



## Summary of Services Sandy Springs, Georgia Outpatient Program

High Focus Centers in Sandy Springs, GA serves both adults and adolescents who are suffering with common behavioral and mood disorders, such as depression, anxiety, bipolar disorder, and ADHD in the Fulton County area and surrounding communities.

Our program is person-centered and individualized to address each client's unique needs, goals and preferences.

We encourage family involvement while providing active, intensive therapeutic services in a coordinated and structured environment.



### Partial Hospitalization Program (PHP)

The addition of a PHP program to our existing adolescent intensive outpatient program (IOP) provides for a more comprehensive continuum of care to meet the clinical needs of our adolescent clients. PHP programming helps adolescents take visible steps toward recovery, with a focus on mindfulness, emotional regulation, and creative expression.



### Intensive Outpatient Program (IOP)

Intensive Outpatient (IOP) offers a more flexible treatment option for clients with moderate symptoms, or those who have completed a higher level of care. Our IOP groups meet for three hours each day, three days per week.



### Family Workshops

Family participation is strongly encouraged throughout all phases of programming and is as much an expectation of treatment as it is for the clients to attend sessions. Family relationships shape and influence how adolescents and adults relate with others throughout the course of their lives. Our Family Workshops re-emphasize the importance of the family unit through weekly family therapy and active participation in a client's treatment process.

Contact us to learn more about our outpatient treatment programs at this location.

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