



Eating disorders  
really have  
very little  
to do  
with  
food.

Discover *why*

## RESIDENTIAL TREATMENT

866.480.3475 | [www.CenterForDiscovery.com](http://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.



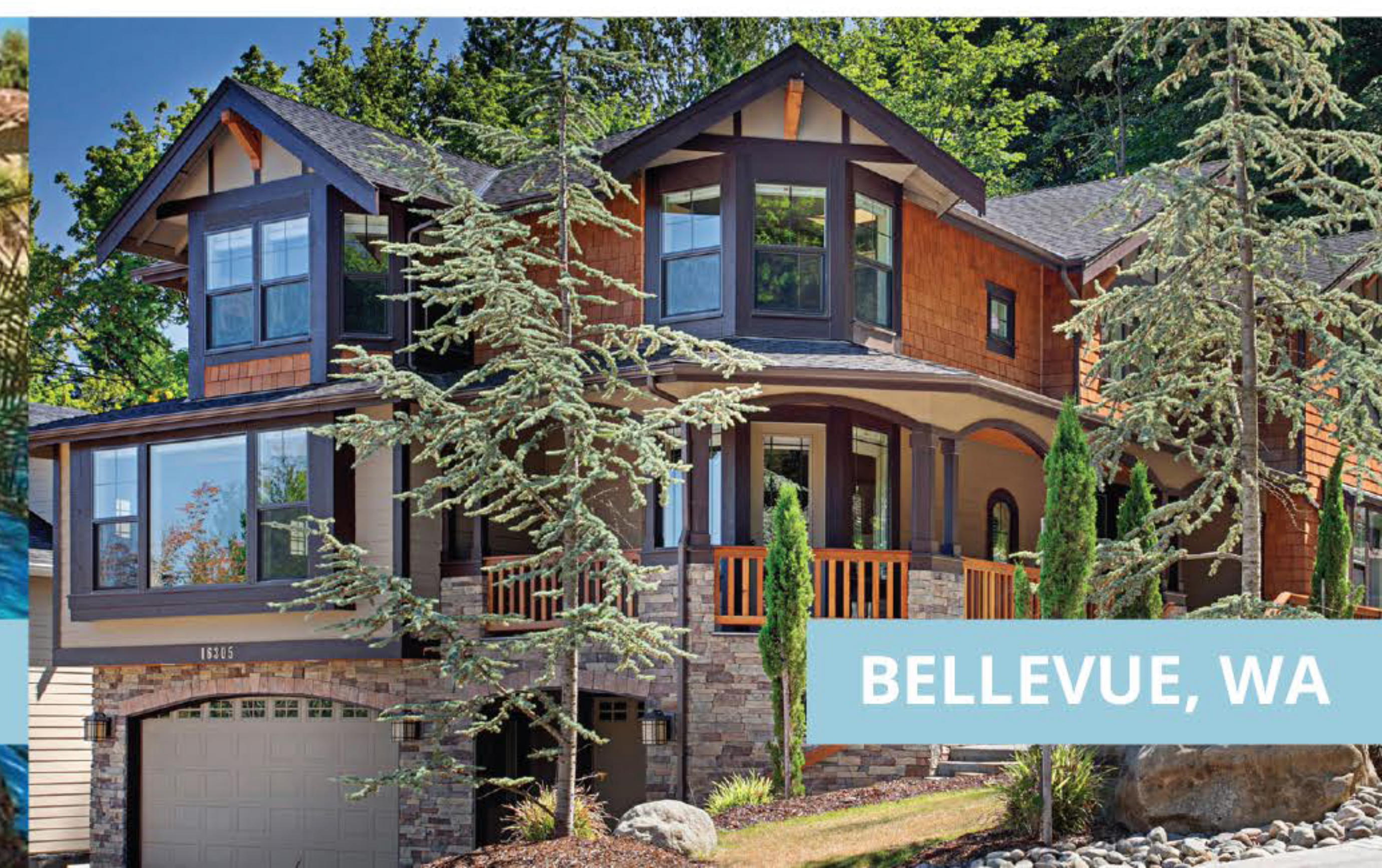
FAIRFIELD, CT



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





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

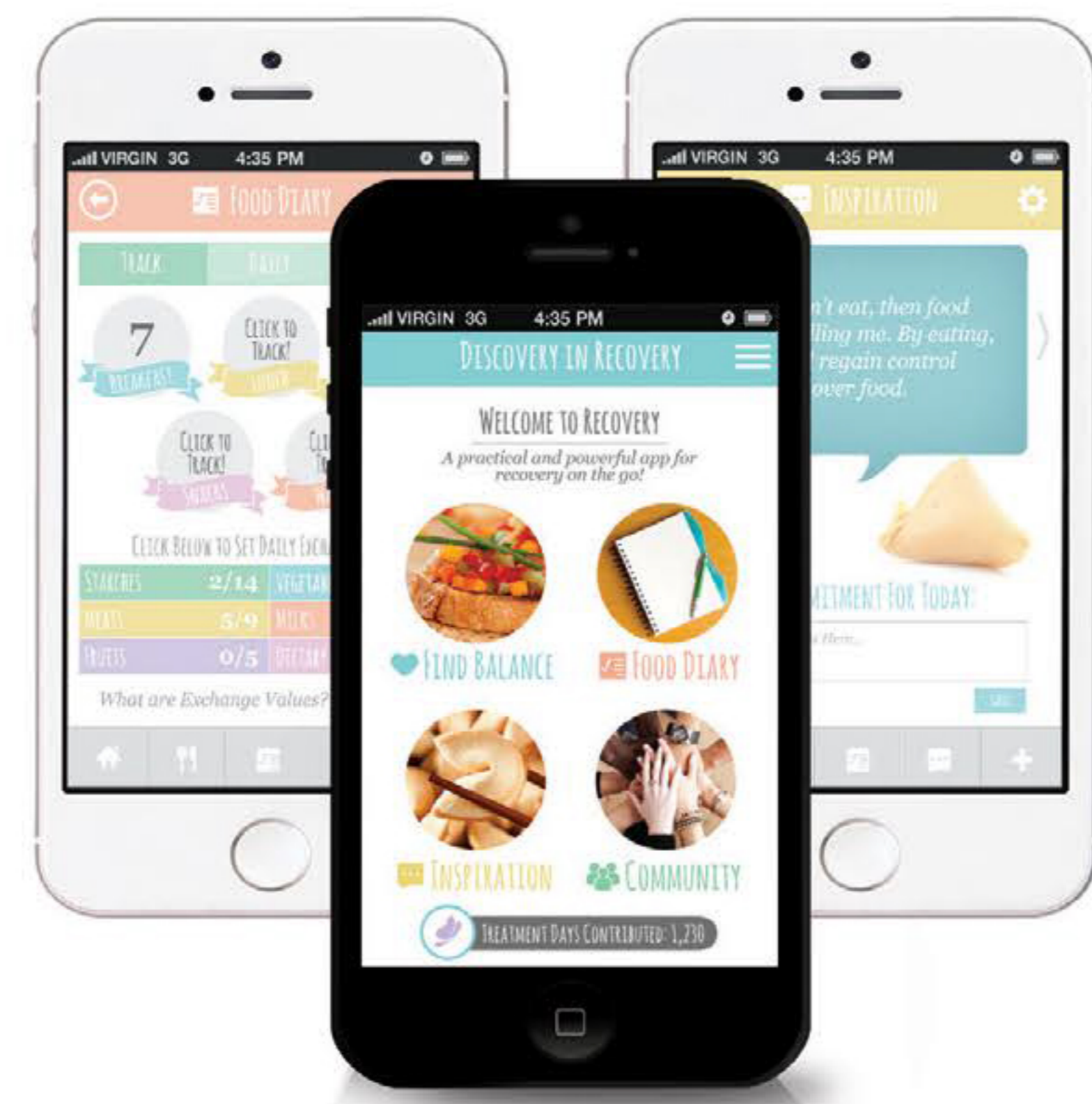
- Track Meals/Hunger/Fullness
- Set Goals/Work on Intuitive Eating

### 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

