

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 of 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



KITCHEN SKILLS



## 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



### FOOD DIARY

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

### FIND BALANCE

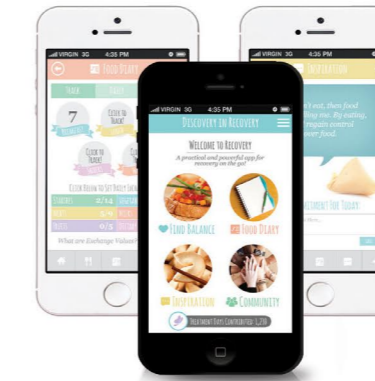
- Yummy Recipes
- Joyful Movement
- Grocery List

### 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**  
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**Edmonds**  
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Transforming Lives

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