



In Collaboration with Bright Path Program GPS



**Programming Locations:**

5800 Mountain Creek Road  
Sandy Springs, Georgia 30328

**Ready to Take the  
First Step?**

Please contact admissions to get started.

**404-200-1925**

**In-Network Insurance Companies:**

Out-of-Network for all other insurance carriers



**How do I enroll in the IOP program at Bright Path Program?**

Enrollment begins with an initial assessment to determine the suitability of IOP for your needs, followed by a personalized intake process.

Programming includes group sessions (Monday, Wednesday and Thursday), zoom sessions (flexible hours) and/or an intensive three-day program (eight hours a day for three days).

Group Sessions are capped at 12 clients with the three-day intensive program capped at 5 clients (intensive programming is Friday - Sunday).



The Cottages on Mountain Creek and Bright Path Program are accredited by the Joint Commission

**Intensive  
Out-Patient  
Program**

Helping You Heal, One Step At A Time

## About the Intensive Out-Patient Program(IOP)

The IOP program at Bright Path Program focuses on providing scheduled treatment in a flexible format. Clients may live on campus and/or join in during the day. Zoom sessions are also available.

This IOP is ideal for clients who are stepping down from more intensive treatment programs or those who need structured support as they navigate their recovery journey.



## Benefits of Our IOP Program

### Balance and Integration

Enables clients to integrate the recovery process into their daily lives, providing a balance that helps reinforce their progress.

### Highly Personalized Care

Each client's treatment plan is uniquely tailored, allowing for adjustments based on personal progress and specific recovery needs.

### Skill Enhancement

Focuses on developing and enhancing skills necessary for independence and long-term recovery, such as emotional regulation, stress management, and effective communication.

### Accessibility and Support

Offers an accessible way to receive intensive treatment while staying connected to family and community, crucial for many in the recovery process.

## Our Treatments Include:

- Depression
- Anxiety Disorder
- Schizoaffective Disorder
- Bipolar Disorder
- Obsessive Compulsive Disorder
- Borderline Personality Disorder
- Over 55+ Mental Health Disorders
- Co-Occurring Cognitive Behavior/ Memory Loss
- Traumatic Brain Injury
- Aspergers Syndrome
- Drug Addiction

## Housing Options and Programming also Includes:

- In-Patient services (24/7) in a licensed facility;
- Transitional Independent Living; and
- Day Programming.

Wrapped around the clinical programming are adjunct therapies that consist of music, art, nutrition classes, yoga, physical therapy, aromatherapy, horticulture and cooking classes. The adjunct therapies occur before and after the clinical sessions.

## Program Features

### Flexible Treatment Schedule

IOP allows clients to maintain their daily commitments while attending treatment sessions scheduled during the day and early evenings.

### Comprehensive Treatment Modalities

The program includes evidenced-based therapies, such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Eye Movement Desensitization and Reprocessing (EMDR). All programming is tailored to support the recovery process.

### Group and Individual Therapy

Group and individual therapy sessions foster peer support and shared recovery experiences which focuses on personal challenges and goals.

### Holistic Care Components

Integrating holistic practices such as music, art, nutrition classes, yoga, physical therapy, aromatherapy, horticulture and cooking classes support the overall well-being and complement the clinical therapies associated with life skills which in turn help clients move forward.

### Continued Care and Relapse Prevention

Ongoing support focusing on relapse prevention and coping strategies to handle daily stressors and triggers in real-world environments.