



Discovery Mood & Anxiety Program - Tacoma Runs Day Treatment for Adolescents and Adults at One Cedar Street Site

September 22, 2026

TACOMA, WA - September 22, 2026 -

Discovery Mood & Anxiety Program - Tacoma treats two clinically distinct populations, adolescents aged 11 to 17 and adults 18 and older, at a single South Cedar Street location in Tacoma, Washington, running partial hospitalization and intensive outpatient programming for both age groups without transferring either to a separate facility.

The Tacoma center is accredited by the Joint Commission and is part of the Discovery Mood & Anxiety Program network, which operates mental health treatment locations across California, Texas, Washington, Wisconsin, Maryland, and Virginia. The site is licensed as a mental health service and mental health clinic.

Partial hospitalization and in-person and online intensive outpatient programming are the levels of care at this center that sit between weekly therapy and residential admission. A partial hospitalization program typically runs most of the day, most days of the week, while patients return home at night; an intensive outpatient

program runs fewer hours and is generally the step below. Both allow a patient to remain in their household and, for adolescents, to stay enrolled in school while receiving daily clinical treatment ? the reason day treatment has grown as an alternative to inpatient admission for patients who do not require 24-hour monitoring.

School support is built into the adolescent track. Continuity of education during treatment is a recurring obstacle for families weighing intensive mental health care for a teenager, and programs that coordinate with a student's school make it easier for a teenager to keep up with classes while in treatment.

The Tacoma program treats anxiety disorders, depression, bipolar disorder, trauma, self-harm, and reactive attachment disorder, a condition that develops in early childhood when a child does not form typical attachment bonds with caregivers and which requires treatment approaches distinct from those used for anxiety or mood disorders.

Four evidence-based modalities anchor the clinical program: cognitive behavioral therapy, dialectical behavior therapy, exposure and response prevention therapy, and acceptance and commitment therapy. Exposure and response prevention is the first-line psychological treatment for obsessive-compulsive disorder, and its inclusion signals capacity to treat OCD-spectrum presentations rather than mood and anxiety conditions alone. Experiential and holistic elements including gardening, art, and yoga run alongside the clinical work. The network's levels of care are published by Discovery Mood & Anxiety Program - Tacoma.

Care at the location follows two structured frameworks: the Discovery ESTEEM System for adolescent patients and the Discovery RISE System for adults, both designed around building skills and self-confidence rather than organizing treatment by diagnosis alone. Online treatment is available as an additional access route.

The organization reports that it is a preferred provider for more than 100 payers and states that 99.5 percent of applicants with commercial insurance are approved for treatment. Both figures are the provider's own, and insurance approval rates vary by plan, diagnosis, and level of care requested.

An alumni program continues after discharge. Structured post-treatment contact has become a standard design element in behavioral health programming, because the weeks following discharge from an intensive level of care carry elevated risk of symptom return.

The Cedar Street site is wheelchair accessible at the entrance, parking, and restroom, and appointments are recommended. The center's Google Business Profile listing is at <https://www.google.com/maps?cid=7229901892410201733>.

About Discovery Mood & Anxiety Program - Tacoma

Discovery Mood & Anxiety Program - Tacoma is a mental health treatment center located at 2202 S Cedar St Suite 175, Tacoma, WA 98405. The center provides partial hospitalization and intensive outpatient programs for adolescents aged 11 to 17 and adults 18 and older, treating anxiety, depression, bipolar disorder, trauma, self-harm, and reactive attachment disorder. The program is accredited by the Joint Commission. Discovery Mood & Anxiety Program - Tacoma can be reached at (866) 308-0035. More information is available at discoverymood.com/locations/tacoma/.

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For more information about Discovery Mood & Anxiety Program - Tacoma, contact the company here: Discovery Mood & Anxiety Program - Tacoma
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Discovery Mood & Anxiety Program - Tacoma

Discovery Mood & Anxiety Program - Tacoma is a mental health treatment center in Tacoma, WA, providing residential, PHP, and IOP care for teens and adults with depression, anxiety, trauma, bipolar disorder, and co-occurring conditions.

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