

# Discovery DAY TREATMENT

a program of  
ASPIRE HEALTH ALLIANCE

*"A community that fosters, connection, belonging, community and growth."*

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.



Discovery Artist

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**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.

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

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**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 p.m., to encourage social connections, recreation activities such as pool table use, game groups, and computer lab access.

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**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>.

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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.



[www.aspirehealthalliance.org](http://www.aspirehealthalliance.org)

1501 Washington St., 3<sup>rd</sup> Floor Braintree, MA 02184

## Discovery Day Treatment Referral Form

**Referral Instructions:**

After submitting this form, please call Central Intake at **(617) 847-1914** to verify insurance eligibility and register the client into our electronic records system. **HOSPITALS AND PARTIAL PROGRAMS:** Please fax the admission and/or discharge summary as well as an updated medication list to: **(781) 843-2460**.

**Client Information:**

Name:  Date of birth:   
 Male  Female  Transgender  Nonbinary Pronouns:   
 Home address:   
 Home phone:  Cell phone:

**Insurance Information**

**\*Mass Health required. Discovery does not accept 3<sup>rd</sup> party insurance or Medicare alone. \***

MBHP  Medicaid/Medicare  Commonwealth/CCA  
 BMC  NHP  Tufts (Network Health)

Mass Health ID#:

**Referral Information**

Referred by:  Date of Referral:   
 Agency:   
 Phone:  E-mail:

**Is the client their own guardian?**  Yes  No **If no, please complete the following section**

Guardian name:  Relationship:  Phone:

**Emergency contact**

Name:  Relationship:  Phone:

**Does the client need Mass Health PT1 Transportation?**  Yes  No

**Client's Motivation for Day Treatment:**  High  Moderate  Ambivalent

**Client's current living situation:**

Independent/Alone  Residential facility  With family  Supported Housing  
 With roommate(s)  Other (specify):

**Treatment Team (At least one clinical provider or collateral contact required):**

Therapist: <input type="text"/>	Phone: <input type="text"/>
Prescriber: <input type="text"/>	Phone: <input type="text"/>
DMH/ACCS Case Management: <input type="text"/>	Phone: <input type="text"/>
Primary Care Physician: <input type="text"/>	Phone: <input type="text"/>
Visiting Nurse: <input type="text"/>	Phone: <input type="text"/>
Other: <input type="text"/>	Phone: <input type="text"/>

## Discovery Day Treatment Referral Form

**DSM V Diagnosis:**

**Current presenting problem(s):** *\*Discovery is primarily a mental health treatment program and has limited dual dx groups. If substance use is a current problem, please indicate length of sobriety and motivation for recovery\**

**Medical problems, including allergies:**

**Goals for treatment:**

**Risk Assessment:**

<input type="checkbox"/> Suicidal	<input type="checkbox"/> Medical Risks	<input type="checkbox"/> Poor Judgment/Insight
<input type="checkbox"/> Legal Involvement	<input type="checkbox"/> Physical Aggression	<input type="checkbox"/> Substance Abuse High Relapse Risk
<input type="checkbox"/> Verbal Aggression	<input type="checkbox"/> Impulsive/Risky Behaviors	<input type="checkbox"/> DCF Involvement
<input type="checkbox"/> Psychosis	<input type="checkbox"/> Trauma/Abuse Survivor	<input type="checkbox"/> Medication Noncompliance
<input type="checkbox"/> Homicidal	<input type="checkbox"/> Homeless/Unstable Housing	<input type="checkbox"/> Recent Significant Loss
<input type="checkbox"/> Other:	<input type="text"/>	

**Please submit all referrals to:**  
**Christine DiPaolo**  
**Program Director**  
**Discovery Day Treatment**  
**1501 Washington St.**  
**Braintree, MA 02184**  
**Cell: (617) 769-7202**  
**Email: [cdipaolo@aspirehealthalliance.org](mailto:cdipaolo@aspirehealthalliance.org)**  
**Fax: (781) 843-2460**

### About Discovery Day Treatment

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