The ANAD Approach
The National Association of
Anorexia Nervosa and Associated Disorders
The ANAD Approach
Healing the eating disorder community through compassionate action.

At ANAD, we believe in a comprehensive Approach
to eating disorder treatment and recovery:

Aftercare
We believe posttreatment support is crucial. Strengthen your eating disorder recovery by participating in ANAD’s many programs.

Prioritize self-care
Learning to engage in self-care is not selfish. It is self-preservation, an act of love towards your body and mind. Give yourself permission to engage in self-care.

Parents, spouse, loved ones
Don’t go it alone. Support dramatically improves recovery, buffers stress, and enhances quality of life and well-being. Accept love and support, as well as give love and support.

Recovery
Full recovery from an eating disorder is possible, but it takes time. Have patience with yourself.

Options
Effective treatment often requires a spectrum of treatment options. ANAD provides an array of free services, consistently explores new ideas and innovative approaches, and provides opportunities for people to share and learn from others who have recovered.

Acceptance of everyBODY
Accept yourself, accept others. Every individual is unique and beautiful, yourself included.

Compassionate care
Having an eating disorder is not a choice. Eating disorders are complex, serious, biologically-based illnesses. Let’s move away from the shame and blame. You are not a diagnosis, a disease, or a disorder, but rather a human being that deserves respect and understanding.

Hope, help, healing
Walking alongside you in your journey, ANAD can help you transform your life. It is our honor to support you throughout your recovery.
5 Things For You to Know

1. Treatment will not “magically cure you.” You may still be struggling when you return home. That is normal, and completely okay. Recovery can take a long time. Think about it: you are changing the way you deal with life and coping with it in a whole new way!

2. It may be difficult for family and friends to adjust to the transition of you returning home as much as it is for you. It is important to express what you are feeling and communicate what kind of support is helpful and not helpful. They will sometimes mess up, and that’s okay.

3. **Remind yourself you are doing the best you can.**

4. Be a part of the decision making on who will be a part of your treatment team or recovery community after being discharged. Visit multiple outpatient mental health professionals and see who you connect with. This is your individual recovery that looks like no one else’s. Make sure that you feel a part of it.

5. Relapses and lapses happen. It does not mean you failed. It does not mean you can never recover. Instead of putting time into hiding the relapse or putting pressure on yourself, acknowledge that it has or is happening, communicate about it, and take those next steps forward.

**At Aloria Health, we recognize that recovery is more than a residential stay. We understand that recovery-focused aftercare planning is vital to sustained wellness.**

Aloria has dedicated aftercare coordinators that work closely with the client’s care team and their outpatient team. We work to develop an individualized aftercare plan that acknowledges the unique recovery needs and challenges for each of our clients. Using an approach that includes more than treatment, Aloria Health gives people the tools to become their best selves.

Accepting admissions for Residential, Partial Hospitalization and Intensive Outpatient care. To learn more about Aloria Health, or to schedule a visit please visit: www.aloriahealth.com
email us: morethan@aloriahealth.com or admissions@aloriahealth.com
312 E. Wisconsin Ave 3rd Floor | Milwaukee, WI 53202 | 844.801.9529
Q & A

What was the first day back at home and in your life? How can you make it an easier transition?

• "The first three days back were the most difficult. I over extended myself and got over hyped by being home. I saw so many people and did so many things, and did not first feel prepared for people that I was very unsure of recovery. It could have been easier by continuing to really protect myself on those first couple days and making myself stick to self care treatment."

• "I was shell shocked about going from being monitored 24/7 to being on my own again. I was depressed, and thought I had wanted my "freedom." I did not know what to do. My eating disorder group had changed, so there were all new people. I was scared and quiet. It took a couple of weeks to readjust. I needed accountability, which I did not get much of. However, my treatment center understood and my therapist helped. I was still using behaviors and had a lot of ‘downs’ but was told it's okay and it’s expected. I think if I would have known what I could expect and that it was normal before I had been released, it would have helped."

• "I was overwhelmed with people asking about me, how I was doing, wanting to see if I had gained weight etc. I did not know this would bother me so much and I isolated myself. Help with knowing this happens to many and how to tell people to give you time and space would have been nice to know."

• "I shopped for what I needed in those first few meals, laid low, and eased back into life. I returned home, and then returned to work shortly after that. I suggest not pushing yourself. Make a plan and have a low profile until the "culture shock" wears off."

• "I highly recommend meal prepping, possibly with a friend (and make it a fun experience) the first couple of weeks of you being home. For me, this took the stress of having to figure out each food exchange on the spot for each meal. Eating meals plans and getting back into life is stressful. Meal prepping made my transition so much easier."
How were you able to tell your friends and family what kind of support you needed?

- "I learned in treatment that my loved ones/support system were not mind readers. I had to express what it was I was feeling and what I needed. I also had to radically accept that the support I want from people and the support people are capable of giving me are two different things, and I had to accept their limits."

- "I told my family and friends the biggest things I struggle with and how it would be helpful for them to help me through those stressful times."

What advice do you have about handling conflict with your family?

- "Radical acceptance is key when handling conflict with my family. I have to remind myself often that they are doing the best they can with what they have. When in conflict, I think of ways I can translate myself to my family member's language. What I mean to say isn't always what they hear."

- "Be patient with yourself and you family."

- "Involve your family in your treatment."

- "Talk - Do not withhold feelings or avoid emotions."
ONE DAY AT A TIME.

Be patient. Put yourself in their shoes. Reach out to your therapist. Meditate. Go to family sessions if all parties are willing or strive for it. Remember your ED brain could have hurt others, too. If your family also had/has ED behaviors and caused trauma in your life, stick with therapy. Family is not just blood but co-workers, significant others & friends. Regardless, they all need to stay informed and be knowledgeable about EDs. Pamphlets with educational resources from your treatment center will help with the first steps, as well as meeting together with a therapist. You have not been, and are not currently a burden. Remember you're overcoming a mental health illness.

It doesn't happen overnight.

ONE NEEDS SUPPORT TO BE SUCCESSFUL.
What advice would you give about how to go back to work or school? How do you tell friends, bosses, or co-workers about treatment?

- "Slowly get back to work and/or school. Continue to make recovery a priority and do not feel that you have to return to a full schedule right away. It is not all or nothing, and there can be a gradual return."

- "Let teachers, supervisors, counselors, & academic advisors know if you need accommodations while slowly returning to school so they can support your recovery and needs. The same goes with returning to work: let managers and supervisors know in case there are times of increased anxiety or when breaks are needed so they can respect your actions."

- "Be prepared for other students and co-workers possibly asking where you were or asking how you are doing. Be comfortable with your response and tell how they can be supportive if you would like them as a part of your support system. You do not have to tell everyone about treatment if you do not wish to and that is okay."

- "Educate them. Not everyone understands. Don't listen to the 'If you just ate something...’ ‘Now you are all better so throw yourself back into work' things. Set boundaries on what you need. Your therapist can assist with this. Take care of yourself first."

- "This is a personal preference: Some people will want to keep their anonymity. I told co-workers and friends that I trusted. As I needed accommodations to eat meals and snacks, I talked with management about it. It's all a comfort thing. I'd suggest testing the waters with who you tell and how much you tell them. See what they're comfortable hearing and what you are comfortable sharing."

- "Give yourself time to discuss it. It can become very emotional for me to talk about treatment with others."
At Center For Discovery, we have been treating, and caring for, clients with eating disorders for over 20 years. We hold fundamental beliefs about eating disorders: that their origins are often biological, social, and psychological, but are unique for each client; that families are never to blame but are often a crucial part of the solution; and that recovery is absolutely possible. Our mission is to provide accessible, intensive treatment that is personalized, compassionate, and effective ...and our clinical outcome data—which has been presented at the Academy For Eating Disorders, the Society For Adolescent Health and Medicine, and the American Psychological Association—highlights our success.

**KEY TIPS WHEN RETURNING HOME FROM TREATMENT**

- Break-up with the idea of perfection (buh-bye!)  
- Steer clear of dieting!! STEER CLEAR OF DIETING!! (That one was worth saying twice!)  
- Identify loved ones who will support your recovery and make time for them  
- Continue your treatment – find a specialized ED outpatient program if possible  
- Attend regular therapy and dietary sessions  
- Check to see if there are any free ED support groups in your area (http://supportinrecovery.com/)  
- Practice your new coping skills as often as possible  
- Build structure and consistency into your routine during the transition  
- Express your feelings to loved ones  
- Be brave and honest with yourself, your treatment team, and your loved ones about behaviors  
- Be extra kind to yourself and practice self-care  
- Take time to notice how good recovery can feel (even though it can be really hard)  
- Consider getting involved in advocacy when you’re ready  
- Revel in moments of joy

**CLINICAL APPROACH**

Center For Discovery Eating Disorder programs employ an evidence-based, trauma-informed, weight-inclusive treatment approach to address the complex psychological, neurobiological, and medical complications of eating disorders.

- Exposure and Response Prevention (ERP)
- Dialectical Behavior Therapy (DBT)
- Multi-disciplinary Treatment Teams

**Think you or your loved one might need more help?**

Center For Discovery is in-network with all major insurance providers and has a location near you.

Call or email today about your options.

888-901-3349
Q & A

What resources would you recommend to someone leaving an eating disorder treatment center program?

As always, ANAD highly recommends taking advantage of our support services. We offer a Helpline, support groups, recovery mentorship, and a grocery buddy program. Refer to our website (anad.org) for more information. Below is additional input from people in recovery:

- "Some resources I recommend are ANAD.org, NEDA.org, NAMI.org, 4EDA.org. local support groups, & a therapist that specializes in ED. A meal planner worksheet is really helpful as well as a cheat-sheet of foods and their exchanges."

- "Remember to stay in touch with the resources your treatment center and loved ones have helped you find. So when things got tough, you aren't totally alone. It is a slow gradual process from total support in a treatment center to decreased support in a different environment. If you go from total support to nothing, it can be a shock and is not helpful for recovery."

- "Seek community white pages/websites. They have a wide assortment of support services. Also try local churches. They often have knowledgeable mentors and prayer warriors. It is better to have lots of options rather than relying on only one (unless you live in a very small area of course). Bottom line: when someone tells you no, and you know it's essential to your recovery, keep going and look for support until you find the yes."

- "I recommend a counselor, the 12 steps like EDA Groups, and a positive supportive friend or family member."

- "Check out ED hotlines such as ANAD's Helpline if you need any help at all. See a therapist and eating disorder dietitian immediately. Stay on your medications if applicable. Don't hesitate to ask for help. If you got a discharge book from your treatment, read it. Education is the key."

- "Work your program and listen to your treatment team. Trust that they have your best interest at heart and that they care about your recovery."
You are never alone.

Getting and staying on the path toward recovery from an eating disorder takes courage and commitment. Whether it’s during treatment or back at home, Rogers Behavioral Health is always here to support you no matter where you are in your journey.

With inpatient, residential, and specialized outpatient programs, we offer a continuum of care for men, women, children, and teens.

To learn more about the results of our evidence-based treatment, visit rogersbh.org/outcomes.

ROGERS BEHAVIORAL HEALTH

If you or someone you know needs help with an eating disorder or other mental health issue, Rogers is here.

Visit rogersbh.org or call 800-767-4411 for a free screening.

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montecatini

Customized Recovery Services

Customized Recovery Services offers outpatient therapeutic groups and meals, designed to strengthen recovery and bring about connection, compassion, and healing. All groups are led by a Montecatini Therapist or Registered Dietitian, and the programming can compliment your current outpatient treatment, weekly therapy, and support groups. You can select which groups and meals work best for you, and customize them to your schedule and recovery needs.

Groups offered include:

- CBT/DBT/ACT
- Nutrition Education
- Body Image
- Co-Occurring

Customized Recovery Services are offered

Monday-Friday evening & Saturday Day Programming

For a full schedule and information on pricing call (760)436-2657
What do you know now that you wish you had known as you were leaving treatment?

• "There will be good days and there will be hard days, but every day brings with it the power of choice. Choose to ask for help, follow hard after your values, and choose to believe you deserve a whole life." –Kelli E., Eating Recovery Center Alum

• "I promise recovery is worth it, I promise one day body image issues can go away, and I promise freedom is worth the initial fear.” –Savannah K., Eating Recovery Center Alum

• “When I left treatment, I wish I had not expected perfection in recovery. My advice to others is that there will be slip ups, but what counts is if you make the next right choice. If you get back up and make a choice that aligns with your recovery, even if it includes being willing to receive more treatment if necessary.” –Sydney F., Eating Recovery Center Alum

• “When I left eating disorder treatment, I wish I knew not to think about what recovery should look like in a month...not to think about what it should look like in a year. But to focus on the 24 hours I had in front of me, and do what I could in that moment to get closer to where I knew I wanted to be.” –Joanna N., Eating Recovery Center Alum

• "Recovery is not easy by any means. Once you get out of the protective bubble of treatment, the world is waiting. Rely on your team, they are there to guide you along. You are worth recovery!" –Justin M., Rogers Behavioral Health Alum

• "One thing I wish I could have known leaving treatment was that not only could I have a normal relationship with food again, but I could also put it behind me and no longer be defined by my eating disorder by others." –Paul S., Rogers Behavioral Health Alum
Reclaim Freedom

Selah House cares for women and girls (12+) in our Christ-centered program using clinically advanced strategies. Our licensed treatment team lets love lead when caring for our clients.

For more information on how Selah House can help you, please call 866.429.1884.

Selah House

106 Meridian Street, Suite 300 | Anderson, IN 46016
SelahHouse.com | 866.429.1884
Advice From Family Members

It took a while to understand we could not help what we could not understand. We learned quickly we would need to learn as much as we could about this disease, as did our entire family.

Do not try to fix your child. It’s a natural instinct for a parent to want to solve their child’s problem, but you cannot. Your role is to support; however, you should understand it is not to enable behaviors.

Establish rules in the context of a contract between you and your child regarding expectations, what is acceptable, and what is not. Demand continuity and communication among care team members.

Find breaks for yourself! Having a loved one with an ED is incredibly tough to go through and taking care of yourself is very important. Remind yourself that things will improve, have faith, and do not blame yourself. Every little step of improvement is worth celebrating. As hard as this may be right now, you can do this.

Once your child is out of treatment, that does not mean that they are cured. They will still most likely be struggling when they return home and for years to come. Recovery takes time. For family members, it is so important to not set up a perfect expectation of immediate and perfect recovery.

There is a fine line between overwatching the child once out of treatment and walking on eggshells. Focusing on just the child’s actions whether they are eating enough or involved in exercise only reminds the child of their identity with the eating disorder. It does not address what emotions they're experiencing. Ask about the emotions and if they are feeling frustrated, scared etc.

One mistake was trying to negotiate with the ED. To avoid conflict, we would fall into the traps of negotiation which only makes ED behaviors & thoughts accelerate.

It can be helpful to prepare the meals ahead of time so your loved one has less anxiety watching you combine ingredients and put extra thought into what you are preparing. It is typically too early for your loved one to prepare and eat meals on their own when returning home.

Separate the eating disorder from your child. Food may be thrown, there might be screaming/yelling/kicking—try to remain calm through the early outbursts. It won’t always be like this.
Advice From Family Members

Follow the established meal plan from the dietitians. As a family, we changed our meal plans too so we were eating together with our daughter, and not having separate meals. Eat together as a family.

Rely on your treatment support team to develop goals and challenge the eating disorder thoughts so it is not always you telling your loved one what must be accomplished. However, do not be afraid to question the treatment your loved one is receiving and change providers if needed. Each program and provider can be a different experience.

Family weekends are available at some of the treatment centers and alumni events. Take advantage of them.

Different treatment centers have websites for parents that provide resources, links, and mobile apps. Eating Recovery Center website has many links for parent support, workshops and webinars. The Center For Discovery has a food exchange mobile app, that can be used for exchanges. Goodbye Ed, Hello Me, by Jenni Schaefer can help shed light into what it we like for your loved one fighting in recovery.

And most importantly, love them until they love themselves.

New Possibilities.

Magnolia Creek revitalizes new possibilities by offering a multidisciplinary team to renew your hope, restore your health and reclaim your worth.

For more information on how Magnolia Creek can help you, please call 866.434.3437.
ANAD MEAL TIME SUPPORT CARDS

One day things will be better. Until then, here’s a cat!

IT’S OK TO BE A GLOW STICK. SOMETIMES WE HAVE TO BREAK BEFORE WE SHINE

RECOVERY IS SCARY
BUT SO IS REMAINING EXACTLY THE SAME

I am NOT a burden when I ask for help and support

Difficult roads lead to beautiful destinations

Will it be easy? NOPE
Will it be worth it? ABSOLUTELY

You don’t just choose recovery. YOU HAVE TO KEEP CHOOSING IT OVER AND OVER
EDCare
www.eatingdisorder.care

OUR INCLUSIVE TREATMENT CENTERS OFFER:
- Partial Hospitalization Program
- Day and Evening Intensive Program
- Housing Accommodations
- Insurance Accepted

OFFERING FOUR SPECIALTY TRACKS
- Binge Eating Disorder
- Substance Use Disorder
- Elite Athlete
- Trauma

If you or someone you know is battling an eating disorder, EDCare is here to help you:
- engage in recovery
- reduce the occurrence of relapse
- get to the root of what is triggering the problem
- nourish long-term success

CONTACT THE LOCATION NEAREST YOU:
Denver, CO | 303-771-0861
Colorado Springs, CO | 719-578-5132
Kansas City, KS | 913-945-1277
Lincoln, NE | 402-408-0294

Free Confidential Assessments Virtual Tour
Visit us at www.eatingdisorder.care

info@eatingdisorder.care | 303-771-0861
Thank you to our ANAD Treatment Center Partners, who fight eating disorders alongside ANAD every single day.