

Discovery Mood & Anxiety Program Opens Its San Fernando Valley Day Treatment on Ventura Boulevard in Sherman Oaks

September 23, 2026

SHERMAN OAKS, CA - September 23, 2026 -

Discovery Mood & Anxiety Program - Sherman Oaks provides partial hospitalization and in-person and online intensive outpatient mental health treatment on Ventura Boulevard in Sherman Oaks, California, placing day-treatment-level psychiatric care inside the San Fernando Valley rather than requiring Valley families to cross the Santa Monica Mountains into West Los Angeles for it.

The center treats adolescents aged 11 to 17 and adults 18 and older, is accredited by the Joint Commission, and is licensed as a mental health service and mental health clinic. It is one of two Discovery Mood & Anxiety Program locations serving the Los Angeles area, alongside a West Los Angeles site on Santa Monica Boulevard.

Geography is a practical constraint on day treatment in Los Angeles in a way it is not for weekly outpatient therapy. Partial hospitalization requires attendance most of the day, most days of the week, and intensive outpatient requires several sessions weekly ? commitments that make cross-town travel a real determinant of whether a patient completes a program. The Ventura Boulevard corridor is the Valley's main east-west commercial spine and is served by the 101 freeway.

Conditions treated at the Sherman Oaks location include anxiety disorders, depression, bipolar disorder, trauma, self-harm, and reactive attachment disorder. The clinical program uses cognitive behavioral therapy, dialectical behavior therapy, exposure and response prevention therapy, and acceptance and commitment therapy, supplemented by holistic therapies and, for adolescent patients, school support that allows students to continue coursework during treatment. The network's levels of care are published by Discovery Mood & Anxiety Program - Sherman Oaks.

Adolescent care at the location runs under the Discovery ESTEEM System and adult care under the Discovery RISE System, two structured frameworks the organization uses across its network. Both are built around skill acquisition and self-confidence rather than diagnosis-led programming alone. Online treatment is offered as an additional access route for patients who cannot attend in person.

The distinction between partial hospitalization and inpatient admission matters for families evaluating options. Partial hospitalization delivers a comparable daily clinical intensity to inpatient treatment while the patient sleeps at home, which preserves family contact and school or work continuity and generally carries lower cost. It is not appropriate where a patient requires 24-hour supervision, and admission decisions turn on that assessment.

Exposure and response prevention, one of the four modalities offered, is the first-line psychological treatment for obsessive-compulsive disorder and is delivered by relatively few day-treatment programs, since it requires specific clinician training. Its presence indicates the Sherman Oaks site can take OCD-spectrum referrals rather than mood and anxiety presentations alone.

Discovery Mood & Anxiety Program operates locations across California, Texas, Washington, Wisconsin, Maryland, and Virginia. An alumni program continues contact with patients after discharge from any level of care.

The Sherman Oaks site is wheelchair accessible at the entrance, parking, and restroom. Appointments are recommended, and the location's admissions line operates 24 hours a day. The center's Google Business Profile listing is at <https://www.google.com/maps?cid=9392587268805098988>.

About Discovery Mood & Anxiety Program - Sherman Oaks

Discovery Mood & Anxiety Program - Sherman Oaks is a mental health treatment center located at 15250 Ventura Blvd #1100, Sherman Oaks, CA 91403. 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 - Sherman Oaks can be reached at (866) 308-0035. More information is available at discoverybhdigital.com/locations/sherman-oaks/.

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

Discovery Mood & Anxiety Program - Sherman Oaks is an outpatient mental health treatment center in Sherman Oaks, CA, treating teens and adults with anxiety, depression, trauma, and mood disorders across the San Fernando Valley and Los Angeles.

Website: <https://discoverymood.com/locations/sherman-oaks/>

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