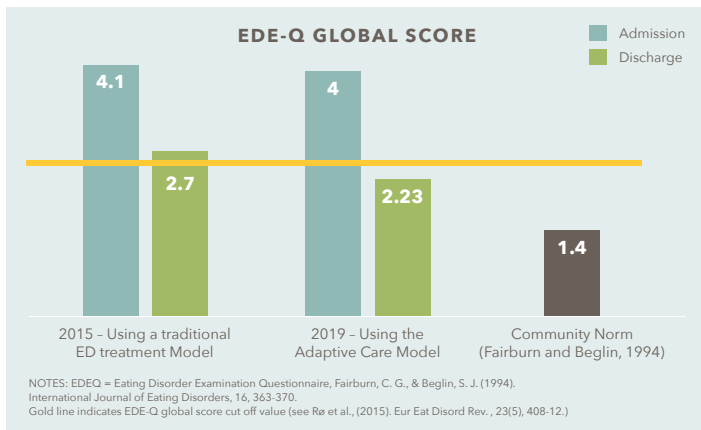


2019 Treatment Outcomes

Proving the Effectiveness and Scalability of our Adaptive Care Model®

Our Adaptive Care Model reflects our integrative approach to eating disorder treatment. We focus on the total health and well-being of each client and empower them to take ownership of their wellness in five areas: medical, therapeutic, nutrition, movement, and relational practices. Alsana leadership and treatment teams work collaboratively to develop, train, and create consistency within all of our clinics. Within this client-first framework, our care embodies a holistic approach, offering hope, healing, and the keys to full recovery.

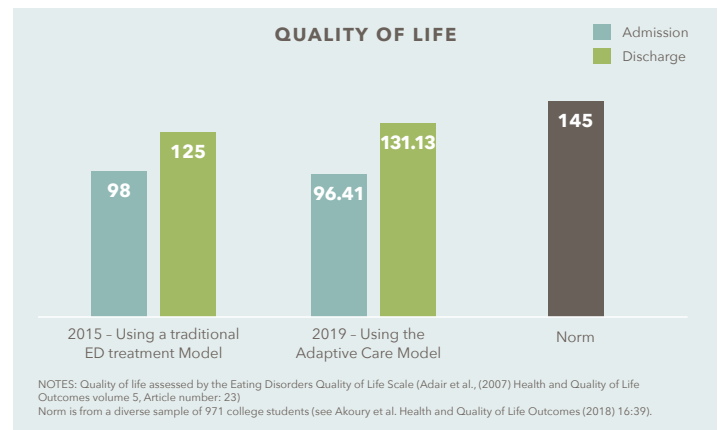


We utilize the **Eating Disorder Exam Questionnaire (EDE-Q)** to evaluate improvement in eating disorder symptoms from admission to discharge. The EDE-Q Global Score provides a psychometrically sound and empirically-validated overall measure of eating disorder behavior change.

In 2019, our clients demonstrated statistically significant improvement in eating disorder symptoms on the EDE-Q from admission to discharge with a large effect size.

Example questions include:

- “Have you had a definite fear of losing control over eating?”
- “Trouble concentrating on other activities like work?”
- “How many days have you eaten in secret?”
- “How often do you feel guilty after eating?”
- “Do you have a desire for a totally flat stomach?”



The **Eating Disorder Quality of Life Questionnaire (EDQLS)** is a valid and reliable measure utilized to track improvement in quality of life symptoms related to eating disorder recovery. Clients discharging from Alsana in 2019 reported a statistically significant improvement in quality of life with a large effect size.

Sample questions from the EDQLS include:

- “I feel like I don’t have a life”
- “My life is full of worry right now”
- “I have lots of rules about food”
- “I feel connected to others”
- “I see positive things in my appearance.”

93% AND 99% would recommend Alsana to others
 Clients Families



Quantifying the Adaptive Care Model[®]

Each dimension of our Adaptive Care Model was assessed from admission to discharge by the following measures:

Therapeutic - Difficulties in Emotion Regulation Scale

Nutrition - Safe/Unsafe Food List

Medical - Medical Acuity Index

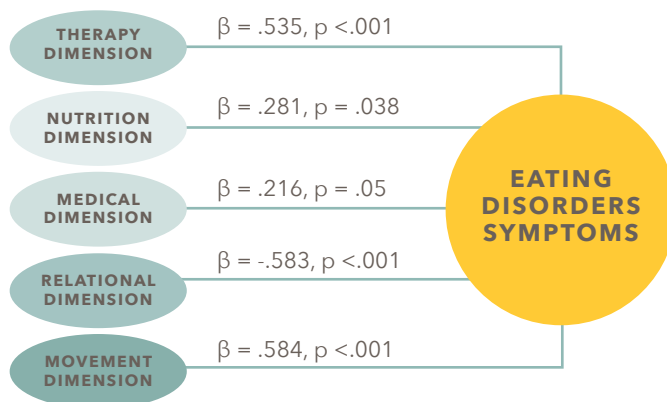
Relational - Self Compassion Scale

Movement - Compulsive Exercise Test

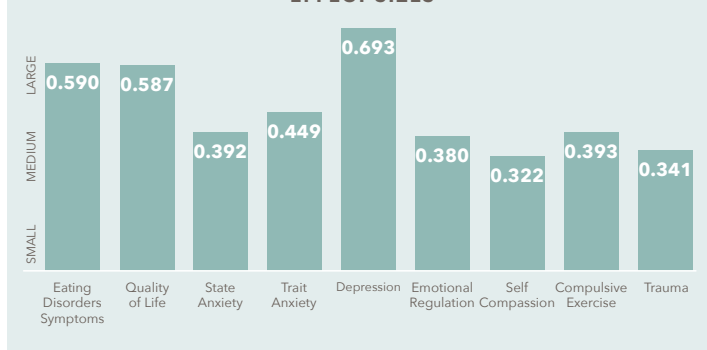
Eating Disorder symptoms - Eating Disorder Examination Questionnaire

This was done using a path analysis to determine the independent effects of each dimension of care on ED symptoms score change.

Independent Effects of Each Dimension of the Adaptive Care Model on Eating Disorders Symptoms



EFFECT SIZES



In 2019, Alsana achieved statistically significant improvements for eating disorder treatment outcomes in every area of our Adaptive Care Model.

These findings are only the first step in proving the effectiveness of our innovative, holistic approach to eating disorder treatment, as we continue to test and evaluate our model.

DEMOGRAPHICS OF CLIENT SAMPLE

SAMPLE SIZE	TIME PERIOD	GENDER*			
145 Clients	January through December 2019	93% Female	7% Male		
LENGTH OF STAY					
70 Days (Average)	3-215 Range in Days				
EATING DISORDER DIAGNOSES**					
30% AN-R	34% AN-BP	18% BN	6% BED	2% ARFID	10% OSFED
LEVELS OF CARE					

72% of these Alsana clients were admitted to the RTC level of care, while 63.8% of clients from the same group discharged from the PHP/IOP levels of care.

* All Transgender clients identified as either Female or Male.
 ** Anorexia Nervosa - Restricting type; Anorexia Nervosa - Binge-eating/purging type; Bulimia Nervosa; Binge Eating Disorder; Avoidant/Restrictive Food Intake Disorder; and Other Specified Feeding or Eating Disorder

We would like to be your eating recovery community.

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