

News Release

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Courage and Connection Honors National Eating Disorder Awareness Week *Arbour-HRI Hospital Program Wants To Raise Understanding*

[February 20, 2008] Brookline, MA: Nearly 10 million women in the United States are fighting an eating disorder. Courage and Connection, a partial hospitalization and intensive outpatient program at Arbour-HRI Hospital, is celebrating the 20th Annual "National Eating Disorder Awareness Week" February 24th through March 1st to promote an understanding that eating disorders are serious, life-threatening illnesses and that they are treatable. In support of this year's theme, "Be comfortable in your genes. Wear jeans that fit the TRUE you," Courage and Connection is participating in the "Great Jeans Giveaway," a clothing drive for jeans and other items of clothing that are ill fitting, to encourage people to dress to their true body type. For each donation, participants will be entered into a drawing to win a \$50.00 Gap gift certificate, which may be used to purchase "jean that fit the true you." Jeans and other clothing may be dropped off at Arbour-HRI Hospital, 227 Babcock Street in Brookline, MA beginning Monday, February 25 through Friday, February 29 between the hours of 9:00 AM and 3:00 PM. Donated items will be given to a local homeless shelter.

"People need to realize there are treatments for eating disorders, and that they can get help and feel better," says Allison Scrivens, Clinical Coordinator of Courage and Connection. "You want to reduce the level of shame the client feels in any way you can. Our program works to heal eating disorders and alleviate body dissatisfaction, while removing the stigma surrounding the disorder. Courage and Connection provides women with a safe environment in which to learn and to practice skills so that they may be able to make healthier choices and move toward recovery. "

"National Eating Disorder Awareness Week" is a time to encourage people to pay attention to unhealthy eating habits, to break the cycle of fasting, binge eating or skipping meals, and to focus on living a full life. Courage and Connection recognizes that recovery takes incredible courage. The program helps women redefine their relationship with food. The goal of the track is to interrupt disordered behavior cycles by developing and practicing healthy eating strategies and by learning skills for managing difficult emotions.

The Courage and Connection track at Arbour-HRI Hospital's Women's Partial Hospitalization Program, offers women treatment for co-occurring psychiatric and eating disorders. This includes binge eating, bulimia, anorexia and other eating disorders. The program provides strategies, insight and skills to help women navigate the terrain of recovery. Courage and Connection provides care for women of all body sizes who struggle with an unhealthy relationship between food and their body.

The National Eating Disorder Association (NEDA), based in Seattle, began "National Eating Disorder Awareness Week" 20 years ago. "National Eating Disorder Awareness Week" is the country's largest eating disorder outreach effort. The week is designed to promote positive body images and raise awareness about the dangers of eating disorders and the need for treatment.

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Arbour-HRI Hospital is a behavioral health facility located at 227 Babcock Street, Brookline, MA, which includes inpatient, partial, and intensive outpatient services. The hospital has partial hospitalization programs including a general adult psychiatric; adult dual diagnosis; the Triangle Program for gay, lesbian, bisexual and transgender individuals; and the Women's program. The Inpatient services include general adult; The Center for Women's Development; and dual diagnosis services for those who have a co-occurring psychiatric and substance abuse disorder. Arbour-HRI Hospital is a partner of the Massachusetts Eating Disorder Association (MEDA).

Arbour-HRI Hospital is a division of Arbour Health System, the largest private behavioral health system in Massachusetts. Other organizations of Arbour Health System include Arbour Hospital in Boston, Arbour-Fuller Hospital in South Attleboro, Pembroke Hospital, Westwood Lodge, Lowell Treatment Center, Arbour SeniorCare, The Boston Center, Choate ESP, and outpatient Arbour Counseling Services centers.

For more information or to schedule an evaluation, call 800-22-ACCES