



# Summary of Services Charlotte, North Carolina Outpatient Program

High Focus Centers in Charlotte, NC provides outpatient substance use and mental health treatment programs specifically designed for adults who are experiencing acute symptoms of psychiatric illness including borderline personality disorder, bipolar disorder, depression, anxiety disorder, and panic disorder.

We offer a combination of evidence-based and holistic treatment options for adults including but not limited to Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), individual and family therapy, psychoeducational group sessions, and medication management.



## Partial Hospitalization Program (PHP)

Offered daily, our PHP is a structured, full-day substance use treatment program for adults that serves as a bridge between inpatient and outpatient programs. While many clients enter the program immediately following detox, others utilize the PHP as a step down from residential treatment.



## Intensive Outpatient Program (IOP)

Appropriate as a starting point for care, our day Intensive Outpatient Program is also ideal for adults who have successfully completed a PHP and can benefit from continued support to develop the skills necessary to maintain long-term recovery and a healthy lifestyle.



## Comprehensive Care Walk-In Assessments

Our clinicians work directly with clients to develop a solutions-focused, personalized treatment plan inclusive of therapy, life skills, and sometimes medication to address unique treatment and personal goals, needs, and recurring substance use and mental health challenges. Convenient, walk-in assessment appointments are available Monday - Friday from 10:00AM - 3:00PM.



## Medication Assisted Treatment (MAT) & Management

We recognize that Medication Assisted Treatment (MAT) is not appropriate for all clients. Our medical team meets with each client individually to discuss the use of medication and develop a detailed treatment plan based on the personalized recovery needs and goals of each client. Our prescriber meets with clients on-site to review medications and treatment progress weekly.

To refer or learn more, contact Lindsay Stuart, Community Liaison,  
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