



REAL LIFE RECOVERY

PROVIDING A CHOICE AND A VOICE IN RECOVERY SINCE 1997





DISCOVER THE DIFFERENCE

Since 1997, we have proudly and passionately helped thousands of individuals and their families recover their lives from eating disorders.

WE GIVE PATIENTS A CHOICE AND A VOICE

What makes us unique is that we give our patients a choice and a voice in their recovery. We've taken eating disorder treatment out of the hospital and into the home. Our inviting residential homes and intimate day treatment centers provide a comfortable space for patients to practice newly acquired skills in a real-life setting.

As equal contributors to their treatment, we support patients in making recovery-oriented choices. Our patients work toward choosing and preparing their own meals and they participate in individual and group therapy sessions throughout treatment. With these interventions, patients gain insight into their disorder, what's driving it, and practice new coping skills that are transferable to the real world.

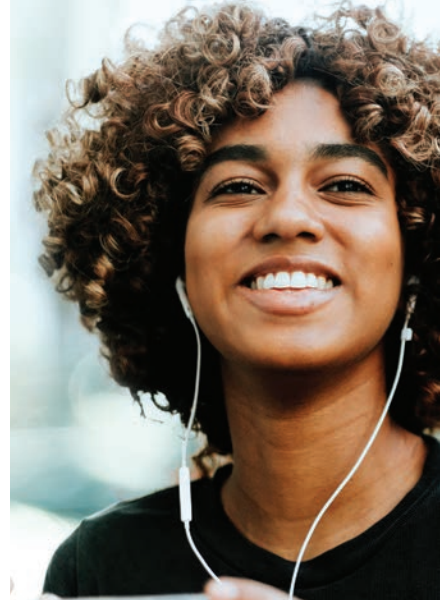
WE PARTNER WITH FAMILIES

We empower families to be part of their loved one's recovery through family therapy, therapeutic family meals, multifamily groups, support groups, and more. Support systems will gain the skills and confidence needed to support their loved one at home.

This is the Discovery Difference: We partner with patients and their loved ones to find growth and the life they deserve while equipping them with skills to more appropriately navigate the challenges life presents.

**AT CENTER FOR DISCOVERY,
WE RESTORE LIVES.**

WHY CHOOSE DISCOVERY?



CUSTOMIZED TREATMENT

Patients receive individualized treatment that targets the underlying factors contributing to their disorder. Dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), exposure response prevention (ERP) and trauma-focused therapies provide a comprehensive and holistic treatment experience.



HANDS-ON DIETARY PROGRAM

Our innovative, exposure-based dietary program, overseen by a certified eating disorder registered dietitian is rooted in Health at Every Size®, All Foods Fit™ and Intuitive Eating. Patients participate in hands-on meal preparation, nutrition science, individualized ERP, meal planning, and weekly dietary sessions that include the patient's support system, when appropriate. This approach sets individuals up for success because they are learning skills that will apply in their real lives.

BUILDING SELF COMPASSION

Patients explore the role that shame plays in their eating disorder and other co-occurring issues. They then identify how and when shame appears in their life, and what to do to address it. The goal is for patients to begin to experience their authentic selves, and what it feels like to live from that space.

MINDFUL BODY

We proudly embrace Health at Every Size®, which promotes an inclusive, safe, and respectful community. We support individuals in all bodies accessing considerate care and finding recovery. We encourage individuals to identify compassionate and intuitive ways to take care of their minds and bodies.

CO-OCCURRING CONDITIONS

We specialize in treating the underlying and co-occurring conditions that contribute to eating disorders. We promote the utilization of evidence-based treatment of trauma, self-harm, substance use, depression, anxiety, and mood disorders.

FAMILY-CENTERED PROGRAMMING

The family and support system are considered integral members of the treatment team. We honor the family and support system as experts on their loved one, while providing support and clinical guidance throughout the recovery process.

ROBUST DISCHARGE PLANNING

We believe it is crucial to begin discharge planning on the day of admission, and to identify barriers to a successful transition early in the treatment process. We emphasize the challenges that may occur in transitions between levels of care. Additionally, follow up is provided after discharge to ensure engagement with the individual's next treatment providers.

97%

OF PATIENTS BELIEVE

they can help themselves get better after treatment.*



Health at Every Size® and HAES® are registered trademarks of the Association for Size Diversity and Health and used with permission.

A woman with long brown hair, wearing a grey blazer over a white top and blue jeans, stands in profile facing right, gesturing with her hands as if presenting. She is in front of a large white projection screen. In the foreground, the backs of two audience members are visible: a woman on the left and a man on the right wearing a dark blue suit jacket. They are seated in brown chairs. The background wall is made of light-colored stone blocks.

A Proud Legacy of Leadership

Since 1997, [Center for Discovery](#) has been at the forefront of improved treatment and better outcomes for the patients we serve. Through our leadership within the eating disorder community, we have shaped the careers of respected professionals and improved the lives of thousands of individuals and their families, a legacy of which we are very proud.

Our leaders and clinicians are actively involved in the eating disorder community and field, serving as directors, board members, and leaders across many organizations including: International Association for Eating Disorders Professionals (IAEDP), The Alliance for Eating Disorder Awareness, Academy for Eating Disorders (AED), Behavioral Health Nutrition

(BHN), International Federation of Eating Disorder Dietitians (IFEDD), the Residential Eating Disorder Consortium (REDC), and more. We are committed to the advancement of eating disorder treatment and regularly partner with renowned institutions to conduct research.



PATIENT OUTCOMES AT DISCHARGE*

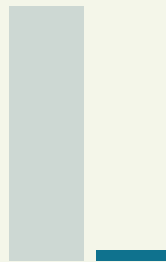
"I was at [Center for Discovery] for six weeks...They gave me my life back. I'm someone who has been in and out of treatment for my eating disorder and this program was by far the best. I feel so optimistic about my future."

Natalie F., CFD alum



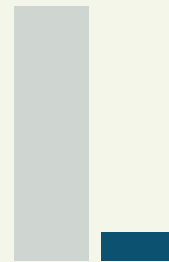
97%

**CAN IDENTIFY
THEIR TRIGGERS**



97%

**BELIEVE THEY CAN
HELP THEMSELVES
GET BETTER**



96%

**UNDERSTAND
WHEN TO ASK
FOR HELP**

*Percentage includes adult and adolescent patients who admitted to the Center for Discovery program in 2021 (between 1/1/2021 and 12/31/2021) and completed the Recovery Assessment Scale (RAS, N=2,644). Average treatment range 41.3 days for those who completed treatment (did not discharge to higher level of care, due to insurance, against treatment advice transfer or administratively).

Locations shown:
Bellevue, WA
Danville, CA



TREATMENT OPTION:

RESIDENTIAL

AGE-SPECIFIC

Our adolescent programs are gender inclusive, treating individuals 10-19 years old. The young adult programs treat female-identifying individuals 18-26 years old. Lastly, our adult programs treat those 18 years and older.



INVITING HOMES

We believe treatment should take place in a setting that resembles real life. Our residential homes are nestled in beautiful neighborhoods with fully equipped kitchens, cozy bedrooms, comfortable living and treatment areas, and outdoor space.

ACADEMIC SUPPORT

Our adolescent patients work with educational liaisons who collaborate with loved ones and schools to meet individual educational goals while keeping the focus on treatment. Up to 20 hours each week is set aside for schoolwork.

OUTPATIENT

TREATMENT OPTION:

Partial Hospitalization
& Intensive Outpatient
Levels of Care



Locations shown:
Orlando, FL
San Diego, CA

CONTINUOUS ENGAGEMENT WITH OUTPATIENT PROVIDERS

Patients are encouraged to maintain their existing therapeutic and dietary relationships during their treatment. While receiving intensive outpatient (IOP) services at Discovery, patients are able to see their outpatient therapist and dietitian. This sets the stage for a smooth transition when patients leave our program. *Please note: PHP patients' schedule will be different from IOP patients.*

PROGRAMMING 6 DAYS/WEEK

We understand people lead busy lives, so treatment is offered Monday through Saturday to provide every opportunity for therapeutic engagement.

ONGOING SUPPORT

After discharge, patients and their support systems can access online resources, free weekly support groups, and an extensive referral network.



AGE-SPECIFIC

We offer gender-inclusive treatment with separate programming for adolescents and adults.



SPECIALIZED PROGRAMS



PATH TO PEACE: SPECIALIZED BINGE EATING CARE

At Center for Discovery, we know the power of community spaces that foster safety and vulnerability. That is why we are invested in creating inclusive spaces for our patients who struggle with bingeing and chronic dieting. **The Path to Peace** for bingeing helps patients explore the nuances of bingeing, the deceptiveness of diet culture and the wisdom in coping.

We work to empower our patients by exploring the underlying causes of bingeing with a trauma-focused lens. Our metrics of healing involve increasing a patient's sense of agency and choice over their behaviors.

CORE TENANTS OF PATH TO PEACE

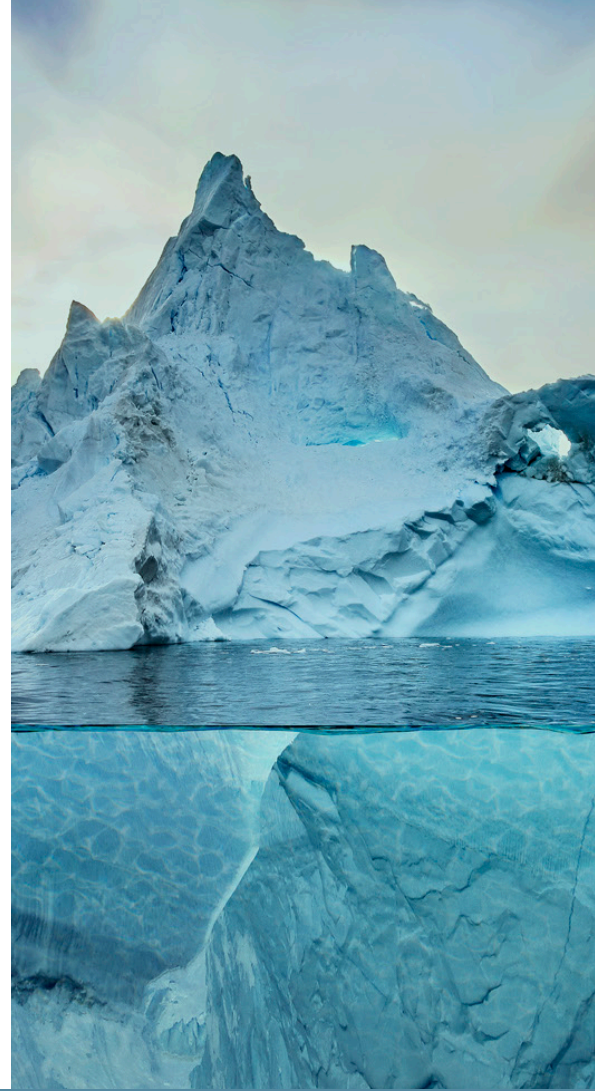
- Representation & Belonging
- Community Healing
- Accessibility
- Gender Inclusive
- Weight Inclusive Care (Health at Every Size® (HAES®) Informed)
- Shame Resilience
- Trauma Attuned

Health at Every Size® and HAES® are registered trademarks of the Association for Size Diversity and Health and used with permission

BED TREATMENT: CONNECTION OVER CORRECTION

We believe healing starts with the connection of the behaviors, rather than the correction of the behaviors. There are many elements and factors behind a binge. We work to find those connections and initiate healing.

- Increased agency around bingeing
- Attuned nutrition that honors individual culture
- Body respect
- Decreased symptoms of depression and anxiety
- Enhanced mood and feelings of connection
- Increased clarity of underlying trauma
- The ability to advocate for oneself



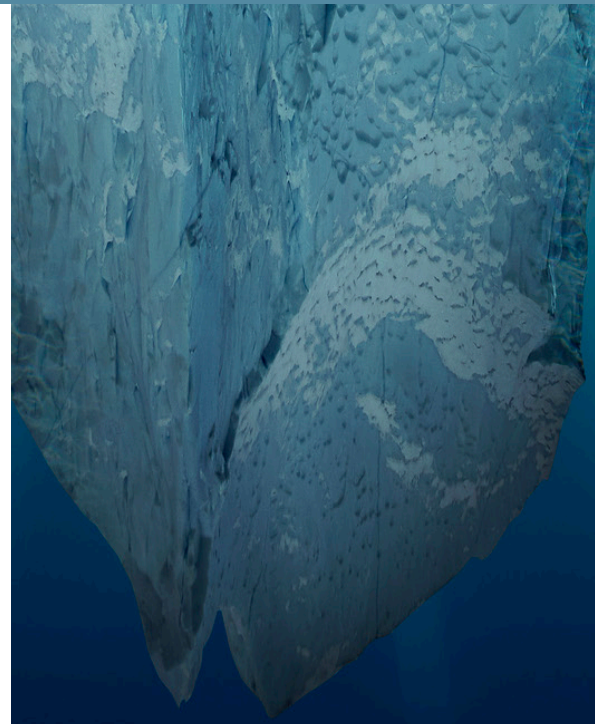
Learn more about our specialized programming at CenterForDiscovery.com/BED.

WHAT FORMER PATIENTS ARE SAYING ABOUT PATH TO PEACE

"I was surprised how fast I felt heard and supported as soon as I shared about what was going on with me."

"P2P was a safe haven!"

"Being in a community with folks that also struggled with something I kept a secret for so long was incredibly meaningful."



GENDER AFFIRMATIVE CARE

Center for Discovery recognizes that honoring all patients' self-defined gender is an evidence-based intervention for eating disorder and self-harm behaviors, as well as a form of suicide prevention for gender diverse people. We make every effort to affirm and support our patients throughout treatment, regardless of their gender identity, gender expression, sex assigned at birth, or stage in their social and/or medical gender journey.



VIRTUAL PROGRAMMING FOR EATING DISORDER

Our virtual online eating disorder treatment program was intentionally created to meet the needs of patients with eating disorders in the comfort of their own home. Patients have different reasons for not being able to attend therapy in-person – transportation, daily schedules, commitments. All reasons are valid and everyone should have the opportunity to get the quality care that literally meets them where they are.



FIVE REASONS VIRTUAL PROGRAMMING WITH CFD COULD BE A VIABLE OPTION FOR PATIENTS:

1 Purposefully virtual content and curriculum

This platform takes our in-person intensive outpatient (IOP) program to make an equally impactful virtual program.

2 25+ years of eating disorder recovery experience

The virtual setting is new, but not our expertise. Since 1997, Center for Discovery has treated eating disorders with evidence-based and holistic therapies.

3 Specially trained team

Therapists and dietitians are specifically trained to conduct treatment in a virtual setting and are well-versed in technology.

4 Enhanced engagement among patients

In their own safe space, patients may find participation more comfortable compared to in-person group sessions.

5 Reduced travel burden

For those who struggle finding adequate transportation and have obligations close to home, school or work, the virtual program is ideal.



SUPPORT GROUPS

Visit www.supportinrecovery.com

for dates, times, and locations for our in-person and online support groups.



FREE SUPPORT GROUPS

We are proud to host free support groups in communities across the nation and online. Our groups are facilitated by therapists and are an excellent adjunct to outpatient treatment.

IN PERSON SUPPORT GROUPS

We host groups for those struggling or in recovery and separate groups for loved ones supporting someone with an eating disorder. Our support groups are free and open to anyone in need of support – current patients, alumni, support people, and community members – even if they have never received treatment with Center for Discovery.

ONLINE SUPPORT GROUPS

For those who can't attend support groups in person, we offer online support groups. We provide a group for individuals in recovery, a Binge Eating Disorder group, and a Family & Loved Ones group. All that's needed to participate is a computer or phone and internet access!

RECOVERY FOR LIFE

Patients and families who have received treatment from us are members of our Discovery family for life. Our Alumni Services Team provides free aftercare that ensures our patients and families continue to have a choice and a voice in their recovery through unparalleled support that includes:



- Free mobile app that connects patients and alumni 24/7 to alumni services and support
- Access to our nationwide Discovery alumni community for around-the-clock private, online peer eating disorder support
- Nationwide alumni events
- Free weekly online support groups facilitated by a licensed psychologist and Certified Eating Disorder Specialist (CEDS)
- Free weekly in-person eating disorder support groups

AFTERCARE



RECOVERY SUPPORT

For more information visit
www.centerfordiscovery.com/groups/

50+ LOCATIONS

ARIZONA

CALIFORNIA

CONNECTICUT

FLORIDA

GEORGIA

ILLINOIS

KANSAS

MARYLAND

NEW JERSEY

NEW YORK

OREGON

TEXAS

VIRGINIA

WASHINGTON

WISCONSIN





LOCATIONS NATIONWIDE

We offer Joint Commission accredited, state-licensed programs across the country so patients and families don't have to travel far for specialized treatment at residential (RTC), partial hospitalization (PHP), and intensive outpatient (IOP) levels of care.





PROGRAM ADMISSION

Our compassionate Admissions Team is here to make the intake process as seamless and stress-free as possible, including over-the-phone assessments and complimentary benefit check verification.

855.376.4632 | CenterForDiscovery.com