

NOW OFFERING
TELETHERAPY
NATIONWIDE

Embark at Atlanta North Outpatient Clinic

Serving teens and young adults ages 13-27

Our intensive outpatient program allows families to get the help they need locally, in their own community, and includes individual, family and group therapy, therapeutic/peer mentoring and parent coaching. We provide a safe, nurturing and healing environment to help families and their children address and overcome the following mental health issues that may be affecting their everyday lives.

- Depression
- Trauma
- ADD/ADHD
- Social Isolation
- Anxiety
- Mood Regulation
- Family Conflict
- Bullying
- Substance Use/Abuse
- Other Mental Health Issues

Treatment Provided at Atlanta North Outpatient Clinic

When a more intensive program than basic outpatient therapy is needed, or a child is in need of a 'step-down' program once they have completed an inpatient hospital or residential program, our clinic is here to help. We provide two in-clinic treatment options; a partial hospitalization program (PHP), sometimes referred to as a "day treatment program," meeting a minimum of 20 hours a week, and an intensive outpatient program (IOP), which meets for a minimum of 9 hours a week. These programs offer children the opportunity to live at home during treatment, where they continue to be involved with their family, and in the community, allowing for the "real life" practice of the skills they learn while attending our program three to four days each week.

Why Choose Embark at Atlanta North Outpatient Clinic?

LOCAL

Centrally located just outside the perimeter of the Atlanta metro area, and less than an hour from the beautiful Blue Ridge Mountains—our healthy, warm environment provides the idyllic setting for structured, consistent therapeutic and recreational care and support.

FAMILY SYSTEMS APPROACH

We believe that working with the entire family unit, both the child and family members, is essential to the healing process. This tailored approach allows the family to work together to help the child and relieve the strain on the family. Family members explore their individual roles within the family, learn how their individual actions affect each other and discover ways to support and help each other in order to restore family relationships and rebuild a healthy family system.

CONVENIENT

Since schedules can be hectic, we provide both day and evening programming as a way to remove further barriers to treatment. Also, in order to truly be adaptive in supporting our clients and provide additional flexibility to help us meet our clients' unique needs, we offer virtual teletherapy services as an alternative to our in-person sessions.

EXPERIENTIAL

Therapy is much more than talking. When focused on an activity or task, rather than the therapy itself, people tend to be less guarded, providing more authentic reactions and emotions. We engage your child's physical and emotional capacities with a variety of hands-on activities, experiences, creative arts, family and team challenges and mindfulness exercises that provide interactive opportunities for them to open up and share.

For more information about Embark at Atlanta North Outpatient Therapy clinic, contact:

**Dr. Sharnell Myles, Vice President, at 770-670-6248, or
Taïs Hoelzinger-Pajic, Admissions Director, at 435-602-4783.**



embark

CREATE JOY. HEAL GENERATIONS.

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