

**PRESS RELEASE**  
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**Tapestry Residential Eating Disorder Program**

Tapestry was developed to provide an affordable alternative to the high cost of extended treatment for eating disorders. We utilize a community-based recovery model that limits cost while providing a rich interweaving of resources. Treatment modalities include: Insight-oriented and cognitive-behavioral therapies, Equine Therapy, Nutritional Counseling, Expressive Arts groups including movement and art therapy, Real-world grocery shopping and restaurant practice, Healthy food preparation with Nutritionist, DBT Skills Groups, Yoga, Massage, Trager, and EMDR.

Tapestry's Philosophy is centered around putting recovery into the control of the client while providing support, skills training, and education by staff. We do not lock the doors to the kitchen or follow our clients to the restroom. We work with our clients to gain their trust so they are able to share with staff when urges to binge/purge/restrict arise. This assists in allowing the client and staff to identify triggers while in treatment, rather than be shielded from them and relapse when faced with those triggers after discharge.

Our highly skilled staff are here to support and provide guidance throughout every aspect of treatment. Our Nutritionist works with each client on an Individual Basis to provide meal planning, nutrition education, cooking meals, and grocery shopping. A major part of our program is centered around the client learning to shop for and prepare meals that meet their nutritional needs. An individual meal plan is prepared for Breakfast and Lunch. A group meal plan is prepared for Dinner with the group coming together once a week to plan their meals that will meet each client's nutritional needs. We prepare the client to be able to grocery shop and prepare their meals for themselves and family and meet nutritional needs following discharge.

It is our goal to assist our clients to gain all skills necessary to maintain recovery throughout the rest of their lives. We work with women who are actively seeking treatment and want to engage in a recovery program. Tapestry treats Anorexia and Bulimia in adult women. Tapestry also works with Athletes and Compulsive Exercisers, Food Addiction, Binge Eating Disorder, Night Eating Syndrome, Obsessive Compulsive Disorder (OCD) and Body Dysmorphic Disorder (BDD).

Tapestry is nestled in the mountains of North Carolina in an area well known for its healing traditions. Our elegantly renovated 100-year old home is within walking distance to downtown Brevard, NC and a short drive to the Pisgah National Forest and Asheville, NC. Tapestry's program is based on the belief that continued recovery is a process best cultivated outside of institutional settings and strive to provide a comfortable home-like setting.

Director: Tina Nowak, RN

Residential Treatment, Partial Hospitalization, Outpatient, Medical Evaluation, Day Treatment, Individual Therapy, Biofeedback, Nutritional Counseling, EMDR, Family Therapy, Couples Therapy, Group Therapy

501 South Broad Street, Brevard, NC

Additional Communities Served: Asheville, North Carolina; Greenville-Spartanburg, South Carolina; Brevard College; Hendersonville, NC; Asheville, NC; AB Technical College; Blue Ridge Community College; UNC Asheville; Knoxville, Tennessee; Atlanta, Georgia; Triad, North Carolina; Western North Carolina; Southeastern US

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Treating Eating Disorders Since the Year: 2006

Payment Options: Cash/Check, Credit Cards, Insurance, Sliding Scale