



EATING Recovery CENTER
INSIGHT Behavioral Health Centers
 LEADING THE WAY TO RECOVERY

Alumni, Family and Community Support Services

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!



Blogs and Articles

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



Free Support Groups

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



ERC eLearning

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



Team Recovery

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



Binge Eating Connection

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



Events

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



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
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 Washington | California



Carol Dworaczyk, MA
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Contact us at alumni@ERCIInsight.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



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



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

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

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

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



EATING
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Health Centers
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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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