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Avalon Hills Residential Eating Disorders Program

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CD 85- Promoting Positive Youth Development
Final Presentation

Avalon Hills Philosophy

“Avalon Hills' philosophy has, at its core, a **belief in the human capacity to grow**. We understand the complex and individualized nature of eating disorder syndromes, underscoring the need for thorough assessment and flexibility in treatment approaches. Further, we know that changes can only occur one step at a time. Thus our treatment follows a stage-based readiness model of change. The program is comprised of three cornerstones for positive change: new information, new insights, and new experiences.”

Components to Avalon Hill's Theory of Change

- Individualized five stage program
- A structured, supportive environment
- Integrated and comprehensive therapy techniques
- Ultimately will lead patients to overcome body image issues and have a positive relationship with food and exercise.

Logic Model Inputs

- Residential environment - treatment is full time
- Safe, supportive environment that is free of confusing messages about body image
- 50 qualified therapists on-site
- Various types of therapy and activities available
- Patient involvement in developing individual treatment plan

Logic Model Plan of Action

- **Pre-intake screening/interview**
 - Interview patient and inform of program philosophy and approach to make sure that it is a good fit
- **Stage 1: contracting**
 - Assessment
 - Orientation
 - Treatment planning
- **Stage 2: awareness**
 - identifying what causes and allows eating disorder to continue
- **Stage 3: exploration**
 - Acknowledgement of motivations for maintaining eating disorder symptoms
 - Taking ownership of choices and recognizing consequences
- **Stage 4: action**
 - Willingness to change and experiment with new behaviors, thoughts, and coping mechanisms
- **Stage 5: transition management**
 - Learning to cope with factors that could contribute to relapse
 - Coping behaviors for the challenges of returning to the real world

Logic Model Activities

- Experiential Therapeutic Activities
- Outdoor Experiences and Challenges
- Expressive Therapies
- Fitness for Fun
- Facing Food and Body Fears
- **Therapeutic Homework and Activism**
- Individual and group psychotherapy
- Body image counseling
- Spiritual growth group
- Nutrition sanity
- Compulsion management
- Skills building
- Animal assisted therapy

Logic Model Outcomes

- Healthy eating and exercising habits
- Relationships with peers and therapists
- New information
- New insights
- Coping skills
- Positive thinking skills
- Hope for the future
- **Activism/motivation to help others**

Components of ADS in Avalon Hills

- Evaluation of entire family
- Individual develops own treatment plan
- Emphasis on building relationships for support
- Encouraged involvement in mentoring peers
- Encouraged activism and engagement
- Holistic approach to treatment

Problems with Avalon Hills

- Definitions of positive outcomes are not clearly laid out in measurable terms
- No evaluation procedure to prove, improve, and empower

Developing Evaluation into Avalon Hills

- Effectiveness:
 - Define procedure to measure the specific outcomes outlined in the the logic model
- Scale:
 - Measure the number of participants served
 - Compare with prevalence of eating disorders in the area
- Sustainability:
 - Cost of the program
 - Are clients able to afford treatment for long enough to produce positive outcomes?
 - Methods of financial aid?
 - Are clients denied due to financial circumstances?
 - Can the program sustain with the current funds that it receives?

Bibliography

(2006). *Avalon Hills Residential Eating Disorders Program*. Retrieved April 23, 2006 from www.avalonhills.org