CLINICAL EXCELLENCE. MEASURABLE OUTCOMES.

At Aster Springs, clinical excellence isn't a standard we aspire to — it's the foundation on which every program is built. Our credentialed, multidisciplinary teams deliver individualized treatment that integrates evidence-based modalities with holistic care, meeting each client's clinical complexity with precision and compassion. The outcomes reflected in this report are the direct result of that commitment, and of the clients who trusted us with their care.

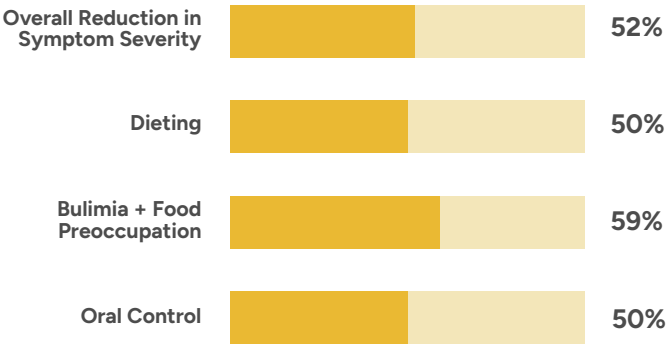
Aster Springs™

2025 CLINICAL OUTCOMES

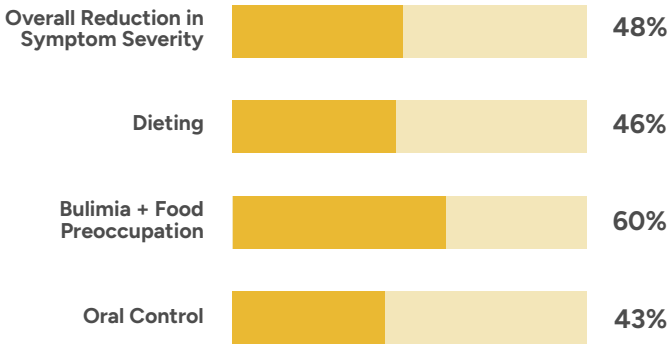
2025 | ASTER SPRINGS RESIDENTIAL + OUTPATIENT (EAT-26)

The EAT-26 is a validated self-report screening instrument used to measure symptoms, behaviors, and attitudes associated with eating disorders.

RESIDENTIAL



OUTPATIENT



2025 | ODYSSEY RESIDENTIAL + OUTPATIENT (EAT-26)

Odyssey Behavioral Healthcare advanced the development of a unified nutrition model in 2025, an evolving, outcomes-driven philosophy that continues to strengthen clinical results across its programs.

2025 Overall Symptom Reduction

52%

Residential Services
Adults

2025 Overall Symptom Reduction

65%

Residential Services
Adolescents

2025 Overall Symptom Reduction

48%

Outpatient Services

A PROVEN TRACK RECORD

Over the past five years, adults and adolescents across all Odyssey residential eating disorder programs reduced their eating disorder symptom severity by an average of

59%

(EAT-26)

WHAT OUR CLIENTS SAY

Voices from Our Community

> "I had a great experience at Aster Springs in their residential program — the environment feels very safe and comfortable, the support staff and clinical teams are incredibly kind and understanding, and treatments are individualized to each client. I feel that my needs were heard! I'll forever be grateful for my time at Aster Springs and the impact it had on my recovery."
>
> — Grateful Alum
> Aster Springs

CARE INFORMED BY RESEARCH + TRAINING

Aster Springs uses a comprehensive battery of clinical outcome measurement tools to track progress, assess treatment effectiveness, and refine care in real time. Grounded in current research, these tools provide objective insight across eating disorder and mental health treatment, enabling the clinical team to adapt, optimize, and deliver the highest standard of care for every client.

eBASIS

BPRS

eat 26 EATING ATTITUDES TEST

2025 | ODYSSEY RESIDENTIAL + OUTPATIENT

CLIENT DEMOGRAPHICS + DIAGNOSES

Odyssey Behavioral Healthcare's eating disorder programs provide residential and outpatient treatment for adults and adolescents of all genders. Each treatment plan is built around the individual, integrating evidence-based therapies, medical support, and clinical attention to the physical, emotional, and behavioral factors that drive disordered eating.

1,107
DISCHARGES

81%
ADULTS

19%
ADOLESCENTS

CLIENT DISORDER BREAKDOWN	PRIMARY DIAGNOSIS
Anorexia nervosa	42%
Other specified feeding or eating disorder (OSFED)	34%
Bulimia nervosa	7%
Avoidant/restrictive food intake disorder (ARFID)	7%
Unspecified feeding or eating disorder (UFED)	5%
Binge eating disorder	4%
Other	1%

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