

We See the Person Behind the Diagnosis

Mental Health Disorders | Co-Occurring Disorders

Residential | Partial Hospitalization | Intensive Outpatient



From Challenges to Opportunities

Since 1997, Discovery Mood & Anxiety Program (DMA) has been helping patients and their families build the confidence and skills they need to better navigate life's challenges. At DMA, we look at the person, not the diagnosis. Through our comprehensive, evidence-based program under the supervision of compassionate, skilled, licensed clinicians and healthcare experts, you don't have to navigate this diagnosis on your own. As your self-acceptance and confidence grows, your life and relationships can be restored.



35+ Locations
Across the Nation



Serving Adolescent
& Adult Patients of
All Genders



All Levels of Care
+ Flexible Virtual
Programming

A Wrap-Around Approach to Care

At DMA, we know every patient's journey to healing is unique. We offer a variety of evidence-based and holistic treatments, along with specialized services. (Note: treatments and services vary per location.)

- One-on-one talk therapy, small group therapy, family therapy
- Dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), acceptance & commitment therapy (ACT), pharmacological treatment
- Residential (RTC), partial hospitalization (PHP), intensive outpatient (IOP), virtual programming (in select states)
- Mindful meditation, yoga, art therapy, equine therapy, music therapy
- Stars & Stripes for veterans, active military, first responders
- School support services for adolescent patients
- Free support groups for patients, alumni and families – in-person and online
- Robust alumni program with a free app, support groups, events and more

Insurance

We are in network with most major payors. DMA is happy to do free insurance verification and can assist with any financial questions.

Discovery for Life™

At DMA, you are never alone. After treatment, you automatically have Discovery for Life – free support that's with you for a lifetime. It starts with Discovery 365™, a 16-point interactive assessment and check-in program for one year after discharge.

Building Esteem and Brighter Tomorrows

DMA has helped thousands of teens, adults and their families whose lives have been disrupted by anxiety, depression and other mood disorders.

With our Discovery ESTEEM System™, happiness and a fulfilling life is within reach. We approach you as a whole person through evidence-based treatment, science-based nutrition, therapeutic programming and more, all the while customizing your experience so it's unique to your needs.

- E** Evidence-based treatment
- S** Science-based nutrition
- T** Therapeutic programming
- E** Education & employment reintegration
- E** Extensive family support
- M** Multiple levels of care



Levels of Care to Help You Manage Mental Health

Residential Treatment Centers (RTC)

Our RTCs 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 when you need help managing day-to-day life.

Partial Hospitalization (PHP)

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

Intensive Outpatient (IOP)

In IOP, you 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 DMA, you can also see your outpatient team members, including a therapist and psychologist. This sets the stage for a smooth transition when returning home at the end of the day.



Paving a Road to a Lifetime of Success

Treatment at one of our centers is just the beginning. On the day of discharge, our patients report dramatic changes in their lives and their outlook for the future*:



97%
are willing to ask for help



97%
feel hopeful about
the future



96%
can meet their personal goals



95%
believe they can handle
what happens in life



95%
know how to control
their symptoms



92%
can handle stress

Contact us to schedule a tour of one of our centers, verify insurance or ask questions about programming at DMA.

*Percentage includes adult and adolescent patients who admitted to the Discovery Mood & Anxiety Program in 2023 (between 1/1/23 and 6/30/23) and completed the Recovery Assessment Scale (RAS) (N = 2,011). Average treatment range 43 days for those who completed treatment.



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