

Help for  
your  
teen  
is  
here.

Discover *how*

**Residential**

**Partial Hospitalization | Intensive Outpatient**

**866.480.3475**

[www.ResilienceMentalHealthTreatment.com](http://www.ResilienceMentalHealthTreatment.com)

## CLINICAL PROGRAM

### Specialized Care

Individualized, evidence-based treatment for adolescents with Anxiety, Depression, Bipolar, Trauma, Self-Harm, and Adoption or Attachment Issues.

### Comprehensive Program

Individual, family, and group psychotherapy with specialized approaches including expressive arts, music, and equine therapy.

### Medication Management

Medication management by board certified psychiatrists including individual sessions, medication education, psychopharmacology groups, and collaboration with families and outpatient providers.

### Academic Support

Dedicated educational liaisons support students to achieve their academic goals and assist in obtaining Individual Educational Plans (IEPs) if appropriate while keeping the focus on treatment.

### Life Skills

Practical skills are incorporated into treatment through household responsibilities, cooking, resume writing, interview preparation, and self-exploration.



## WHY CHOOSE DISCOVERY?

20 Year Legacy of  
Clinical Excellence

Evidenced-Based Practice

Family-Centered Care

In-Network with All Major  
Insurance Companies

Free Confidential Assessments

Nationwide Locations

Joint Commission Accredited





# DISCOVERY DIFFERENCE

## Small Treatment Settings

We treat a limited number of clients at a time because individualized attention is critical when it comes to providing effective and efficient treatment.

## Gender-Specific Program

Specialized treatment with separate programming for males and females ages 10-18; varies by location.

## Fitness In Therapy (FIT)

Our FIT program provides an invigorating fitness experience which fosters personal growth and self-esteem while promoting physical, mental, and emotional well-being.

## Ongoing Support

Clients and families can access online resources, free weekly support groups, an extensive referral network, and aftercare support.

## Family-Centered Programming

We keep families involved every step of the way through weekly family therapy, multifamily group, weekend workshops, individualized family experientials, and access to online psychoeducational courses and treatment progress.



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

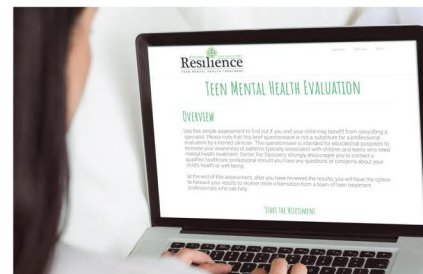
**HIPAA COMPLIANT**  
**TREATMENT PROGRESS REPORTS ANYTIME ANYWHERE**  
**FREE ONLINE COURSES**  
**RESEARCH AND OUTCOMES ONLINE RECOVERY SUPPORT**



# MENTAL HEALTH EVALUATION

Think your child may benefit from mental health treatment?

**Take a FREE assessment today**

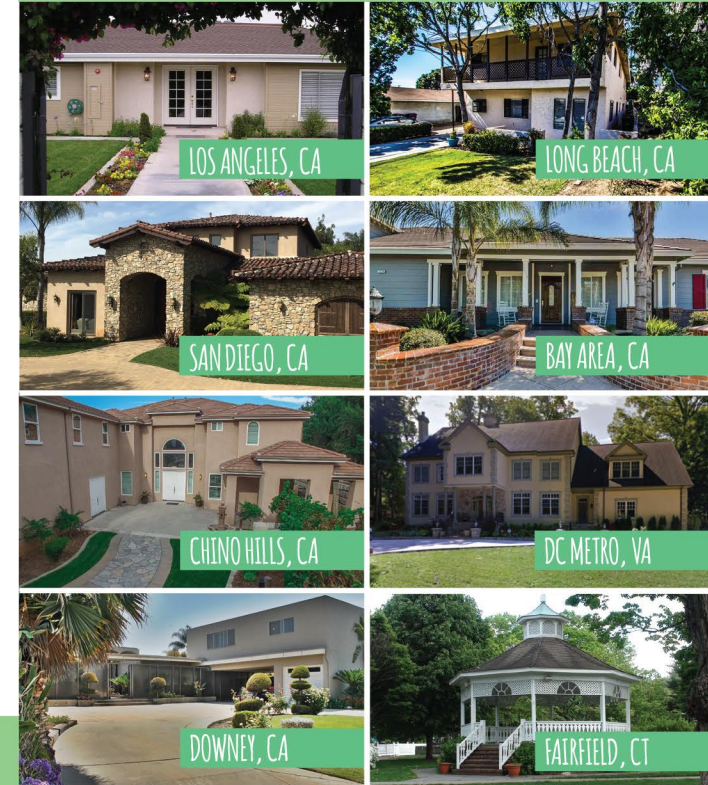


**QUICK | CONFIDENTIAL**

[www.TeenMentalHealthEvaluation.com](http://www.TeenMentalHealthEvaluation.com)

# NATIONWIDE LOCATIONS

## RESIDENTIAL



## OUTPATIENT



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