

Intensive Day Treatment for Addictions

The Discover Program is a short-term, clinically intense day treatment for men and women, age 19 and older, who are struggling with an addictive illness.

Program hours are Monday through Friday, 9am to 3pm

We accept Medicaid, Medicare, and most major insurances.

We are located at 298 Washington Street
Gloucester, MA 01930

To schedule an appointment or for more information, please call
978-283 -4001 ext 422
or email discover@nhs-healthlink.org.

About Lahey Health Behavioral Services

We provide a range of outpatient, inpatient and residential care, including mental health clinics; addiction treatment; family services; mobile crisis teams; psychiatric treatment and school-based programs for children and teens.

**We serve communities
in Greater Boston,
the North Shore and
the Merrimack Valley,
Massachusetts.**



Scan with smart phone to
access our website.

NebHealth.org



The Discover Program

Day Treatment for Addictions





The Discover Program

Helping you find your way
to recovery

Struggling with addiction is often a lonely experience, one that leads to feelings of helplessness and isolation. The Discover Program provides the support and structure which can be critical in helping you in the early stages of your recovery.

At the Discover Program, we don't just treat addiction; we treat individuals with compassion and respect.

Confidentiality

All our services are strictly confidential. We respect and protect your privacy.

What to expect from the Discover Program

With the benefit of experienced clinical staff and the support of a peer group, participants will:

- Develop skills to begin the recovery process
- Gain an understanding of your addictive illness
- Establish a support network
- Learn to build healthy relationships to help you in recovery
- Develop a plan for aftercare to support your recovery
- DISCOVER ways to enjoy a clean and sober life

The Discover Journey

All participants receive:

- A comprehensive individualized assessment
- A mutually agreed upon plan of care to help you achieve your goals
- Education and process oriented groups
- Individual counseling sessions
- Meetings to educate and support families and significant others
- Random urine screens
- Medication assessment
- Assistance with your plans for treatment after Discover