



Seeds of Hope

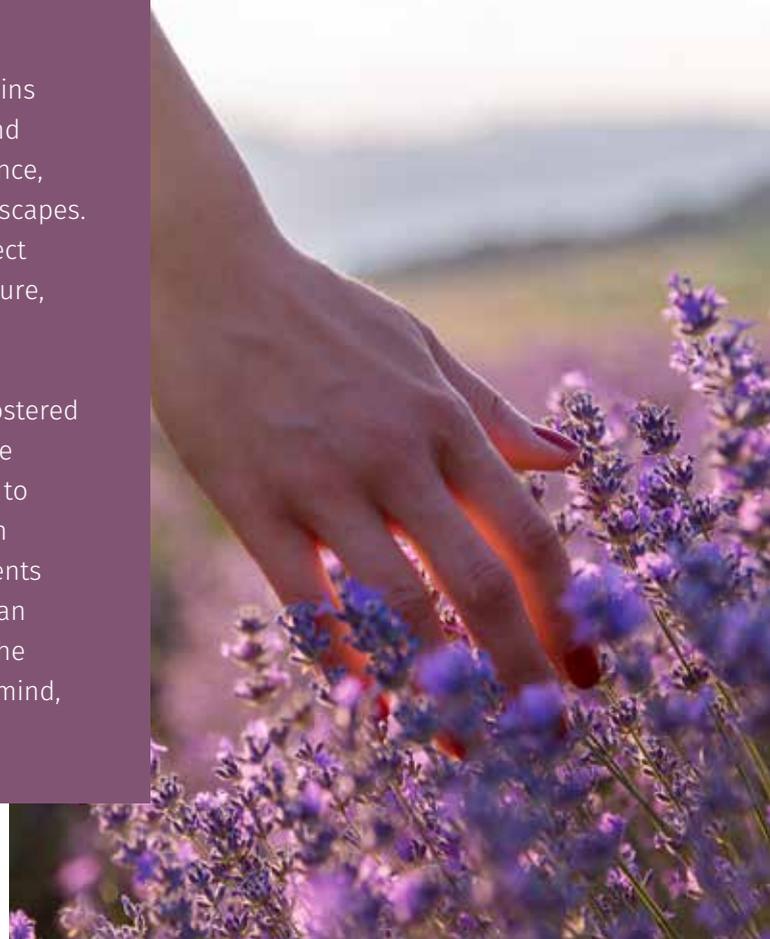


Welcome to Seeds of Hope

Seeds of Hope is a Residential Treatment Program for women who are struggling to regain independence from all eating disorders. Our empowering therapies and expert staff guide individuals to attain lifelong recovery no matter what stage of life they're in.

Northeast Pennsylvania and the Appalachian Mountains have long been a desirable destination for healing and restoration. The area is known for its peaceful ambiance, calming atmosphere, and serene environmental landscapes. The spirit and culture of Northeast Pennsylvania reflect the joys of life through a healing connection with nature, recreation, and oneself.

At Seeds of Hope, we know that lifelong recovery is fostered by learning to live a balanced life despite unavoidable daily stress. We teach our clients the skills necessary to effectively manage the pressures of life and walk with them on their journey to true health and healing. Clients are offered the opportunity to develop or rediscover an appreciation for the benefits of self-awareness and the empowerment that comes from connection with the mind, body, and spirit.



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Our Mission

Seeds of Hope's Residential Treatment Program is grounded in the highest clinical standards and exists to provide holistic, evidence-based treatment for eating disorders. We offer a transformative recovery experience in a relaxed, intimate setting through an individualized approach.

We believe that every individual, regardless of their current struggle, is capable of and deserves revitalization, meaningful change, and autonomy in life and recovery when given the tools and support necessary.

It is our mission to empower clients to experience genuine **hope, healing, and happiness.**



Who We Help

Adult women:

- Struggling with an eating disorder who want to move their lives forward and succeed in recovery
- With co-occurring mental health conditions
- With co-occurring drug and alcohol use disorders
- Whose diagnoses are best addressed with a personalized treatment approach
- With previous traumatic experiences who will thrive in an intimate residential setting with specialized therapies
- Who are seeking empowerment to regain control of their lives amidst daily stressors and struggles



Our Therapeutic, Homelike Environment



At Seeds of Hope, we know that the three key aspects of a healing environment are comfort, trust, and safety. This is exactly what individuals will feel at our restorative sanctuary — a home surrounded by others who relate to what they are going through, with caring and compassionate experts to keep them safe and walk alongside them in their recovery journey. Everyone's path to recovery looks and feels different, so we have designed each aspect of our program and facility to put our clients at ease and make them feel as at home as possible. We are a place to find peace and healing tucked away in the serene, vastness of Northeast Pennsylvania's Appalachian Mountains. The environment we've created is based entirely on our client's comfort and empowering them to reclaim control of their mind, body and spirit.

Our Onsite Amenities and Offerings:

- Intimate program with a 1:4 clinician to client ratio and a maximum capacity of 12 women
- Comfortable, safe treatment environment
- Spacious bedrooms and living rooms
- Quiet, therapeutic spaces for group activities, reflection, and downtime
- Fully equipped, family-friendly kitchen for preparing meals and snacks with an on-site executive chef
- Quaint property set off the road for privacy on a gently rolling landscape surrounded by majestic mountains
- Trauma-specific interventions
- Integrative, holistic therapies
- Graduated life skills methodology
- Family program



Our Team

Our team of experts consists of a licensed Executive Director who oversees all operational and clinical aspects of the program. Licensed Clinical Therapists and Behavioral Health Technicians lead the daily programming with the support of Wellness Practitioners, Yoga Instructors, Music and Art Therapists, Equine Therapists, Executive Chefs, and more!

Our medical team is comprised of Psychiatrists, General Medical Practitioners, Certified Registered Nurse Practitioners, Dietitians, Registered Nurses, and Certified Nursing Assistants.



All team members have specialized training and experience in the treatment of eating disorders. We are fortunate that the majority of our team members lend an additional layer of empathy and support to our program as a result of their personal experience with eating disorders, co-occurring mental health, and drug and alcohol use disorders.

We believe that no two recoveries, even by one individual, looks or feels the same as another. Every recovery journey deserves individualized care by expertly trained and experienced supporters to ensure an encouraging and all-encompassing journey to their self-identified definition of being “recovered.”

Our Style and Approach

Our goal is to empower and enrich our clients with the knowledge and skills necessary to face daily challenges and stressors head-on to achieve self-identified success. We take an individualized, client-centered approach to treatment, understanding that each recovery journey looks and feels different. We encourage family involvement and the building of a trusted support system that includes professionals and non-professionals alike.

While in our program, clients not only participate in therapeutic and nutritional groups, but also engage in external activities as part of our life skills re-engagement program. Participation in activities such as grocery shopping, preparation of meals and snacks with a dietitian and executive chef, and dining at local restaurants are geared towards aiding in the support of returning to home life and responsibilities. This is a clinically integrated, holistic program intended to increase each client's sense of self and their capacity for regulation across multiple domains of life.

Seeds of Hope utilizes a positive, trauma-informed, relational approach that inspires open communication, the building of community and reconnection with oneself, family, and friends, and enjoyable activities through a highly structured, yet non-restrictive program design.

Our goal is for clients to feel control and freedom in their recovery process, but receive as much support and assistance as needed.



Program Features

Our CARF-accredited program has an unparalleled 1:4 clinician to client ratio and is designed to meet the needs of all women who desire to understand their eating disorder and identify recovery as their goal. We seek to support this goal with a four phase process of treatment. In this process, not only do we address eating disorder thoughts and behaviors, we also support each client in beginning to identify the root cause of their disorder through assessment and treatment of all co-occurring mental health and drug or alcohol use disorders to facilitate whole-person healing through:

- Individual, Group and Family Therapy Sessions
- Individual and Group Nutrition Education Sessions with a Registered Dietitian
- Food Preparation, Menu Planning, and Mealtime Support and Coaching
- Supportive Grocery Shopping and Restaurant Dining
- Family Support and Education Weekends
- Psychiatric and Medical Monitoring and Medication Management



Clinical treatment modalities supported by empirical, evidence-based research are paramount and represent just one piece of the mental health disorder treatment puzzle. Our clinical treatment modalities include:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Biofeedback Therapy
- Motivational Interviewing
- Trauma-Specific Interventions
- Mindfulness-Based Relapse Prevention
- Mindfulness Meditation
- Relapse Prevention Therapy
- Experiential Therapy

An undeniable link between the mind, body and spirit makes it crucial to effectively address the whole person during treatment and throughout recovery. Improving one facet can drastically help to improve the others in working toward both physical and emotional well-being.

Clients benefit from an integrated health and wellness therapeutic model that includes:

- Nutritional and Meal Planning Support
- Expressive Art Groups such as Art Therapy and Music Therapy
- Ecotherapy such as Horticulture Therapy and Animal-Assisted Therapy
- Equine Therapy
- Balanced Body Work and Movement including Trauma Sensitive Yoga, Aromatherapy, Massage, Acupressure, and Reiki
- Medically-monitored and supervised exercise reintegration routines as appropriate and medically approved

Programming is structured to incorporate up to fifteen hours per day with scheduled down time to rest and relax the mind and body. We believe that mindfulness and being present in the moment promotes self-awareness and healing. A mindful focus on fun and activities are an important, yet often forgotten, part of recovery and happiness and are structured into daily programming.



The Graduated Experience

Through a four phase process, clients learn and practice the tools and skills necessary for lifelong recovery.

Each phase or level of the recovery process encourages freedom from and insight into eating disorder behaviors and co-occurring conditions while practicing increased independence to better prepare for home life.

Phase One

Clients are provided the initial tools and encouragement to begin building confidence in abstinence from eating disorder behavior through supervision and controlled coaching.

Phase Two

Clients begin to self-challenge eating disorder thoughts and behaviors through exercises such as autobiographical writing, food portioning, and outings while beginning to demonstrate intentionality towards recovery.

Phase Three

Clients are able to demonstrate the beginning stages of independent skill use, spontaneous self-awareness, and motivation for recovery through supported challenges, decreased staff observation, supporting a “buddy” client, and supervised exercise.

Phase Four

Clients continue to demonstrate increased autonomy over meals and snacks, relationships, and enjoyable activities through supervised day passes, management of food choices and preparation, and more independent time with staff.

Seeds of Hope offers Partial Hospitalization (PHP) and Intensive Outpatient Programs (IOP) as part of an individual's continued care following completion of the residential program. All clients will be supported at graduation through the connection to appropriate professional community support members within the individual's living or treatment area. All clients will be linked to psychiatric, medical, therapeutic, and dietary care as needed to ensure continued multidisciplinary team approaches to support and recovery.

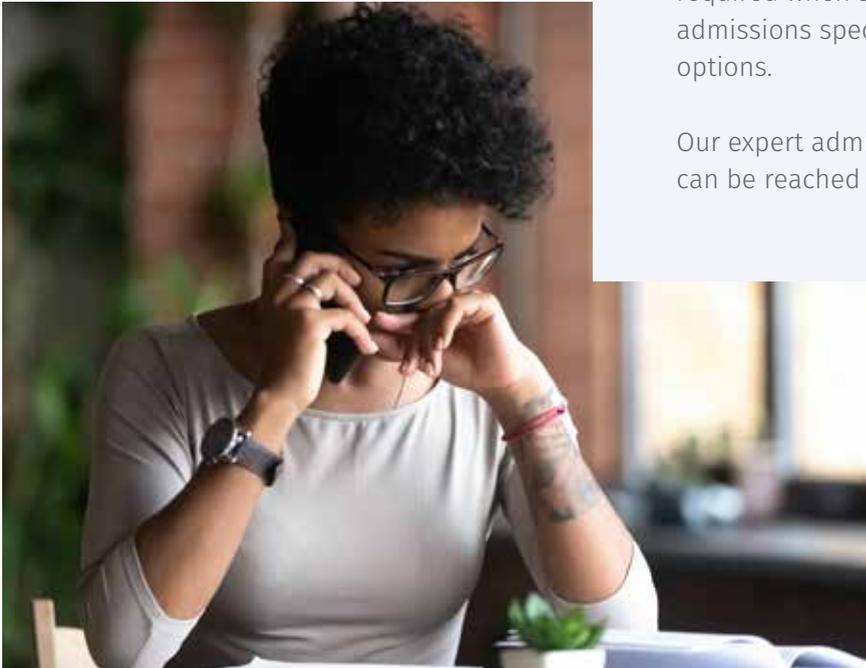


Coming to Seeds of Hope

Our stress-free admissions process is streamlined to assist potential clients with the most expedient and comprehensive experience possible.

Contact us by phone, email, or the contact form on our website. All calls and information provided are completely confidential and there is no commitment required when speaking with a Seeds of Hope admissions specialist about concerns or treatment options.

Our expert admissions team is available 24/7 and can be reached at **1 (855) 984-8522**.



About Pyramid Healthcare

Pyramid Healthcare, Inc. is a premier provider of behavioral healthcare founded in 1999 and headquartered in Altoona, Pennsylvania. Pyramid Healthcare operates over 80 treatment facilities and schools throughout Pennsylvania, New Jersey, North Carolina, Georgia, and Maryland offering a full continuum of treatment and recovery services for teens and adults. Pyramid Healthcare's facilities are accredited by CARF or the Joint Commission and staffed by licensed and qualified professionals.



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Hope. Healing. Happiness.