Alumni and Community Resources

The hardest work of recovery often occurs following discharge from the structured treatment environment. Eating Recovery Center and Insight Behavioral Health Centers offer events and resources to provide ongoing support to individuals throughout the various stages of treatment and recovery.

Follow-Up Emails and Phone Calls
Check-ins at one-week, one-month, six-months and one-year post discharge to encourage alumni and help in any way needed!

Free Support Groups
Spaces across the US to connect with peers and clinicians in a recovery-focused environment. eatingrecovery.com/alumni/support-groups

Team Recovery
Join the team and connect with ways to raise awareness and educate others about eating disorders. myteamrecovery.org

Events
Local, regional and national events for alumni, family, support persons and community members. eatingrecovery.com/alumni/events

Blogs and Articles
Stories and information to support alumni and community members along their path toward long-lasting recovery. eatingrecovery.com/blog

ERC eLearning
Hear stories of hope from people in recovery and tips from professionals who specialize in eating disorders. eatingrecovery.com/alumni/resources

Binge Eating Connection
An online community inspiring people to share experiences, tips, and information about their battle with binge eating disorder. facebook.com/bingeeatingconnection

Mental Note Podcast
Hope-filled episodes to provide education and inspiration. mentalnotepodcast.com

Online Communities

ALUMNI AND FAMILY LIAISON TEAM

Katie Bendel, LMSW
Texas

Maggie Moore
MA, LMFT
Colorado | South Carolina

Samantha Lach
MA, LPC
Ohio | Illinois

Nica Selvaggio
LMHC, NCC
Washington | California

Carol Dworaczyk, MA
Alumni Family Outreach Manager

Contact us at alumni@ERCInsight.com
Family and Support Persons
Support persons have a very important role in their loved one's eating disorder recovery - and ERC/Insight is here for support throughout the journey. ERC/Insight offers tips, information, support and community to aid in the recovery process.

**Eating Disorders Family Connection**
Online community connecting people who support a loved one with an eating disorder. [facebook.com/groups/EatingDisordersFamilyConnection](http://facebook.com/groups/EatingDisordersFamilyConnection)

**Events**
Local, regional and national events for alumni, family, support persons and community members.

**ERC Family Day(s)**
A day of family education and support. Family members of patients may attend Family Days as many times as they would like, even after their loved one has discharged from treatment. [eatingrecovery.com/families/events](http://eatingrecovery.com/families/events)

**ERC eLearning and Podcast**
Hear stories of hope from people in recovery, and tips from professionals who specialize in eating disorders. [eatingrecovery.com/alumni/resources](http://eatingrecovery.com/alumni/resources)

Binge Eating Treatment and Recovery Program (BETR)
ERC offers a unique eating disorder treatment program for individuals with binge eating disorder, compulsive overeating, night eating, emotional eating, and/or “food addiction.”

**Binge Eating Connection**
Online community inspiring people to share experiences, tips, and information about overcoming binge eating disorder. [facebook.com/bingeeatingconnection](http://facebook.com/bingeeatingconnection)

Family Support Center
The Family Support Center is an online community for family members and caregivers of those struggling with eating disorders and related conditions. The Support Center provides tools and support throughout the treatment and recovery journey. [eatingrecovery.com/families/portal/welcome](http://eatingrecovery.com/families/portal/welcome)

**Resource Center**
Filled with tips, checklists and information to educate and inform you on how to take care of your loved one – and yourself.

**Meal Management**
Knowing the best way to support a loved one's recovery can be challenging, especially at meal time. ERC is here to help with understanding the illness and how to best support a loved one.

**Success Stories**
Overcoming an eating disorder is hard work and takes time. Success stories from brave alumni and families show that full and lasting recovery is possible.

**Social Media**
ERC's social media channels are welcoming, diverse communities that are open to all. Connect to others with similar experiences and join us in raising awareness, removing stigma and inspiring hope!

**The Recovery Cookbook**
ERC's cookbook serves as a guide to mealtime preparation. All of the recipes are dietitian tested and approved. [eatingrecovery.com/professionals/resources/downloadable-resources](http://eatingrecovery.com/professionals/resources/downloadable-resources)

For more information on our full continuum of care for children, adolescents and adults call 877-735-0252 or visit www.eatingrecovery.com | www.insightbhc.com.

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