

CHANGING LIVES THROUGH PROVEN, PASSIONATE, PROFESSIONAL TREATMENT

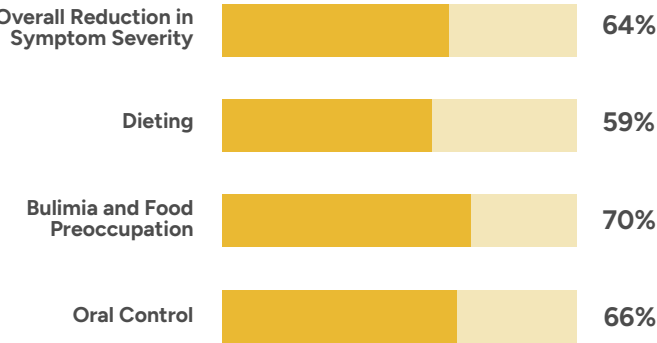
We meet clients where they are in their journey and provide the therapeutic techniques and practical tools to support sustainable eating disorder recovery. Our credentialed, expert clinical teams help clients see healing as possible by using individualized treatment plans that combine evidence-based treatment modalities with holistic methods to achieve whole-person wellness.



CLINICAL OUTCOMES 2024

ASTER SPRINGS RESIDENTIAL EAT-26: 2-YEAR AVERAGE

A self-report screening tool designed to assess symptoms and attitudes characteristic of eating disorders.



PROVEN RESULTS OVER THE YEARS

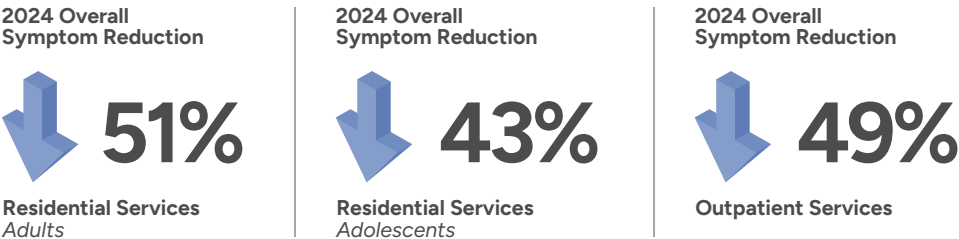
We provide comprehensive eating disorder treatment for teens and adults, combining medical care, therapy, nutritional counseling, and family support to promote lasting recovery.



(EAT-26)

ODYSSEY EATING DISORDER NETWORK (EAT-26)

In 2024, we standardized clinical best practices across all eating disorder locations, including Aster Springs. In 2025, we're focusing on the development of a unified nutrition model to further strengthen outcomes.



DEPRESSION REDUCTION

Aster Springs treats co-occurring mental health conditions. Through 2023 and 2024, they saw a two-year average reduction of depression symptoms by



(BASIS-24)

WHAT OUR CLIENTS SAY

Voices from Our Community



Aster Springs truly saved my life. The providers, other clients, and everyone who was part of my recovery journey helped me along the way. I would not be where I am today without the help, endless support, and love shown to me.”

Grateful Alum
Aster Springs

CARE INFORMED BY RESEARCH + TRAINING

We utilize three evidence-based outcome measurement tools to monitor client progress, assess program effectiveness, and optimize treatment plans. In 2024, we enhanced this framework by adding the Brief Psychiatric Rating Scale (BPRS), a validated tool for assessing psychiatric symptom severity. This addition complements our existing assessments and further strengthens our ability to track meaningful clinical outcomes in mental health, addiction, and eating disorder recovery.



BPRS



ODYSSEY EATING DISORDER NETWORK

2024 CLIENT DEMOGRAPHICS + DIAGNOSES

We specialize in comprehensive residential and outpatient eating disorder treatment for adults and adolescents of all genders. Our comprehensive, personalized approach combines evidence-based therapies, medical support, and a whole-person approach that addresses the unique needs of each individual.

869

DISCHARGES

80%

ADULTS

20%

ADOLESCENTS

CLIENT DISORDER BREAKDOWN	PRIMARY DIAGNOSIS
Anorexia nervosa	47%
Other specified feeding or eating disorder (OSFED)	29%
Bulimia nervosa	8%
Unspecified feeding or eating disorder (UFED)	7%
Avoidant/restrictive food intake disorder (ARFID)	6%
Binge eating disorder	3%
Other	1%

Note: Percentages may not equal 100% due to rounding up or down.