

A Fresh Start Begins Here

You don't have to face this alone. Reach out today for a confidential assessment. Healing is possible. **Let's take the first step together.**

Learn More

Tulsa CREEKS Clinic
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CREEKS Health Services promotes and improves the lives of the individuals and families we serve through our commitment to provide comprehensive health, wellness, and social services.

CREEKS is certified and
partially funded by



OKLAHOMA
Mental Health &
Substance Abuse



CIRCARA

Disordered Eating & Nutrition



Recovery from disordered eating is about more than food. It is about reclaiming your health and peace of mind.

CIRCARA provides compassionate, evidence-based care rooted in Health at Every Size® (HAES®) principles, is aligned with an "All Foods Fit" philosophy, and is intentionally removed from diet culture.

Conditions We Support

Disordered eating conditions are serious mental and physical health illnesses, not choices. CIRCARA provides treatment for a wide range of eating disorders and related concerns, including:

- ✓ **Anorexia Nervosa** – Support for severe food restriction, fear of weight gain, and body image concerns.
- ✓ **Bulimia Nervosa** – Support for cycles of binge eating and compensatory behaviors like purging, fasting, or over-exercising.
- ✓ **Binge Eating Disorder (BED)** – Support for episodes of eating large amounts of food with a feeling of loss of control.
- ✓ **ARFID (Avoidant/Restrictive Food Intake Disorder)** – Support for restricted eating due to sensory sensitivities, fear of negative experiences like choking, or low interest in food.
- ✓ **Body Image Concerns & Disordered Eating** – Support for restrictive eating, chronic dieting, and distressing body image thoughts that impact daily life.



Recovery means reconnecting with food, life, and the people who matter most.



Our Core Services

CIRCARA was named for the "circle of care" needed for effective treatment. Recovery takes a team, and our services are designed to support the physical, emotional, and nutritional needs of each person.

Therapeutic & Clinical Support

Individual Therapy – Using evidence-based interventions to address the internal and personal factors underlying disordered eating.

Family Therapy & Support – Helping families build the tools and communication skills to support recovery.

Nutritional Stabilization

Nutrition Counseling – Helping individuals build a healthier, more balanced relationship with food.

Case Management & Care Coordination

Seamless Navigation – Our case managers help coordinate care, schedules, and insurance support throughout recovery.

Medical & Psychiatric Care

Comprehensive Oversight – Our medical and mental health providers closely monitor physical and emotional health throughout recovery.