

# Let's Be Honest

What barriers are holding you back from seeking treatment?



Starting the recovery journey can feel intimidating, with barriers that may seem overwhelming. Magnolia Creek offers a safe, supportive environment where clients and families recognize these challenges as steps toward healing rather than weaknesses.

## Common Barriers to Treatment

- Fear
- Guilt or shame
- Change
- Isolation
- Denial
- Distance from home
- Financial concerns
- Time commitment

While an eating disorder doesn't define you, it can take control of your life — and your family's — if left unaddressed.

## Speaking Honestly About Common Barriers

Drawing from her own recovery journey and passion for helping others find lasting healing, our head of admissions, Alycia Aldieri, shares candid insights into the barriers individuals often face when seeking treatment. Scan the QR code to hear directly from Alycia and discover how you and your family can take the first step toward recovery.

Explore these barrier by visiting our website



[MagnoliaCreek.com/LetsBeHonest](https://MagnoliaCreek.com/LetsBeHonest)

*“Don't forget who you are. You do hard things every day. Don't tell me you can't do hard things.”*  
– Alycia



**Magnolia Creek**  
TREATMENT CENTER FOR EATING DISORDERS

## Who We Are

Magnolia Creek, located near Birmingham, Alabama, offers evidence-based, high-quality care for adolescent and adult females (12+) suffering from eating disorders and co-occurring mental health or substance use disorders. Our comprehensive, holistic treatment approach addresses each client's psychological, medical, nutritional, spiritual, and relational needs.

## Levels of Care

### Adult Residential Treatment

Our residential treatment (RTC) program provides a supportive environment where clients can restore their physical and psychological health while establishing a strong foundation for recovery. Each woman engages in individual, group, and experiential therapy on our serene, expansive campus.

### Adolescent & Teen Residential Treatment

Our adolescent program offers teen-specific components while adhering to the same clinical standards as our adult care. Girls ages 12-17 work with specialized staff while living and receiving treatment in a separate cottage. The program features family therapy, licensed teachers coordinating with local schools, and approachable menus.

### Partial Hospitalization Program

Our partial hospitalization program (PHP) — also known as day treatment — provides ongoing feedback and support as clients regain confidence and transition out of treatment. With continued therapist support, PHP offers increased independence while allowing individuals to apply learned skills to real-world challenges.

