



I collaborated with Crescent Grace from its inception 15 years ago until recently. A treatment center for young women battling anxiety and eating disorders, Crescent Grace, needed a voice that was gentle but informed, sensitive but strong. Through teamwork and attention to detail, I helped define Crescent Grace as a refuge where people could heal, struggle, and laugh. Below are online excerpts that capture this identity.

A FULLY RECOVERED LIFE FROM AN EATING DISORDER IS POSSIBLE

Fighting an eating disorder is painfully exhausting and no one should ever have to struggle alone. Struggling with an eating disorder does not have to be a life sentence. Many of us at Crescent Grace has won the battle from this devastating illness and now live fully recovered lives, living in peace with food, our bodies, our loved ones, and ourselves. We respect the courage it takes to ask for help. This is a brave and vulnerable endeavor which our team strives to honor by creating a nurturing, empowering and supportive environment.

Blending compassion and creativity with evidenced-based treatment methods, we work with females, ages 13 and up, to best meet their needs through meaningful relationships, self-empowerment, and genuine connectedness. Hope and healing await you.

EATING DISORDERS

*AN EATING DISORDER IS NOT A DIET.
IT IS NOT A PASSING PHASE.*

*AN EATING DISORDER IS LIFE-THREATENING AND REQUIRES IMMEDIATE MEDICAL ATTENTION,
ASSESSMENT, AND INTERVENTION.*

Eating disorders, such as anorexia and bulimia, are serious psychological and physical responses to underlying emotional issues. The symptoms are food- and weight-related, but the causes run more deeply including significant psychological factors and influences. The toll is great, not only to the individual suffering, but also to families and loved ones who witness their suffering.

Eating disorders have "complex, underlying psychological and biological causes," according to the National Institute of Mental Health. The NIMH also reports that eating disorders frequently co-exist with other psychological issues like depression, substance abuse, and anxiety disorders. Eating disorders have the highest mortality rate of any other psychological illness.

For this reason, it's important to get help as early as possible. Eating disorders are treatable and full recovery is possible in a safe, supportive environment with knowledgeable, compassionate professionals.

If you're concerned that you or someone you love has an eating disorder, we hope this information will help you make the decision to seek help or support a loved one in need.

Below you will find information provided by the National Association of Eating Disorders, NEDA, regarding specific eating disorders, including the warning signs and symptoms:

COLLABORATIVE INDIVIDUALIZED CARE

To determine the best course of treatment, we collaborate directly with each client, prior treatment providers, outpatient providers, and family members to create a functional plan that best fits the individual needs. This includes identifying all successes and failures as defined by the client and their family/significant other and understanding how best to use the client's history as a road map for future recovery.

We emphasize understanding each client's learning style, highlighting any significant strengths they may have, and identifying any possible barriers to treatment. Then, together, we create a collaborative client contract and intervention plan to navigate the recovery process.

Making changes can be difficult in even the best of circumstances. Crescent Grace strives to create a community where both clients and staff are encouraged to establish healthy, meaningful connections. This community promotes understanding, safety, and hope, making everyone feel supported and part of a caring environment.

Crescent Grace's programming is designed to facilitate engagement in the treatment process. Our team develops a partnership with each client to enhance their strengths and collaborate in treatment planning and goals. When clients want to give up or "hit a wall," we persevere and support them to keep going. The programming at Crescent Grace is specifically designed to:

- Increase each client's sense of autonomy
- Increase each client's sense of personal responsibility
- Reduce each client's experience of treatment resistance
- Reduce each client's experience of treatment fatigue, aka "burnout"