

Let's Be Honest

What barriers are holding you back from seeking treatment?



Starting the recovery journey can feel intimidating, with barriers that may seem overwhelming. Aster Springs offers a safe, supportive environment where clients and families recognize these challenges as steps toward healing rather than obstacles.

Common Barriers to Treatment

- Fear
- Guilt or shame
- Change
- Isolation
- Denial
- Distance from home
- Financial concerns
- Time commitment

While an eating disorder doesn't define you, it can take control of your life — and your family's — if left unaddressed.

Speaking Honestly About Common Barriers

Drawing from her own recovery journey and passion for helping others find lasting healing, our head of admissions, Alycia Aldieri, shares candid insights into the barriers individuals often face when seeking treatment. Scan the QR code to hear directly from Alycia and discover how you and your family can take the first step toward recovery.

“Don't forget who you are. You do hard things every day; don't tell me you can't do hard things.”

- Alycia

Explore each barrier by visiting our website



AsterSprings.com/LetsBeHonest



Who We Are

At Aster Springs, we believe individuals are not defined by their eating disorders, and each client is valued for who they are. We offer personalized treatment for adolescents and adults of all genders (12+), which varies by location. Our compassionate, whole-person approach to care helps clients take the next step toward lasting recovery. Through individualized treatment, we support each person in achieving the life they want to live.

Levels of Care

Residential Treatment

Our home-like settings, nestled in peaceful surroundings, provide the ideal environment for healing. With a team of therapists, nutritionists, and highly credentialed, experienced professionals, we offer whole-person, multi-dimensional treatment tailored to each individual, maximizing the potential for lifelong recovery.

Partial Hospitalization Program

In our partial hospitalization program (PHP), clients attend programming during the day and practice learned skills, including meal preparation, in the evening. Treatment includes six hours of group therapy, five days a week, with family therapy scheduled as needed.

Intensive Outpatient Program

Our intensive outpatient program (IOP) offers flexible scheduling, with daytime and evening sessions. Clients can practice newly learned skills and prepare meals during their free time. Select locations also provide virtual evening programming, similar to our on-site IOP. Treatment meets three to five days a week for three hours daily.

