



Center for
DISCOVERY
Eating Disorder Treatment



REAL LIFE RECOVERY

PROVIDING A CHOICE AND A VOICE IN RECOVERY FOR OVER 20 YEARS



DISCOVER THE DIFFERENCE

For over two decades, 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. Cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), trauma-informed therapies, and exposure response prevention (ERP) 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® and Intuitive Eating. Patients participate in hands-on meal preparation, nutrition science, individualized exposure response prevention (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.

SHAME RESILIENCY

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 evidenced-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.

87%

OF PATIENTS SHOWED
a decrease in eating disorder pathology
at the end of treatment.





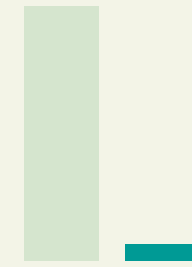
A Proud Legacy of Leadership

For more than two decades, **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.

OUTCOME DATA



97%

**REDUCTION IN
PURGE BEHAVIORS**



99.3%

**REDUCTION IN
BINGE BEHAVIORS**



86.3%

**ANOREXIA PATIENTS
WHO DISCHARGED
AT OR ABOVE 90%
TARGET BODY WEIGHT
MAINTAINED THEIR
WEIGHT POST
DISCHARGE**

DEMONSTRATED SUCCESS THROUGH SUPERIOR OUTCOMES

We are driven to provide the most effective, evidence-based treatment, and the statistics speak for themselves: Discovery patients experience a decrease in their eating disorder pathology and an increased quality of life.

Locations shown:
Bellevue, WA
Danville, CA



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 old and older.

TREATMENT OPTION:

RESIDENTIAL

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 twenty hours each week is set aside for schoolwork.

TREATMENT OPTION: OUTPATIENT

Partial Hospitalization
& Intensive Outpatient
Levels of Care



Locations shown:
Orlando, FL
Del Mar, CA

CONTINUOUS ENGAGEMENT WITH OUTPATIENT PROVIDERS

Patients are encouraged to maintain their existing therapeutic and dietary relationships during their treatment. While receiving intensive outpatient 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.

FLEXIBLE PROGRAMMING

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

ONGOING SUPPORT

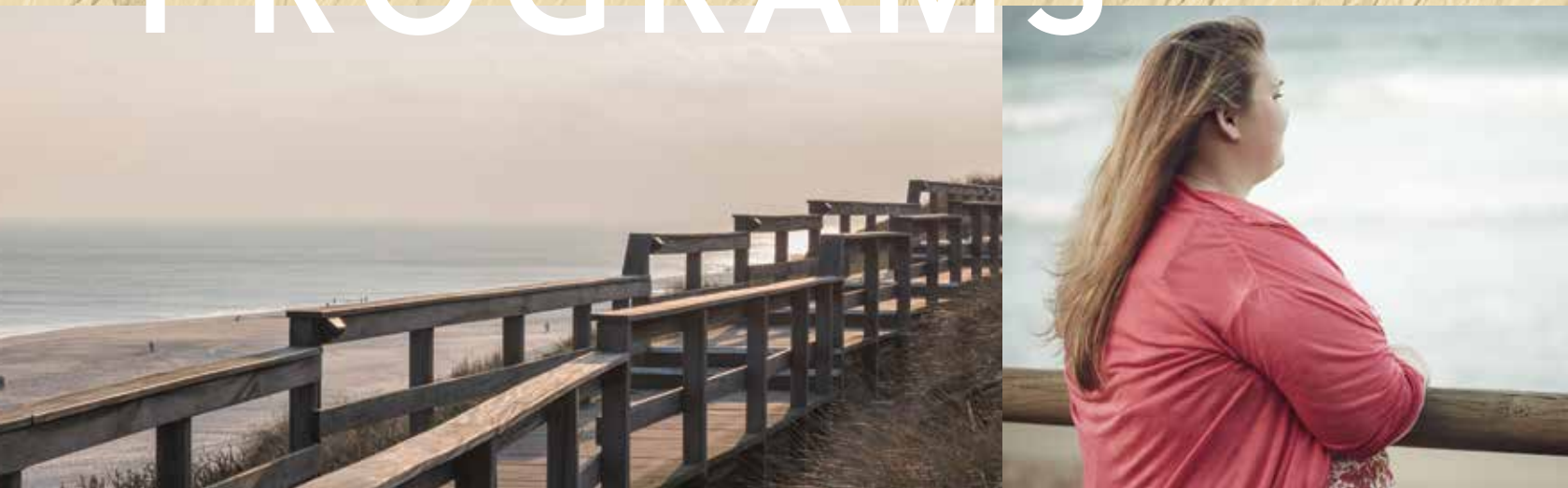
After discharge, patients and their support systems can access online resources, free weekly support groups, and an extensive referral network.



AGE-SPECIFIC

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

SPECIALIZED PROGRAMS



BINGE EATING DISORDER TREATMENT

Our **Path to Peace Program** provides diagnosis-specific care for Binge Eating Disorder (BED). The goal is to help patients discover a peaceful relationship with food and body.

We work to empower our patients to have a healthy relationship with food by digging into the underlying causes of the disorder with a trauma-informed lens. Then, we help them develop tools for tuning into their body and improving their overall well-being.

- Intensive outpatient and partial hospitalization levels of care
- Customized dietary consultation
- Individualized therapy and family therapy
- Group sessions and skills building groups
- Non-weight-loss approach
- Finding Your Voice advocacy groups
- Intuitive eating training
- Psychiatric sessions and medication management
- Trauma-informed team support
- Virtual BED community engagement post-treatment



WE DO NOT FOCUS ON THE SCALE

At Discovery, we never measure success in numbers. Rather, we utilize a Health at Every Size® (HAES) model to create an inclusive and respectful community. This approach supports people of all sizes in finding compassionate ways to take care of and heal themselves. Here, we concentrate on what we consider more important signs of healing:

- Cessation of binge eating behavior
- Intuitive eating
- Body acceptance
- Decreased depression and anxiety
- Enhanced mood and feelings of connection
- Resolution of underlying trauma
- The ability to advocate for oneself

Path to Peace for BED is available in Discovery centers across the country.



RESIDENTIAL EATING DISORDER AND SUBSTANCE USE TREATMENT

We offer specialized treatment for adults with co-occurring eating disorder and substance use disorder diagnoses.

In addition to our dietary program rooted in exposure response prevention, dialectical behavior therapy, cognitive behavior therapy, and mind/body work, we provide additional treatment elements to support patients seeking long-lasting recovery from addiction.

- **A paradoxical philosophy** is at the crux of this program as we support patients to maintain abstinence from substances while learning to re-nourish their relationship with food through balance, moderation, and variety
- **Physician-certified Addictionologist on staff** to consult with staff and meet with patients throughout the course of treatment, ensuring they are safe and comfortable
- **Drug and alcohol counselors on staff** to support patients and ensure they are held accountable throughout their step work and treatment goals
- **Daily on-site and off-site meetings** to support and inspire a life of sobriety



Visit www.supportinrecovery.com

for dates, times, and locations for our In-Person and Online Support Groups.



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:



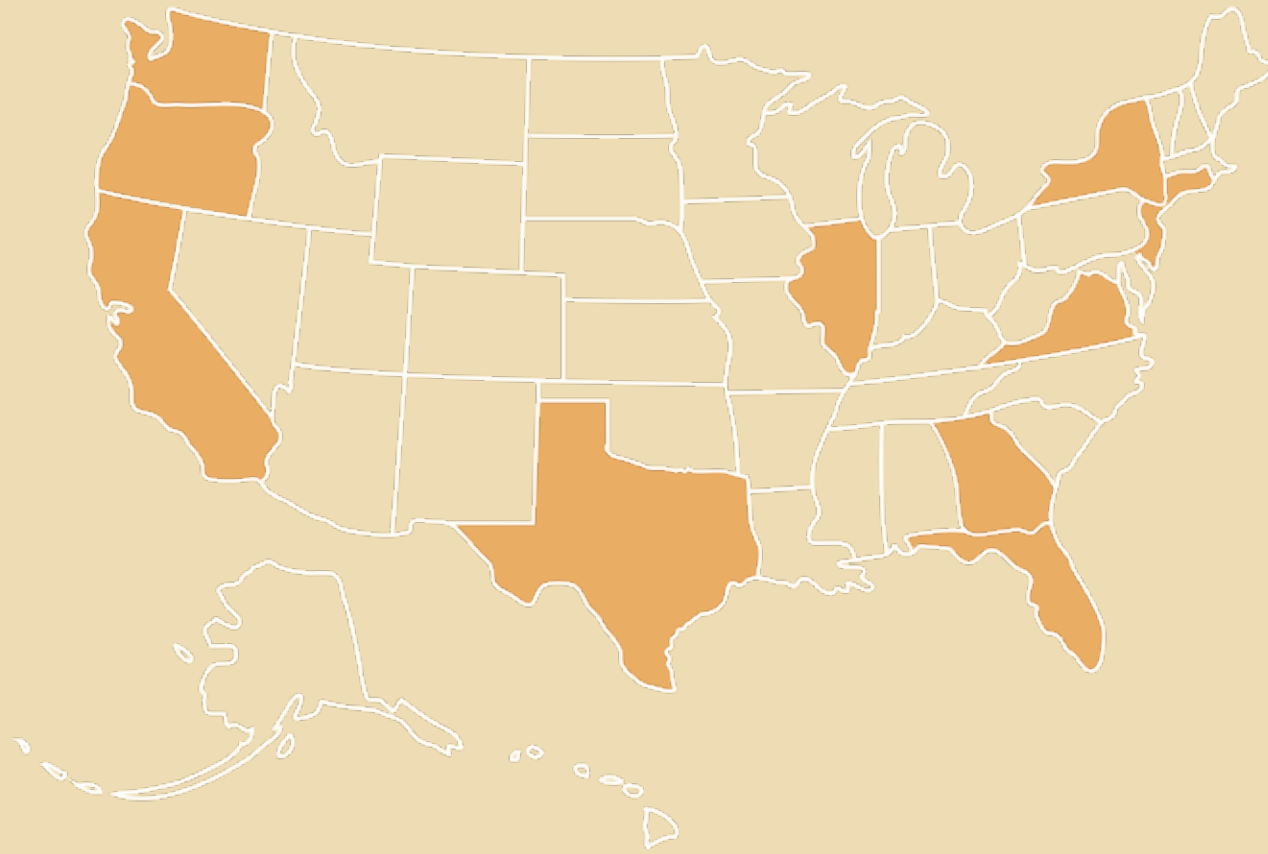
- Free mobile app that connects patients and alumni 24/7 to alumni services and support
- Access to our nationwide Discovery alumni community for around-the-clock private, online peer eating disorder support
- Nationwide alumni events
- Free weekly online support groups facilitated by a licensed psychologist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



LOCATIONS

CALIFORNIA

Beverly Hills
Adolescent & Adult IOP | PHP

Danville
Adolescent RTC

Del Mar
Adolescent & Adult IOP | PHP
Adult Female RTC

Fremont
Adult Female RTC

Glendale
Adolescent & Adult IOP | PHP

Lakewood
Adolescent RTC

La Habra
Adolescent RTC

La Jolla
Young Adult RTC

Los Alamitos
Adolescent & Adult IOP | PHP

Menlo Park
Adolescent RTC

Newport Beach
Adolescent & Adult IOP | PHP

Pleasanton
Adolescent & Adult IOP | PHP

Rancho Palos Verdes
Adult Female RTC

Granite Bay
Adult Female RTC

Torrance
Adolescent & Adult IOP | PHP

Temecula
Adolescent & Adult IOP | PHP

Thousand Oaks
Adult Eating Disorder & SUD RTC

Woodland Hills
Adolescent & Adult IOP | PHP

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.



CONNECTICUT

Fairfield
Adult Female RTC

Greenwich
Adolescent & Adult IOP | PHP

Southport
Adolescent RTC
Adolescent & Adult IOP | PHP

Fairfield (Wellington)
Young Adult Female RTC

FLORIDA

Montverde
Adolescent RTC

Maitland
Adolescent & Adult IOP | PHP

North Palm Beach
Adolescent & Adult IOP | PHP

Tampa
Adolescent & Adult IOP | PHP

GEORGIA

Atlanta
Adolescent & Adult IOP | PHP

Dunwoody
Adolescent RTC

ILLINOIS

Chicago
Adult Female RTC

Des Plaines
Adolescent & Adult IOP | PHP

Glenview
Adolescent RTC

NEW JERSEY

Alexandria
Adolescent & Adult IOP | PHP
Adult Female RTC

Fairfax
Adolescent RTC

McLean
Adult Female RTC

Bridgewater
Adolescent & Adult IOP | PHP

Paramus
Adolescent & Adult IOP | PHP

NEW YORK

Hamptons
Adolescent Community Residence
for Eating Disorder Integrated
Treatment (CREDIT)

OREGON

Portland
Adolescent & Adult IOP | PHP

TEXAS

Addison
Adolescent & Adult IOP | PHP

Austin
Adolescent & Adult IOP | PHP

Plano
Adolescent RTC

Houston
Adolescent & Adult IOP | PHP

Cypress
Adolescent RTC

VIRGINIA

Alexandria
Adolescent & Adult IOP | PHP
Adult Female RTC

Fairfax
Adolescent RTC

McLean
Adult Female RTC

WASHINGTON

Bellevue
Adult Female RTC
Adolescent & Adult IOP | PHP

Edmonds
Adolescent RTC

Enumclaw
Adolescent RTC

Tacoma
Adolescent & Adult IOP | PHP



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](https://www.CenterForDiscovery.com)