

RELAPSE PREVENTION & RECOVERY SUPPORT

Aftercare & Alumni Programs that Facilitate Continued Recovery



RosewoodRanch.com 800.845.2211



ROSEWOOD®
CENTERS FOR EATING DISORDERS

Dear Friends,

At Rosewood Centers for Eating Disorders, it is our mission to provide the highest level of care to men

and women with anorexia, bulimia, binge eating disorder, and other co-occurring disorders. We also have separate, developmentally appropriate treatment created specifically for adolescents. We offer a comprehensive continuum of care designed to treat the intricate medical, emotional, and psychological complications associated with eating disorders, and therefore, increase our clients' chances of recovery.

An integral part of Rosewood's continuum of care is the Aftercare and Alumni Programs, which are designed to ensure support systems are in place when our clients return home. This ebook is intended to provide useful information about our Aftercare and Alumni Programs, in addition to showcasing a sample of our client testimonials. It is our hope that sharing our clients' success stories will inspire those in need to seek the help they deserve and regain their quality of life.



Please feel free to copy, print, or electronically distribute these handouts as you see fit, including bulletin boards, emails, discussion forums, at meetings, or in the class room.



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RECOVERY SUPPORT

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CENTERS FOR EATING DISORDERS

RECOVERY SUPPORT



SECTION ONE

ROSEWOOD RECOVERY SUPPORT SYSTEM

RECOVERY SUPPORT

ABOUT ROSEWOOD'S AFTERCARE PROGRAM

WE START AFTERCARE PLANNING ON DAY ONE

Throughout their stay at Rosewood, clients discover their inner power through a multidisciplinary core-treatment program that includes weekly relapse prevention sessions. These sessions, coupled with group and one-on-one therapy, help clients develop life-long coping strategies.

WE HELP CLIENTS DEVELOP A SUPPORT NETWORK

Rosewood's individualized treatment approach allows us to develop strong ties with clients, families and community professionals. When clients are ready to leave treatment, we draw from these relationships to provide a truly personalized aftercare strategy that includes a meal plan, grocery lists, scheduled appointments with new or current providers, alumni involvement, and anything else the client needs.

WE ENCOURAGE FAMILY INVOLVEMENT

Rosewood encourages families to get involved in client care throughout the recovery process. While clients are in treatment, family members participate in a 'family program' that includes weekly therapy, as well as a multi-day family intensive. During this time family members learn about the special needs associated with having an eating disorder, and get an opportunity to develop skills that support continued growth and healing within the family unit.

“ I am reminded of why I love working at Rosewood each time I get a call from an alumni to update us, share great news, and give thanks. It is truly a gift that I get to do the work I do.

- Tarah Mayerhofer, Aftercare Supervisor



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ABOUT ROSEWOOD'S ALUMNI PROGRAM

ENJOY ONE-ON-ONE SUPPORT

Rosewood's alumni coordinator personally reaches out to every client numerous times within their first year after treatment. The alumni coordinator encourages clients to stay on track with their recovery plan, is always available via phone or email, and provides additional resources as needed.

WE HELP CLIENTS DEVELOP A SUPPORT NETWORK

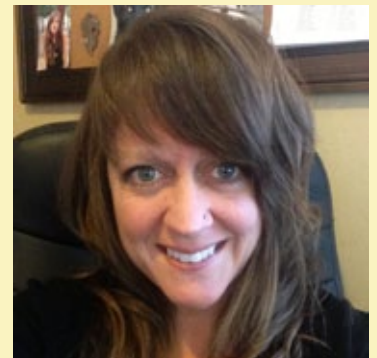
Rosewood alumni receive ongoing support and encouragement through online support groups, group activities, eating disorder anonymous groups, eating disorder art groups, a yearly alumni reunion, and a variety of other activities organized by Rosewood's alumni department. Each of these forums allow alumni the opportunity to connect and communicate with their peers in a safe environment.

JOIN OUR MISSION

The mission of Operation RecoverED is to provide alumni an opportunity to get involved and give back to the community. We do this by raising awareness about anorexia, bulimia, and binge eating disorders at schools, clubs, and organizations across the globe. More information at OperationRecoverED.com.

“*The Alumni Program acts as a reminder that we cannot achieve recovery on our own. We are passionate about establishing an active support system for our clients even after they have returned home.*

- Shannon Hershkowitz, Alumni Coordinator



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RECOVERY SUPPORT

SECTION TWO

ANOREXIA NERVOSA RECOVERY TESTIMONIALS



ANOREXIA RECOVERY

“ *Recovery is Our Own Choice...I CHOOSE RECOVERY!*
- Katelynn D.

“ *I Feel Alive Again, Like the Real Me is Starting to Shine Through* - Christina E.

“ *I Have Never Felt This Whole Before* - Anna Z.

“ *Rosewood is Willing to Help You Face Your Demons*
- M. M.

“ *I was Critically Anorexic...Rosewood is the Place to be if You Want a Better Life* - A. S.

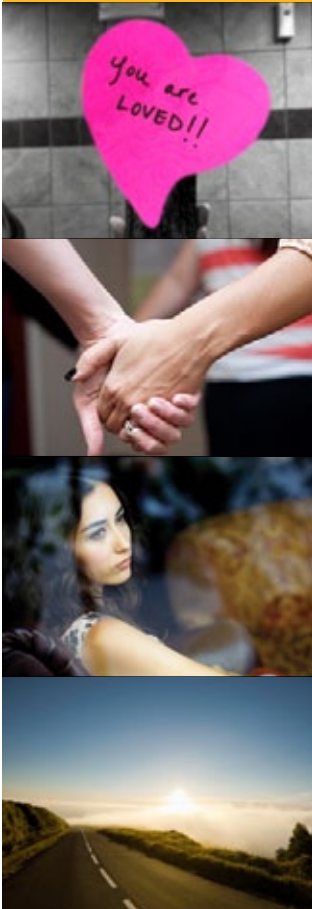
WHAT IS ANOREXIA?

Anorexia Nervosa (AN) is a serious mental illness with significant, life-threatening medical and psychiatric morbidity and mortality. Anorexia has the highest mortality rate of any psychiatric disorder. It is characterized by significant restriction of energy intake, difficulty maintaining a normal or healthy weight, a relentless pursuit of thinness, a distortion of body image, and an intense fear of gaining weight.

For more detailed information about anorexia nervosa, scan the QR code to download our free ebook, *Eating Disorder Education for Families & Professionals Who Work with School Aged Youths*, or go to RosewoodTempe.com/Signs-And-Symptoms-of-Eating-Disorders/



More information at RosewoodRanch.com



ANOREXIA RECOVERY

TESTIMONIALS FROM ADOLESCENTS

Recovery Is Our Own Choice...I CHOOSE RECOVERY!

Coming to Rosewood I was in denial of just about everything. The programs and groups are great. After a little while I began having realizations about my eating disorder and substance abuse and my depression. I was given great coping skills and other amazing tools to help myself get better. But, as we all know, in the end, recovery is our own choice. Even though my time here has been rocky, I CHOOSE RECOVERY! ~Katelynn D.

I Feel Alive Again, Like the Real Me is Starting to Shine Through

When I first arrived at Rosewood Ranch on May 10, 2013, I was a very sick, scared, lonely, depressed, and confused young woman. Although I was willingly admitted to the Ranch, deep inside I was still ambivalent about recovery. A part of me wanted to get better but a part of me didn't. I had just graduated from college 6 days prior and the last place I wanted to be was in treatment. I wanted to move forward with my life, fully convinced that I could have the future I always dreamed, and my anorexia as well. Besides this, I didn't believe that I was sick enough to be there... that everyone would look at me and question why I was even there. This all changed once I was placed in a wheelchair and on a feeding tube within days of my arrival. After speaking with the treatment team, I realized just how sick I really was. Even so, I still wasn't completely determined to get better. I feared life outside of my eating disorder... what I'd potentially lose if I gave it up. I spent 67 days at the Ranch and 56 days at Capri, a total of 123 days. And it was a very long and hard journey. I had to work through things that had been buried deep inside me since I was a child, things that originally I never would have been willing to bring up. I had to face my trauma head on and dig deeper than I ever had. There were a lot of times where I cried and begged to go home, feeling as though I couldn't go on. I struggled with the food tremendously and constantly fought with my dietitian. My anorexia constantly screamed at me. It felt like there was nothing but a war going on inside of my head. But you know what? I continued to push through, no matter what, and eventually, slowly but surely, I began healing. One hundred twenty-three days of intense treatment later and I can honestly say I'm happier than I've ever been. I feel alive again and the real me is starting to shine through once more. I may not love myself yet, and still have a long way to go, but I'm finally beginning to accept that who I am and who God made me to be is enough. I never could have come this far without the amazing treatment team, both at the Ranch and at Capri. Rosewood saved me and gave me my life back, and for that I'll forever be grateful! ~Christina E.



ANOREXIA RECOVERY

TESTIMONIALS FROM ADULTS

I Have Never Felt This Whole Before

I have had anorexia nervosa for over 6 years, since I was 12. Trauma growing up had led me to believe that I was less-than, unloved, and unimportant. I was filled with self-loathing. I lived with those feelings for years. From the ages of 16-18 I was in treatment 14 times. Finally, desperate, I checked myself into Rosewood, for the second time. I truly feel like I'm healing, as I never have before. At the Ranch, I healed physically. Now, after 2 more months at Capri, I am being restored emotionally and spiritually. I have never felt this WHOLE before. It's completely freeing. ~Anna Z.

Rosewood is Willing to Help You Face Your Demons

Rosewood Ranch is an amazing treatment center for those who suffer from eating disorders. I went to get help for my anorexia. The staff are all so friendly and equally willing to help you face your demons that can be so isolating. They have a wonderful approach to help each individual, individually. I met so many inspiring people there, both clients and staff. I definitely would not be here today without them and I know that if I ever need help again, Rosewood would be the first place I turn! ~M.M.

I was Critically Anorexic...Rosewood is the Place to be if You Want a Better Life

If you're willing to do the work, the staff at Rosewood will help you. I went into treatment almost a year ago and it has changed my life forever. Not only was I critically anorexic, I had a serious medical condition and a drug addiction to boot. The treatment team at Rosewood was caring, fun, but most of all, respectful of every single person that was in my community there. I have [made] friends for life, and a recovery that will last me a lifetime as long as I use the tools that were given to me by the amazing therapists, dietitian, and other staff members. Rosewood is definitely the place to be if you really want to work hard and have a better life. ~A.S.

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SECTION TWO

BULIMIA NERVOSA RECOVERY TESTIMONIALS



BULIMIA RECOVERY

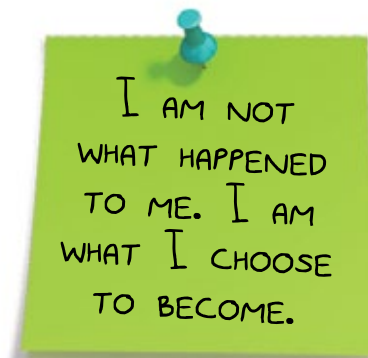
“ Self-harm was My Biggest Addiction... Rosewood Completely Changed My Life - Michaela H.

“ I Started My Eating Disorder When I was 16
- Rosewood Alumni

“ I've had Eating Disorders Since I was 15...Thank You Rosewood for Saving My Life - Susan

“ I've had Anorexia/Bulimia for 28 Years... I Couldn't Be Happier with My Recovery - Kristen Y.

“ My Life was Falling Apart... My Life Now is Free of My Eating Disorder - Marla C.



BULIMIA RECOVERY

TESTIMONIALS FROM ADOLESCENTS

Self-harm was My Biggest Addiction... Rosewood Completely Changed My Life

Coming to Rosewood I was deep in my depression. Self-harm and restricting were my only coping skills but that has changed. Here I have learned I am bipolar and I've been put on meds that stabilize my mood. I have learned I am co dependent and I've learned how to take care of myself, and [to] ask for the support I need. My self-harm was my biggest addiction but I have learned numerous coping skills to help me never give into the urges. Rosewood has completely changed my life and I'm so grateful to the entire staff. ~**Michaela H.**



I Started My Eating Disorder When I was 16

I started my eating disorder when I was 16. It all began because of built up bad body image and working as a lifeguard in a swim suit daily. At first it was just restricting, then when my parents caught on, I was forced to eat. I began purging. I did this for several months, restrict/fast then binge and purge. Finally my parents sent me to a dietitian where she said if I wasn't put into a hospital immediately I would die. I was sent to the ERC in Denver for 7 weeks and they put the weight on, but I slipped up promptly when I arrived home. My relapse started with purging a couple times a week and then it turned into bingeing and purging daily. I tried my best to get better on my own. I was in an abusive relationship and lost a close friend due to suicide and my eating disorder was what gave me any sense of control. I was sent to Rosewood. It's been hard, but so worth it! ~**Rosewood Alumni**



WHAT IS BULIMIA?

Bulimia Nervosa is an eating disorder in which a person ingests large amounts of food (binges), then uses unhealthy strategies to purge the food, such as fasting, laxative abuse, and/or excessive exercise. Those with bulimia may engage in the binge/purge cycle as little as once a week or as often as several times a day.

For more detailed information about bulimia, scan the QR code to download our free ebook, *Eating Disorder Education for Families & Professionals Who Work with School Aged Youths*, or go to RosewoodTempe.com/Signs-And-Symptoms-of-Eating-Disorders/



BULIMIA RECOVERY

TESTIMONIALS FROM ADULTS

I've had Eating Disorders Since I was 15...Thank You Rosewood for Saving My Life

Hi, my name is Susan. I have had my eating disorder since I was 15 years old, I am now 42. My dad and best friend passed away and [to cope] for twenty years I would do bulimic behaviors. However, somewhere in 2010 I started really realizing that I had no one and I wanted to disappear. I ended up starting anorexic behaviors. I went to Rosewood IOP. I remember the staff was awesome, from the patient techs to my therapist, Ashley. They encouraged patients to work on issues - they wanted us all to succeed. Thank you Rosewood for saving my life. ~Susan



I've had Anorexia/Bulimia for 28 Years... I Couldn't Be Happier with My Recovery

I have had anorexia/bulimia for 28 years. When I arrived at the Ranch I felt safe. The staff was so understanding. From the admitting to the discharge date, you are treated with respect, compassion, support, and kindness. The program is designed for individualized clients, for your personal journey - from your dietician to your therapist. I couldn't be happier with my recovery. ~Kristen Y.



My Life was Falling Apart...My Life Now is Free of My Eating Disorder

Before coming to Rosewood, my life was falling apart. My weight was 72 lbs and I was caught up in a cycle of restricting and compulsive exercise. My husband and I tried unsuccessfully to stop this downward spiral. A friend referred me to Rosewood. The first day I felt scared and overwhelmed and wanted to go home. Eventually I adjusted, and the groups, therapy, staff, and peers helped me recover. After 3 months at the Ranch I restored to my healthy weight. I then stepped down to Capri and put the skills I learned into practice. Three months later, I went home and am grateful for my 6 months of treatment at Rosewood. My life now is free of my eating disorder! ~Marla C.

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RECOVERY SUPPORT



SECTION TWO

BINGE EATING DISORDER RECOVERY TESTIMONIALS

BINGE EATING DISORDER RECOVERY

“ I was a Binge Eater - I Would Eat Around 10 Bags of Chips a Day - A.B.

“ Rosewood Changed Me From an Immature Adult to a Mature, Independent Woman - Berit F.

“ Rosewood...Prepared Me for a New, Amazing, Joyful Life - Rita L.



MORE ABOUT BINGE EATING DISORDER

Binge Eating Disorder (BED) is characterized by “recurring episodes of eating significantly more food in a short period of time than most people would eat under similar circumstances, with episodes accompanied by feelings of lack of control.” Those with BED may eat fast and feel out of control despite hunger signals or feelings of fullness. Unlike bulimia nervosa, BED sufferers do not engage in self-induced vomiting as a means to compensate for binge behaviors. People with BED who are obese are at higher risk for cardiovascular disease and high blood pressure.

For more detailed information about binge eating disorder, scan the QR code to download our free ebook, *Eating Disorder Education for Families & Professionals Who Work with School Aged Youths*, or go to RosewoodTempe.com/Signs-And-Symptoms-of-Eating-Disorders/



BINGE EATING DISORDER RECOVERY

TESTIMONIALS FROM ADOLESCENTS

I was a Binge Eater - I Would Eat Around 10 Bags of Chips a Day

I was a binge eater. I would eat around 10 bags of chips a day. I was on the edge. Heart issues, pre diabetes, and tons of other medical problems. Now, I can control my urges and live a healthy life. ~A.B.

TESTIMONIALS FROM ADULTS

Rosewood Change Me From an Immature Adult to a Mature, Independent Woman

I am a binge eater. Rosewood has helped me so much and has changed me from an immature adult to a mature, independent woman! Rosewood was very welcoming and accepting. I have real, special needs and I was accepted and treated like an adult which made me extremely happy. The people I met are now very close to my heart! Thank you Rosewood for a long but wonderful journey. ~Berit F.

Rosewood...Prepared Me for a New, Amazing, Joyful Life

Rosewood was my first eating disorder rehabilitation center. At 45 years old, I had been binge eating for almost 40 years. I had severe depression and was at the end of my rope. I pleaded with my therapist and psychiatrist at home to recommend an inpatient rehab for me because I was slowly dying, had lost all joy, and had so much shame and guilt.

From the second week I was here I was experiencing much less depression. Eating the six smaller meals a day was curbing my binge cravings. Addressing core issues that had been plaguing me for years was the answer for me to start forgiving myself and others. I left Rosewood feeling that this amazing group of therapists, psychiatrists, clinicians, and auxiliary staff had prepared me for a new, amazing, joyful life! ~Rita L.

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SECTION TWO

GENERAL EATING DISORDER RECOVERY TESTIMONIALS



GENERAL EATING DISORDER RECOVERY

“ I Have Grown From the Help I’ve Received...My Life is Changing - L. B.

“ I’m Taking the First Step Toward Having a Life to Live - Mattea

“ I Really am a Worthwhile Person and I Belong in this World - Scarlett S.

“ I Made Lots of Friends Here Who Were Going Through the Same Things - E.Q.

“ Rosewood is a Place I Will Never Forget - Rosewood Alumni

“ Rosewood Center for Eating Disorders is a Fantastic Place to Begin Recovery - Rosewood Alumni

“ I Came in with Uncontrolled Diabetes, High Blood Pressure, & Edema - Traci W.

“ I Would Recommend Rosewood to Anyone Suffering From the Ravages of an Eating Disorder - Rosewood Alumni

“ Don’t Lie or Put on a Mask...The Only Person You’re Hurting is You - Chris L.



GENERAL EATING DISORDER RECOVERY

TESTIMONIALS FROM ADOLESCENTS

I Have Grown From the Help I've Received...My Life is Changing

I came to Rosewood with little hope, and then blossomed into a flower that's getting [more] beautiful every moment. The staff and peers have been supportive and I have grown from the help I've received. I want to say this place is hard but great, and [I] want to thank Rosewood. My [attitude about] life is changing from self-hate to gratitude. My eating disorder has been in recovery and I like that. I know I'm not going to relapse, but will be safe [because of] all I've learned. ~ **L. B.**

I'm Taking the First Step Toward Having a Life to Live

Coming into Rosewood I had my mind set on refusing everything and not opening up or getting close to anyone. I ended up doing the complete opposite. I had the most amazing therapist (she moved and I was devastated), then received another therapist who I had no intention of opening up to and ended up doing the complete opposite again. This is the hardest thing I've had to do in my life, but now I'm taking the first step toward having a life to live. If you let this experience help you, you will receive so much. ~**Mattea**

I Really am a Worthwhile Person and I Belong in this World

I had such a great time. Rosewood has helped me so much with my cutting and suicidal stuff. I hardly have any more urges. The staff here has been great. The therapist will not send you home to a bad environment. They look out for everyone. They listen. If you come to Rosewood, you will not want to leave. It is very homey. Just try hard. I hated the food but now I have a healthy relationship with it. This is a really nice place. This place taught me that I really am a worthwhile person and I belong in this world. You will leave feeling better about yourself. ~**Scarlett S.**

“As a center of excellence, we put client care first. Helping clients and advocates understand the insurance coverage process is part of our ongoing commitment to helping people get the care they need. - **Ethan Lefever**



GENERAL EATING DISORDER RECOVERY

TESTIMONIALS FROM ADOLESCENTS CONT.

I Made Lots of Friends Here Who Were Going Through the Same Things

I have had a really good experience at Rosewood. When I first arrived I was scared, but everyone was very welcoming and made me feel more comfortable. I hated all the rules here, but eventually learned to accept them. Everyone is really supportive and very sweet. I made lots of friends who were going through the same things I was. The staff always took care of me and made sure I had everything I needed to be comfortable. Above all, I gained recovery. Although I was homesick, my experience here was very good. I wish luck to everyone on their recovery! ~E.Q.

Rosewood is a Place I Will Never Forget

Rosewood is a place that I will never forget. Your treatment team, and the support around you, is just unbelievable. They actually knew and understood what you were experiencing. Being there made me grow stronger and gave me hope that my life wasn't completely over. It opened my eyes that I could start a new beginning. My therapist, psychiatrist, dietitian, doctor, and the staff/nurses were so kind and supportive through all my struggles. They never gave up on me when it felt like everyone else around me had. The atmosphere is peaceful, and the activities are spectacular. I miss Rosewood and the lovely people there. ~Rosewood Alumni

PATIENT ADVOCACY

Rosewood Centers for Eating Disorders' staff includes a highly experienced 'Utilization Review' (UR) team whose primary purpose is to make it easy for Insurance Case Managers to understand patient care needs and accurately assess the necessary level of care. In this article, Rosewood UR experts highlight six things that every provider and patient advocate can do to help CMs assess medical necessity and patient care needs.



For more detailed information, scan the QR code to download our free *Patient Advocacy Guide*, or go to RosewoodTempe.com/Eating-Disorder-Patient-Advocacy/

More info at RosewoodRanch.com



GENERAL EATING DISORDER RECOVERY

TESTIMONIALS FROM ADULTS

Rosewood Center for Eating Disorders is a Fantastic Place to Begin Recovery

Rosewood center for eating disorders is a fantastic place to begin recovery. I spent the fall of 2011 with the staff and other patients. From the start the staff showed me that they cared dearly for me. Their knowledge and understanding of my disease helped me learn how to start my own personal journey of recovery. Entering the center at 35 years old I was worried and embarrassed that I was too old, [I was] comforted to see the range of people in the adult unit. I learned and received support from them, and continue to stay in touch and [be] supported through the Facebook group for alumni. Although it was the hardest thing to do, staying at Rosewood and seeking the help I needed saved my life. They taught me strategies and coping skills to get through difficult times in the real world. I truly believe the staff understand where we are and what we need. As long as you are willing to do the work they will help you and accommodate your needs. Leaving a husband and two young girls at home was impossible, but because of God and Rosewood's guidance I am still in recovery and am expecting a baby in two months. The gradual release of trust they give you really helped me enter the the world in recovery. Thank you again Rosewood. As for recommending this center to others, I easily say 'yes.'

~ Rosewood Alumni

I Came in with Uncontrolled Diabetes, High Blood Pressure, & Edema

From the moment I made contact with Rosewood's intake coordinators, I felt I would get the help I needed. My life had become very unmanageable. My eating disorder was out of control. If I didn't get help, I would die. At the Ranch I was taught what an eating disorder was, what my eating disorder meant to me. They also medically stabilized me. I came in with uncontrolled diabetes, high blood pressure, and edema to name a few. I left the ranch feeling better than I had in years. My diabetes and blood pressure are in normal ranges. Everyone at the Ranch was so supportive and helpful. I was very reluctant to go to their step down program, Capri. I thought I knew all I needed to know about my eating disorder, but I was wrong! Coming to Capri [I] dug in to my trauma work with the help of my therapist, Sherry, and the rest of the outstanding staff here at Capri. I have been given the tools to battle my eating disorder, tools to deal with life on life's terms. After 109 days in the Rosewood program, I am leaving with a healthy fear, which I feel good about. I finally have hope for my future. Thank you, Rosewood. I am grateful to you all! ~Traci W.



GENERAL EATING DISORDER RECOVERY

TESTIMONIALS FROM ADULTS CONT.

I Would Recommend Rosewood to Anyone Suffering from the Ravages of an Eating Disorder

I came to Rosewood as a broken man in all respects; physically, emotionally, mentally and spiritually. However, I did not fully recognize that brokenness, or how far I had fallen, until I had been at Rosewood for a couple of weeks - when I surrendered and truly began the recovery process. Surrendering to the process and the personnel at Rosewood was key to moving forward, and realizing that this opportunity to improve myself was my last shot at becoming a whole person again spurred me toward recovery, even though following through that goal was difficult at times. The changes I've seen since being here have been very positive: physically restored, mentally clear, emotionally expressive, and spiritually centered. I would not have had this opportunity anywhere else and for that I thank the staff and professionals here. My wife, during her family week visit, mentioned that she now "has her husband back," and I would agree. I feel that I have returned to an even better and healthier state of mind and body. It has been a holistic experience and I would recommend Rosewood to anyone suffering from the ravages of an eating disorder. ~Rosewood Alumni

Don't Lie or Put on a Mask...The Only Person You're Hurting is You

My experience at Rosewood was great. The staff really did care about me. They worked really hard to get me AA meetings. I've had a drug and alcohol problem for years and I expressed my need for AA meetings and they got them for me. If someone who was in my situation came to Rosewood, I would tell them to keep an open mind and always open up and be real. Don't lie or put on a mask. Stay real. The only person you're hurting is you. ~Chris L.

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RECOVERY SUPPORT

SECTION THREE

RECOVERY SUPPORT SYSTEM FLYERS





AFTERCARE PROGRAM

RELAPSE PREVENTION FOR LIFE-LONG RECOVERY

WE START AFTERCARE PLANNING ON DAY ONE: Throughout their stay at Rosewood, clients discover their inner power through a multidisciplinary core-treatment program that includes weekly relapse prevention sessions. These sessions, coupled with group and one-on-one therapy, help clients develop life-long coping strategies.



WE HELP CLIENTS DEVELOP A SUPPORT NETWORK:

Rosewood's individualized treatment approach allows us to develop strong ties with clients, families and community professionals. When clients are ready to leave treatment, we draw from these relationships to provide a truly personalized aftercare strategy that includes a meal plan, grocery lists, scheduled appointments with new or current providers, alumni involvement, and anything else the client needs.



WE ENCOURAGE FAMILY INVOLVEMENT: Rosewood encourages families to get involved in client care throughout the recovery process. While clients are in treatment, family members participate in a 'family program' that includes weekly therapy, as well as a multi-day family intensive. During this time family members learn about the special needs associated with having an eating disorder, and get an opportunity to develop skills that support continued growth and healing within the family unit.



“ I am thankful every day for receiving treatment here. While at the Ranch, you are laying the groundwork and building a tool kit to take back home to your life. Rosewood supports you throughout the entire process, including aftercare and alumni support, which is unique because I have never been to another facility that has that type of aftercare. One year out of treatment, I returned as an alumni and each staff member remembered me by name! - Lacey C., Alumni

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ALUMNI PROGRAM

ONE-ON-ONE SUPPORT | COMMUNITY OUTREACH

ENJOY ONE-ON-ONE SUPPORT: Rosewood's alumni coordinator personally reaches out to every client numerous times within their first year after treatment. The alumni coordinator encourages clients to stay on track with their recovery plan, is always available via phone or email, and provides additional resources as needed.



PARTICIPATE IN OUR COMMUNITY: Rosewood alumni receive ongoing support and encouragement through online support groups, group activities, eating disorder anonymous groups, eating disorder art groups, a yearly alumni reunion, and a variety of other activities organized by Rosewood's alumni department. Each of these forums allow alumni the opportunity to connect and communicate with their peers in a safe environment.



JOIN OUR MISSION: The mission of Operation RecoverED is to provide alumni an opportunity to get involved and give back to the community. We do this by raising awareness about anorexia, bulimia, and binge eating disorders at schools, clubs, and organizations across the globe. More information at OperationRecoverED.com.



“ *I have been in recovery for 6.5 years and gone back to speak twice as an alumni. They truly helped me in so many ways.*
- Rosewood Alumni

“ *Rosewood has great aftercare ... I use the alumni page as 24 hr support if I need it.*
- Rosewood Alumni

CONNECT WITH US:



[Facebook.com/RosewoodRanchCenters](https://www.facebook.com/RosewoodRanchCenters)



[@RosewoodCenters](https://twitter.com/RosewoodCenters)

ROSEWOODRANCH.COM | 800-845-2211 | INFO@ROSEWOODRANCH.COM

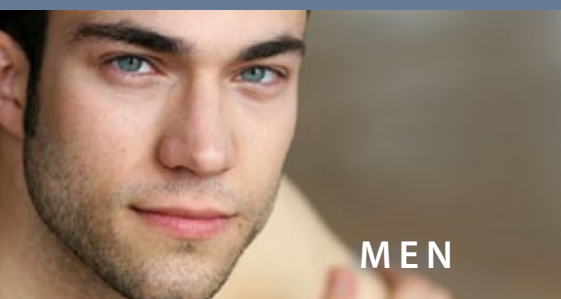
RECOVERY SUPPORT



SECTION FOUR

ABOUT ROSEWOOD & OUR SISTER COMPANIES

SPECIALIZED COMPASSIONATE CARE FOR OVER A DECADE



MEN



WOMEN



ADOLESCENTS

EATING DISORDER TREATMENT: Rosewood Centers for Eating Disorders provides comprehensive care for men, women and adolescents, 12 years of age and older. We understand the intricate medical, emotional, and psychological complications associated with someone with an eating disorder. Our well-established model of care, experienced multi-disciplinary staff, and intimate warm setting make Rosewood uniquely qualified to effectively treat those suffering from the complexities of an eating disorder. Get more information and sign up for our informative newsletter at RosewoodRanch.com.

OUR COMMITMENT TO YOU INCLUDES:

Honoring your physical, emotional, and spiritual well-being.

Helping you deal with life's pressures, influences and hardships.

Helping you experience the freedom of being yourself.

Providing you with the knowledge and skills you need to live a healthy lifestyle.



24/7 Intake 800.845.2211



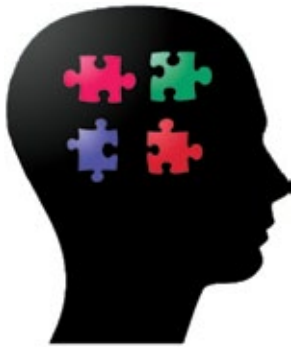


ROSEWOOD®
TEMPE OUTPATIENT CLINIC
ROSEWOOD CENTERS FOR EATING DISORDERS

OUTPATIENT TREATMENT

GENERAL COUNSELING | NUTRITION | PSYCHIATRIC SERVICES

WHO WE TREAT: Rosewood Tempe Outpatient Clinic offers therapeutic services to support emotional growth and healing in men, women, and adolescents struggling with anorexia, bulimia, and binge eating disorder, as well as co-occurring addictions and mental disorders.



TREATMENT MODALITIES: Our multidisciplinary team of therapists, dietitians, and psychiatrists employ a full spectrum of traditional and alternative treatment modalities to meet clients' needs. Modalities can include DBT, CBT, art therapy, marital counseling, alternative therapies, and more.

Clients also receive a comprehensive nutritional evaluation and customized meal plan from our registered dietitians. Complex and varied eating disorder issues are addressed as clients participate in individual sessions, meal planning classes, educational presentations, and experiential activities.

PROFESSIONAL PARTNERSHIPS: Rosewood Tempe takes a collaborative approach to treatment, and sees professional referents as vital members of the clients' treatment team. That is why we can and will collaborate with community referents whose clients need a higher level of care and/or daily supervision.



COMMUNITY SUPPORT GROUPS: Community groups at Rosewood Tempe offer support, insight, and coping tools for clients in recovery, as well as for their loved ones and care providers. In a supportive, interactive group environment clients learn that they are not alone, and are encouraged to help one another through the healing process under the guidance of an experienced clinician or trained group facilitator.



**ROSEWOOD
INSTITUTE®**
FOR EATING DISORDER TRAINING & EDUCATION

CONTINUING EDUCATION

BEHAVIORAL HEALTH | MENTAL HEALTH | ADDICTION TREATMENT

EDUCATION: The Rosewood Institute offers a variety of learning tools for professionals in the fields of behavioral health, mental health, and addiction treatment. Benefit from an assortment of on-demand and live webinars, conveniently compiled in one online location, at RosewoodInstitute.org. We also offer in-person learning opportunities at live workshops, conference presentations, and special events. For more information visit our website.



OPPORTUNITIES: The Rosewood Institute welcomes passionate, mature, intelligent students to apply for internship opportunities. All internships are for our parent company, Rosewood Centers for Eating Disorders. To apply, please email cover letter, resume, and three references to TRI@rosewoodranch.com.

We are also looking for presenters for upcoming Rosewood Institute events. If you are interested in submitting a presentation, please visit our website for a list of submission requirements (rosewoodinstitute.org). All submissions will be reviewed by a committee looking for presentation topics that speak to the concerns of health care professionals who come in contact with eating disorders.



CONTINUING EDUCATION CREDITS: The Rosewood Institute is a premier provider of continuing education for Psychologists, Counselors, Addictions Counselors, Dietitians, Psychiatrists, Primary Care Providers, and any professional in the field of behavioral health, mental health, or addiction treatment. Many of these CEs are offered at no cost via Rosewood Institute webinars and workshops. CE credits available from APA, NAADAC, NBCC, CBBS, and CDR.





Discover recovery at A New Journey (ANJ) center for eating disorder treatment in Santa Monica, CA. Individualized partial day treatment, 11 hour extended day treatment, intensive outpatient and transitional living for men, women and adolescents recovering from anorexia, bulimia, binge eating disorder, and co-occurring mental illnesses.

Immerse yourself in a healthy, supportive, therapeutic setting that encourages emotional growth, healing, and balanced living. Our sophisticated model delivers psychotherapy, nutritional restoration, and psychiatric oversight within a respectful and compassionate environment that honors every clients' dignity. For clients with scheduling challenges we offer flexible programming. We also work closely with clinicians and care providers to ensure continuity of care.

24/7 Intake at 800.634.1733 | ANewJourney.net



[Facebook.com/ANJSantaMonica](https://www.facebook.com/ANJSantaMonica)

EATING DISORDER AWARENESS

OPERATION RECOVERED: O.R. started as a 'guerrilla post-it' movement that involved posting kind and considerate words in random places. We've expanded to include speaking at schools and participating in awareness raising events.



WHAT WE DO: Operation RecoverED was started by Shannon H. and the Alumni of Rosewood. The mission of O.R. is to provide alumni an opportunity to give back to the community by raising awareness about anorexia, bulimia, and binge eating disorders at schools and events across the nation.

CONNECT WITH US: When you join Operation RecoverED you become part of a community of supporters who know what it's like to struggle with anorexia, bulimia, and binge eating disorder. We are dedicated to raising awareness and to supporting others in their recovery from eating disorders. To receive inspirational emails from O.R., visit our website, follow us on Facebook, and tweet with us.

W OperationRecoverED.com

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