



Discovery DAY TREATMENT

a program of
ASPIRE HEALTH ALLIANCE
www.aspirehealthalliance.org

Discovery Day Treatment for Adults

Supportive and therapeutic environment

Aspire Health Alliance's Discovery Day Treatment is a dynamic holistic day program for adults, located in Braintree, Massachusetts. Discovery is designed to help support an individual's behavioral health, through therapeutic group treatment and milieu therapy. Our program helps our clients establish daily structure, routine, and meaning and purpose through therapeutic group facilitation and fosters independence, personal growth and well-being.

The Discovery Team: Our team includes social workers, mental health clinicians, occupational, art and expressive therapists and peer support specialists that are dedicated to helping clients identify their treatment goals, work on relationship building, focus on the development of effective communication, emotional regulation, healthy living skills, and self-care.

Discovery Services: We offer over 50 therapeutic groups per week, which focus on DBT skills, CBT techniques, music, expressive and art therapies, dual recovery, interpersonal effectiveness, peer support, yoga, gardening, meditation and exciting community events.

Discovery Hours: Our program runs Monday through Friday from 9 a.m. to 3 p.m., and the expectation is that individuals commit to a minimum of 3 full days per week, for at least 12 weeks. We accept MassHealth insurance and clients must be 18 years of age or older.

We also offer an opportunity for extended afternoon programming from 3:00-4:00 pm, to encourage social connections, recreation activities such as pool table use, game groups and computer lab access.

How to Make a Referral or Learn More: Referrals (including self-referrals) can be made by calling the Discovery Day Program Director, Christine DiPaolo at 617-769-7202 or completing a referral form at <http://www.aspirehealthalliance.org/provider-resources>.

Celebrating 100 years of service in 2026, Aspire Health Alliance (Aspire) is a private, non-profit behavioral health agency, providing services for children, teens, and adults experiencing serious emotional challenges, behavioral issues, and substance abuse. Our vision is there is no health without mental health. Aspire is a designated Community Behavioral Health Center by the State of Massachusetts.

