

We See THE PERSON

BEHIND THE DIAGNOSIS



DISCOVERY
Mood & Anxiety Program
Mental Health Treatment



From Challenges To Opportunities

A GREAT PLACE TO BEGIN

A fresh start is closer than you think. A diagnosis of a mood or anxiety disorder does not mean that life is on hold. It means a new direction is available to grow, build skills and develop greater opportunities for success at home and school. We're here to help.

FROM CHALLENGES TO OPPORTUNITIES

For more than two decades, Discovery Mood & Anxiety Program has been helping patients and their families build the confidence and skills they need to better navigate life's challenges. Imagine starting each day with the capacity to succeed at every turn—connecting with friends, completing homework assignments, engaging with classmates or resolving conflicts with family members. It might not seem possible if you've experienced a history of depression, anxiety or conflict with others. But we know how to turn lives around. Many individuals simply need to find more productive ways of coping with the daily routines that can be challenging to anyone at times.

At Discovery, we look at the person, not the diagnosis. We see talents, skills, humor, personality traits, and most of all, potential. Everyone has the capacity to grow and change. Everyone has challenges that can take them off track—it's our job to illuminate a path for each patient by turning challenges into opportunities and imparting skills that will last a lifetime.

Every individual has something that serves as a starting point—an aptitude, a talent, a strength that can be the foundation upon which new skills are built. We will find that starting point and lead the way to a more productive, enjoyable and satisfying life.

WE PARTNER WITH FAMILIES

We empower families to be part of their loved one's recovery through family therapy, support groups, aftercare and more. Mood and anxiety disorders effect the entire family and family involvement will be part of the healing process for everyone involved.

BUILDING ESTEEM AND BRIGHTER TOMORROWS

Discovery Mood & Anxiety Program has helped thousands of teens, adults and their families whose lives have been disrupted by anxiety, depression and other mood disorders. We help patients get to the underlying issues and break the cycle of challenges they are facing.



Through our **ESTEEM System™**, patients are treated as a whole person through evidence-based treatment, science-based nutrition, therapeutic programming, education reintegration, comprehensive family support and multiple levels of care.

We're experienced at recognizing and uncovering the promise of the person behind the diagnosis. We look at each patient as the one-of-a-kind individual they are and create an equally unique path that paves the way for hope, healing and a brighter future.



WE WORK WITH INDIVIDUALS DEALING WITH:

- TRAUMA
- ANXIETY
- DEPRESSION
- OCD
- SUICIDAL IDEATION
- CO-OCCURRING DISORDERS
- SELF-HARM
- BIPOLAR DISORDER
- REACTIVE ATTACHMENT DISORDER (RAD)
- SUBSTANCE USE



With the Esteem System,TM Anything is Possible

We passionately believe that treating the whole person creates the foundation for a future filled with possibilities. With our **Discovery ESTEEM SystemTM**, happiness and a fulfilling life is within reach.

E

EVIDENCE-BASED TREATMENT

Proven skills and tactics to positively manage feelings and emotions

S

SCIENCE-BASED NUTRITION

Instruction on how to nourish the body and the soul

T

THERAPEUTIC PROGRAMMING

Compassionate care that gets to the root of the underlying issues

EDUCATIONAL EMPOWERMENT

Preparing young learners to successfully navigate school and transition into independent living

E

EXTENSIVE FAMILY SUPPORT

Healing, education and building skills for parents and loved ones

E

M

MULTIPLE LEVELS OF CARE

Flexible, customized care throughout your recovery journey

So Much to Discover Here

Evidence-Based Treatment

Through one-on-one therapy sessions, we uncover the underlying issues driving maladaptive behavior. Next, our patients practice new ways to manage thoughts and feelings within a safe, supportive and positive peer culture. We utilize trauma-informed, evidence-based treatment, including acceptance commitment therapy (ACT), cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), exposure response prevention (ERP) and more.

Complementary Modalities

We help our patients discover their passions and new ways to maintain wellbeing through experiential activities, such as creative art expression, music, meditation, adventure therapy, equine therapy, sound baths and yoga to complement treatment (treatment offerings vary by location). The intention of the complementary modalities is to foster a stronger mind-body connection.

Academic Support

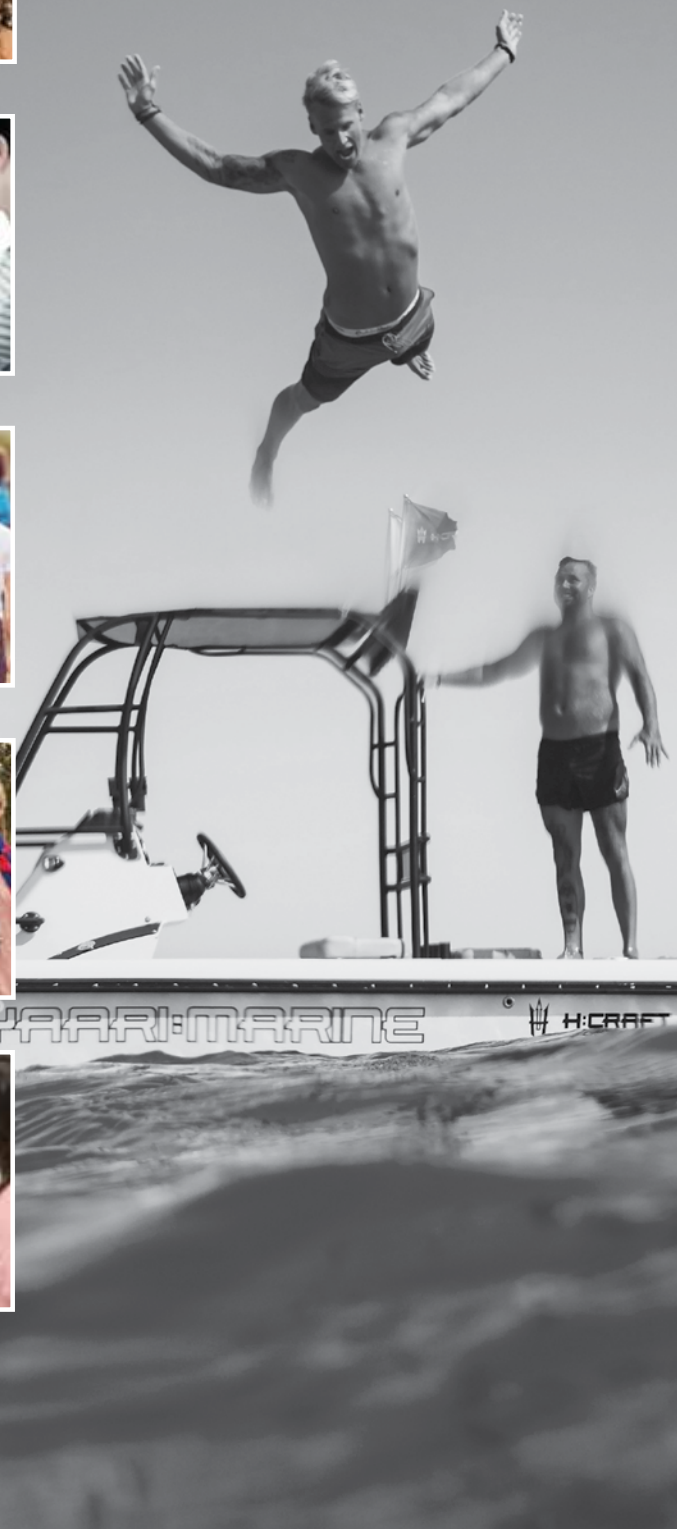
School-age patients have up to 20 hours per week set aside for studies and are supervised by an education liaison at residential and partial hospitalization levels of care. This professional works with the student, family and school to create a plan that prioritizes treatment while maintaining educational engagement. We also work to coordinate a smooth transition when it's time to go back to school.

Healing Families

We have a deep and abiding commitment to heal families through family therapy, support groups, education and skill building. We rebuild confidence in parents and empower them to be supportive agents of change in their child's life.

Ongoing Support

After discharge, patients and families have access to online resources, free weekly support groups, alumni network, and an extensive referral network. Everyone receives the continued support they need to build skills and be part of the community.



TREATMENT OPTION:

Residential

Homelike Settings

Our residential treatment centers (RTC) provide 24/7 supervision and support in a warm, homelike setting. Our residential locations promote healing in a welcoming environment that enhances intensive individual, group and family therapy. This option may be best suited for those patients who need help managing day-to-day life.

Robust Family Programming

Supporting and educating family systems is a cornerstone of the Discovery philosophy. Our family programming includes weekly family therapy and psychoeducation so families can gain a better understanding of their child or loved one's illness along with how to parent their child or support their loved one through recovery. We also host weekly multi-family support groups to break the cycle of isolation and provide an opportunity to connect with others experiencing similar challenges.



Locations shown: Brentwood, CA
Fresno, CA

Age-Specific, Gender-Inclusive and Gender-Specific Programs

Adolescent programs are gender-inclusive or gender specific, working with patients ages 10 to 18. Young adult programs treat women ages 18 to 26. Age varies by location, and all programs are separate for adolescents and adults.



Medication Management

Medication management, under the supervision of a psychiatrist, is our priority. This allows us to begin the process of healing and recovery. Psychopharmacology groups allow patients and families to understand the medications they have been prescribed and how they can support long-term recovery.

TREATMENT OPTION: Outpatient

Partial Hospitalization
& Intensive Outpatient
Levels of Care

Flexible Programming

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



Intensive Outpatient (IOP)

In IOP, patients receive up to three hours of care per day, up to five days per week for group sessions as well as individual and multi-family therapy. While receiving IOP services at Discovery, patients can also see their outpatient team members, including their therapist and psychologist. This sets the stage for a smooth transition when patients return home.

Partial Hospitalization (PHP)

During PHP, patients meet five days a week, six hours per day. This allows patients to practice new coping skills at home during evenings with opportunities to reflect on and receive additional support during the day with their treatment team. Programming at PHP includes weekly individual and family therapy and a session with their psychiatrist.



Age-Specific Treatment

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

Locations shown: Austin, TX
Maitland, FL

FREE Support Groups



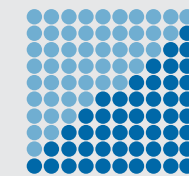
Family Support, Too

We recognize the unique needs of family members and friends supporting a loved one in recovery and offer separate support groups for them, as well.

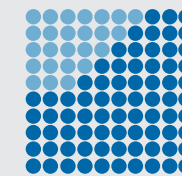
Our Support in Recovery groups are open to the community and provide a safe, non-judgmental environment to connect with peers who understand the journey through recovery.

Open to All

Anyone who is in recovery or who is considering recovery is not only invited, they are encouraged to attend. Our groups are open to all—even if they have not received treatment at Discovery Mood & Anxiety Program.



UP TO
50%
of all mental illnesses began by age 14.



UP TO
75%
of all mental illnesses began by age 24.

AVERAGE DELAY
11 years
between onset of symptoms and treatment.

Source: National Alliance on Mental Illness (NAMI), www.nami.org/mhstats

Visit www.SupportInRecovery.com for dates, times and locations for our in-person and online support groups



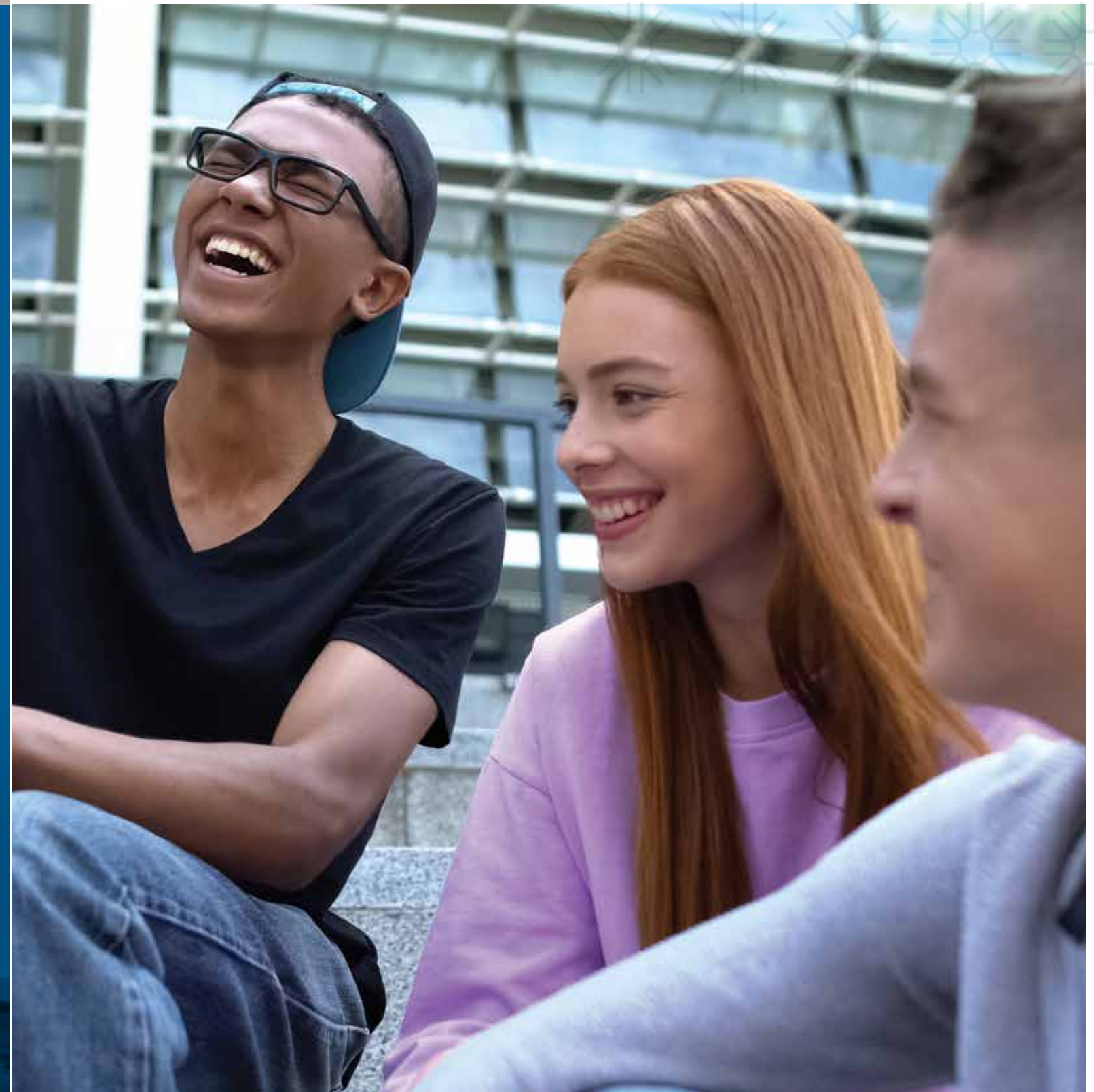
AFTERCARE

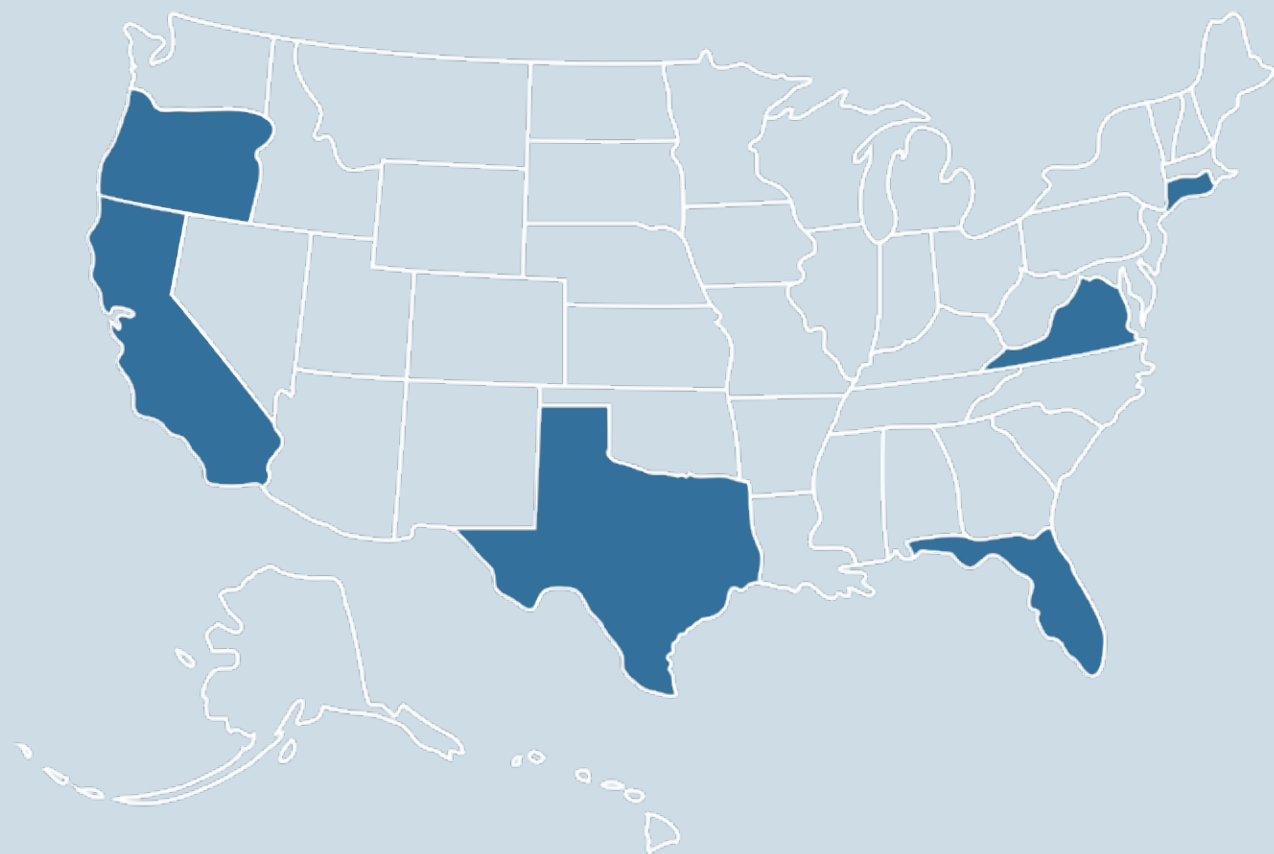
RECOVERY FOR LIFE

Patients and families who have received treatment from us are members of the Discovery family for life. Our Alumni Services Team provides free aftercare programming that ensures our patients and families continue to feel empowered 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 support
- Nationwide alumni events
- Free weekly in-person support groups for alumni and their loved ones in most locations.

For more information or to contact Discovery's Alumni Services, please call **562.725.5625**.





LOCATIONS

CALIFORNIA

Brentwood
Adolescent Female RTC
Adolescent RTC

Chino Hills
Adult Female RTC

Downey
Adolescent Female RTC

Fresno
Adolescent RTC

Granite Bay
Adolescent RTC

Long Beach
Adolescent Male RTC

Los Alamitos
Adolescent IOP | PHP

Newport Beach
Adolescent IOP | PHP

Pacific Place
Adolescent Mental Health & SUD
RTC

San Diego
Adolescent IOP | PHP

LOCATIONS NATIONWIDE

We offer Joint Commission accredited, state licensed locations 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.



Joint Commission
Accredited

San Jacinto
Adolescent Mental Health & SUD RTC

Sherman Oaks
Adolescent & Adult IOP | PHP

Temecula
Adolescent & Adult IOP | PHP

Vista
Adolescent Female RTC

Whittier
Adolescent RTC

CONNECTICUT

Fairfield
Adolescent RTC

Southport
Adolescent IOP | PHP

Stamford
Adolescent RTC

FLORIDA

Maitland
Adolescent & Adult IOP | PHP

North Palm Beach
Adolescent IOP | PHP

OREGON

Beaver Creek
Adolescent RTC

TEXAS

Austin
Adolescent & Adult IOP | PHP

Dripping Springs
Adolescent RTC

Houston
Adolescent & Adult IOP | PHP

VIRGINIA

Annandale
Adolescent RTC

Fairfax
Adolescent & Adult IOP | PHP

Fairfax Station
Adolescent RTC

A photograph of a man and a woman embracing outdoors. The man is on the right, looking down at the woman on the left. They are both smiling. The background is a soft-focus outdoor scene with trees and a building. A blue rectangular box is overlaid on the right side of the image, containing white text.

READY FOR THE NEXT STEP?

If you have questions about our program or would like assistance determining whether it's time for a higher level of care, please reach out. Our team is available to make the admissions process as seamless and stress-free as possible. We provide free, confidential assessments over the phone. Discovery is in-network with all major insurance companies and provides complimentary insurance benefit verification. We can also work to obtain a single case agreement if necessary.

844.466.5141
DiscoveryMood.com

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