

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

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

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

Housing Options

- 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.

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

Sessions are provided in group with the option of in-person sessions or zoom.

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



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



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



Partial Hospitalization Program

Helping You Heal, One Step At A Time

About the Partial Hospitalization Program(PHP)

The PHP 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.

The PHP is ideal for clients who benefit from a robust, structured therapy schedule but can manage their recovery in the comfort of their own homes during non-treatment hours.

Benefits of Our PHP Program

Intensive Care with Home Flexibility

PHP allows clients to receive intensive treatment while maintaining a presence in their personal and family lives.

Seamless Transition Between Care Levels

Ideal for those stepping down from inpatient care or stepping up from less intensive outpatient services, providing a middle ground that supports sustained recovery.

Engagement in Real-World Settings

Clients apply the coping mechanisms learned during the day in their real-life settings each evening, which can enhance the effectiveness of therapy.

Support Network

Clients build a support network with peers in the program, sharing experiences and challenges, which can enhance their recovery journey.



Frequently Asked Questions

Who is the PHP designed for?

PHP is perfect for individuals who need intensive treatment for mental health or substance abuse issues but are not feeling ready to cope without concrete supports.

What is the typical duration of the PHP?

The duration of PHP varies depending on individual needs, typically ranging from a few weeks to several months.

How many hours per day does the PHP involve?

Clients usually participate in PHP for 4 -5 hours a day five days a week.

What is included in the daily therapy sessions?

Therapy sessions include individual counseling, group therapy, skill-building workshops, and holistic activities.

Program Features

Daily Structured Therapy

The daily schedule includes multiple sessions throughout the day and early evening hours. The PHP program also provides an intensive program that consists of eight hours per day for three days.

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.

Holistic and Wellness Activities

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 (mind - body - spirit).

Personalized Care Plans

Each client receives a customized care plan tailored to their specific needs, helping them to achieve the best possible outcomes.

Experienced Multidisciplinary Team

Our team of highly skilled professionals includes psychiatrists, a Medical Director, Clinical Director, LCSWs, Executive Director and a Registered Nurse all of whom are licensed experts in dealing with complex mental health and substance abuse issues.