly serving clients in Indiana,
Kentucky, Ohio, Tennessee, and Virginia.

astersprings.com



Aster Springs is a proud part of
Odyssey Behavioral Healthcare