

The Maples Opens a Fort Worth Program

The Maples Opens Fort Worth Residential Program for Adolescent Eating Disorders and Earns Joint Commission Accreditation

FORT WORTH, TX, UNITED STATES, January 7, 2026 /EINPresswire.com/ -- [The Maples](#) has opened a new residential treatment program in Fort Worth, Texas, expanding access to specialized care for adolescent girls with eating disorders at a time when families across the region face limited options and long wait times for higher-acuity treatment. The program has also earned Joint Commission accreditation, highlighting The Maples' commitment to safe, high-quality, and clinically rigorous care for families navigating complex adolescent behavioral health challenges.



The Fort Worth program is designed for adolescents who require more than standard care. Many arrive after multiple treatment attempts, carrying not only medical and psychiatric complexity

but also family systems that are exhausted, overwhelmed, and searching for a path forward. At The Maples, healing begins with the belief that families are partners, not spectators.

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Tanya Stuart, LCSW-BACS, LAC, CCS, Co-Owner of The Maples.

“At The Maples, family involvement is not optional and it is not secondary,” said Tanya Stuart, LCSW-BACS, LAC, CCS, Co-Owner of The Maples. “When a young person struggles with an eating disorder, the whole family is impacted. Our role is to support the adolescent while equipping families with the understanding, tools, and confidence they need for lasting recovery.”

The Fort Worth program is staffed exclusively by fully licensed clinicians with deep experience in adolescent eating disorder treatment. Clinical leadership remains hands-on and consistent, ensuring continuity of care and thoughtful decision-making throughout each client's stay. Treatment takes place in a home-like environment on five secure, peaceful acres, which serves as both a safe living space and a therapeutic setting for adolescents.

The program supports adolescents with complex clinical needs, including medical instability, co-occurring psychiatric conditions, trauma histories, or significant family system challenges. Rather than turning families away, the clinical team meets complexity with clarity, coordination, and compassion.

The Fort Worth program serves adolescent girls with:

- Anorexia nervosa
- Bulimia nervosa
- Binge eating disorder
- ARFID and other specified feeding and eating disorders

Many patients also experience secondary anxiety, depression, obsessive-compulsive symptoms, trauma, or family system challenges. Treatment plans address the whole adolescent, focusing on both primary and secondary needs. The program is uniquely equipped to support clients who may present with primary mental health concerns alongside nutritional challenges, reflecting The Maples' philosophy that food is both medicine and a source of joy.

Treatment includes individual, group, and family therapy, psychiatric care on staff, nutritional rehabilitation and monitoring, trauma-informed care, expressive and experiential therapies, equine therapy, and structured discharge and aftercare planning.

"As the program grows, our focus remains the same," Stuart added. "We strive to create a place where adolescents feel safe, families feel supported, and recovery is built to last. Healing goes beyond symptoms. We treat the whole person by strengthening character and values rooted in community, hope, accountability, integrity, respect, forgiveness, gratitude, and kindness."

With the opening of its Fort Worth residential program, The Maples expands access to accredited, family-centered care for adolescents facing eating disorders and complex mental health needs. The program reflects The Maples' ongoing commitment to thoughtful, clinically sound treatment that supports not only recovery, but long-term stability for adolescents and their families.

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