

Eating disorders
really have
very little
to do
with
food.

Discover *why*

RESIDENTIAL TREATMENT

866.480.3475 | www.CenterForDiscovery.com

Discovery Difference

Co-Occurring Conditions

Discovery specializes in resolving the underlying and co-occurring conditions that contribute to eating disorders. All programs are informed by evidenced-based treatment of trauma, self-harm, substance abuse, depression, anxiety, and mood disorders.

Certified Eating Disorder Specialists

Every program is under the supervision of one of our many CEDS Supervisors and CEDRD Supervisors who each have an average of 12 – 15 years of experience treating eating disorders.

20 Year Legacy of Successful Outcomes

In collaboration with the Feinstein Institute for Biomedical Research, Discovery outcome data has been featured at the international conferences for the Academy for Eating Disorders (AED), the Society for Adolescent Health and Medicine (SAHM), and the Pediatric Academic Society (PAS).

Small Treatment Settings

Because we value the opportunity to provide truly individualized care we purposely limit our milieus to a small number of clients. Treatment takes place in comfortable homelike settings to increase a client's sense of safety.

Hands-On Dietary Program

Exposure based dietary program that replicates real life experiences to prepare for successful transitions between levels of care and translation of the skills learned in treatment to the home environment.

Onsite Medical Expertise

Each site has a dedicated primary care physician, psychiatrist, and nursing staff who care for clients throughout the week to evaluate and monitor progress towards recovery.

Comprehensive Clinical Program

Broad clinical continuum with separate programming specifically designed to meet the biological, psychological, and social needs of adolescents and adults.

Adolescent & Adult Programs

Age-Specific

Adolescent programs are gender inclusive, treating ages 10-19.
Adult programs treat women 18 and over.

Customized Treatment Plan

Individually tailored treatment plans target underlying factors contributing to the eating disorder, form a foundation for intuitive eating, and teach clients distress tolerance skills and self-regulation.

Family-Centered Programming

Parents are considered integral members of the treatment team. We honor the parent's role as experts on their child while providing support and clinical guidance throughout the recovery process.

Cutting Edge Dietary Support

Exposure based dietary program prepares parents and clients to successfully translate the skills learned in treatment back to their home environment.

Academic Support

Educational liaisons provide collaboration with clients, families, and schools to meet individual educational goals while keeping the focus on treatment.

Program Highlights

Specialized Therapies

Cognitive Behavioral (CBT) and Dialectical Behavior Therapies (DBT), Mindfulness, Somatic Experiential, Body Positive Curriculum, and Exposure Response Prevention (ERP) based dietary program provide a comprehensive treatment experience.

Robust Discharge Planning

Discharge planning begins on the day of admission; barriers to successful transition are identified early and targeted throughout treatment. Particular emphasis is placed on the challenges faced during the transition between levels of care and aftercare follow-up is provided to assure engagement with the outpatient team within seven days of discharge.

Shame Resiliency

Clients explore vulnerability, courage, shame, and worthiness as it relates to their eating disorder and identify new choices and practices that will move them toward more authentic and wholehearted living.

The Body Positive

We are committed to body positive principles in all of our programs. Our leaders and core staff have been trained by The Body Positive to facilitate a unique and powerful curriculum that teaches core principles that promote positive body image, increased self acceptance, and the development of a supportive and affirming community for recovery.



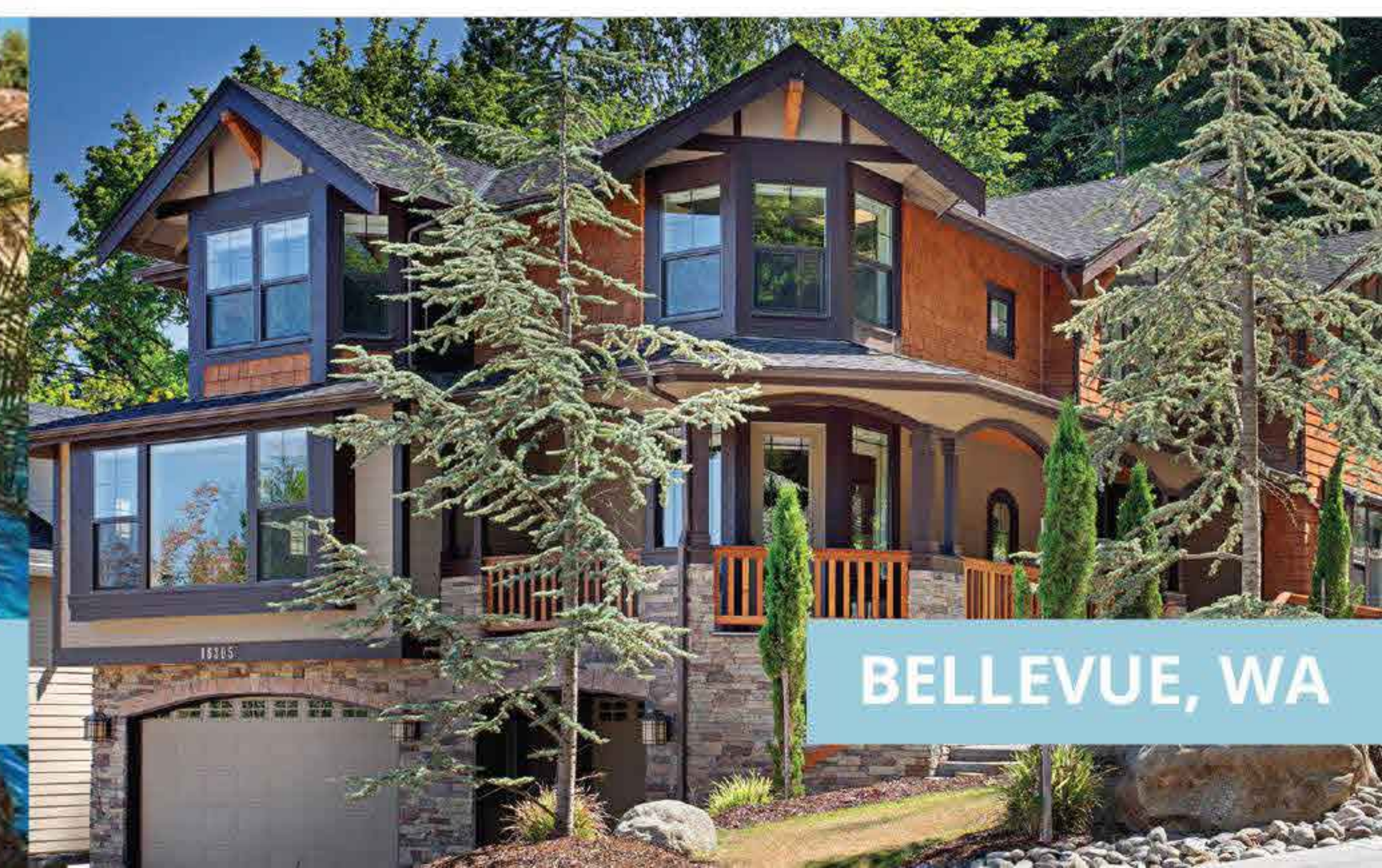
FAIRFIELD, CT



DANVILLE, CA



DEL MAR, CA



BELLEVUE, WA

Dietary Program

Individualized Menu Planning,
Hands-on Kitchen Skills, and Meal Preparation

Philosophy: "All Foods Fit" in Balance,
Variety, and Moderation

Fun Food Challenges

Exposure and Response Prevention Includes
Restaurant Challenges, Grocery,
and Clothing Shopping

Therapeutic Family Meals



Why Choose Discovery?

20 Year Legacy of Clinical Excellence

Evidenced-Based Practice for Eating Disorders

Family-Centered Care

In-Network with All Major Insurance Companies

Free Confidential Assessments

Nationwide Locations

Joint Commission Accredited



KITCHEN SKILLS



Center For Discovery is committed to keeping clients, families, and treatment providers involved throughout treatment and recovery.

HIPAA COMPLIANT

TREATMENT PROGRESS REPORTS
ANYTIME, ANYWHERE

FREE ONLINE COURSES

RESEARCH AND OUTCOMES

ONLINE RECOVERY SUPPORT



DISCOVERY IN RECOVERY on the go!

FOOD DIARY

- Track Meals/Hunger/Fullness
- Set Goals/Work on Intuitive Eating

INSPIRATION

- Daily Inspiring Quotes
- Extra Support
- Make Commitments

COMMUNITY

- Free Support Groups
- Discovery Nation
- Ask A Dietitian



Nationwide Locations

CALIFORNIA
Bay Area
Adult Residential

Beverly Hills
Adult & Adolescent PHP | IOP

Danville
Adolescent Residential

Del Mar
Adult Residential
Adult & Adolescent PHP | IOP

La Habra
Adolescent Residential

La Jolla
Young Adult Residential

Lakewood
Adolescent Residential

Los Alamitos
Adult & Adolescent PHP | IOP

Menlo Park
Adolescent Residential

Newport Beach
Adult & Adolescent PHP | IOP

Pleasanton
Adult & Adolescent PHP | IOP

Rancho Palos Verdes
Adult Residential

Sacramento
Adult Residential

San Fernando Valley
Adult Residential

Woodland Hills
Adult & Adolescent PHP | IOP

CONNECTICUT
Fairfield
Adolescent Residential

Fairfield
Adult Residential

Greenwich
Adult & Adolescent IOP
Adolescent PHP

New Haven
Adolescent PHP | IOP

Southport
Adolescent Residential

FLORIDA
Orlando
Adolescent Residential

Orlando
Adult & Adolescent PHP | IOP

Tampa
Adult & Adolescent PHP | IOP

Palm Beach Gardens
Adult & Adolescent PHP | IOP

GEORGIA
Atlanta
Adolescent Residential

NEW JERSEY
Bridgewater
Adult & Adolescent PHP | IOP

Paramus
Adult & Adolescent PHP | IOP

NEW YORK
Hamptons
Adolescent Residential

ILLINOIS
Chicago
Adolescent Residential

OREGON
Portland
Adult & Adolescent PHP | IOP

TEXAS
Dallas
Adolescent Residential

Dallas
Adult & Adolescent PHP | IOP

Houston
Adolescent Residential

Houston
Adult & Adolescent PHP | IOP

VIRGINIA
Alexandria
Adult Residential

Alexandria
Adult & Adolescent PHP | IOP

Fairfax
Adolescent Residential

McLean
Adult Residential

WASHINGTON
Bellevue
Adult Residential

Bellevue
Adult & Adolescent PHP | IOP

Edmonds
Adolescent Residential

Tacoma
Adult & Adolescent PHP | IOP

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Transforming Lives

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