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 milieu 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 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.
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
Nationwide Locations

**CALIFORNIA**
Bay Area  
Adult Residential
Beverly Hills  
Adult & Adolescent PHP | IOP
Danville  
Adult & Adolescent Residential
Del Mar  
Adult Residential
Adult & Adolescent PHP | IOP
La Habra  
Adult Residential
La Jolla  
Young Adult Residential
Lakewood  
Adult Residential
Los Alamitos  
Adult & Adolescent PHP | IOP
Menlo Park  
Adult 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  
Adult Residential
Fairfield  
Adult Residential
Greenwich  
Adult & Adolescent IOP
Adolescent PHP
New Haven  
Adult & Adolescent PHP | IOP
Southport  
Adult Residential

**FLORIDA**
Orlando  
Adult & Adolescent PHP | IOP
Orlando  
Adult & Adolescent PHP | IOP
Tampa  
Adult & Adolescent PHP | IOP
Palm Beach Gardens  
Adult & Adolescent PHP | IOP

**ILLINOIS**
Chicago  
Adult Residential

**OREGON**
Portland  
Adult & Adolescent PHP | IOP

**TEXAS**
Dallas  
Adult & Adolescent PHP | IOP
Dallas  
Adult & Adolescent PHP | IOP
Houston  
Adult Residential

**VIRGINIA**
Alexandria  
Adult Residential
Alexandria  
Adult & Adolescent PHP | IOP
Fairfax  
Adult Adolescent Residential
McLean  
Adult Residential

**WASHINGTON**
Bellevue  
Adult Residential
Bellevue  
Adult & Adolescent PHP | IOP
Edmonds  
Adult Adolescent Residential
Tacoma  
Adult & Adolescent PHP | IOP

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**DISCOVERY CONNECT**
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

**FIND BALANCE**
- Yummy Recipes
- Joyful Movement
- Grocery List

**COMMUNITY**
- Free Support Groups
- Discovery Nation
- Ask A Dietitian

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**CENTER FOR DISCOVERY**
Transforming Lives

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