

# Intensive Mental Health Treatment for Teens

## Partial Hospitalization Program (PHP)

### PHP Program Components



#### Group Therapy

Led by masters-level clinicians, our targeted, skills-focused group therapy curriculum allows teens to return to their lives quickly, with even more understanding of themselves and more effective skills and coping strategies. Therapists lead groups utilizing multiple modalities including CBT, DBT, Psychoeducation, and Mindfulness-Based Self Compassion.



#### Individual Therapy

Teens meet with their individual therapist at least once per week to address specific needs and goals while clinically reviewing progress towards goals and engagement in the program.



#### Medication Management

Managing medication for teenagers can be a challenging task, but it's important for their health and well-being. By meeting with our dedicated psychiatric provider at least once a week, teens at Bright Path receive education and understanding to ensure the teen understands why the medication is necessary, its benefits, and potential side effects. Our providers work collaboratively with the family, outpatient providers, and the clinical team to maintain open communication and continuity of care.



#### Family Therapy

Family therapy in a PHP setting can be a powerful tool for addressing the complex needs of teenagers and their families. During weekly family therapy, our therapists offer a tailored approach that respects the unique dynamics of each family while working towards common goals of improved communication, understanding, and family functioning. As the teen progresses through the PHP, family therapy helps in planning for the transition to less intensive care, ensuring continuity of support and strategies learned.



#### Academic Support

Because school often feels like the most important thing in a teen's life, our Education Liaison coordinates with the school, advocates for in-school support, educates teens and their families on their rights and options, and empowers teens and their families on the road to academic success.



### Teen Exclusive

- Adolescents ages 13-17 years old
- All genders
- Need more support than once weekly outpatient therapy can provide
- Mental health is causing daily life disruption
- Concerns for safety, but not an immediate crisis
- Able to live at home

### What We Treat

- Anxiety
- Depression
- Self-Harm (including non-suicidal self-injury)
- Suicidal Ideation
- Obsessive-Compulsive Disorder
- Trauma
- Mood Dysregulation



[www.brightpathbh.com](http://www.brightpathbh.com)



919-276-4005



203 Capcom Ave Suite 104  
Wake Forest, NC 27587

At Bright Path, we are committed to providing high-quality therapeutic care for your teen. Utilizing evidence-based treatment and client-centered care, we develop teens' inner strengths to turn them into healthy behaviors, so they can return to their lives.

We encourage our patients to bring their full selves to programming. Adolescence is all about identity exploration—a time for folks to explore their independence and develop a sense of self. In the midst of mental illness, this process becomes even more challenging to navigate. Our goal is to create a safe, welcoming environment for that exploration, one that is validates and affirms patients' inherent worthiness regardless of these challenges.

Bright Path's facility in Wake Forest, NC is a safe, judgment-free space where adolescents feel welcomed and valued while they build resiliency, improve mental well-being, and become empowered to heal and thrive. We are passionate about serving teens in our community and the greater area.



## Sample PHP Schedule

9:00 am	AM Huddle Self Assessments Bio Feedback
9:30 am	Structured Classroom Time
10:30 am	Group Therapy #1 Interpersonal Effectiveness Creative Expression Biopsychosocial Leadership
12:00 pm	Lunch
12:30 pm	Group Therapy #2 Body Psychology Emotional Regulation Process Group Distress Tolerance Recreational Therapy
1:20 pm	Snack
1:30 pm	Group Therapy #3 Mindfulness Challenge Group Mindfulness Self-Compassion Skills Review
2:30 pm	PM Huddle
3:00 pm	Dismissal

“

“My daughter has had therapy at several different places. We feel that what she has learned from Bright Path has helped her the most. We felt the staff were fantastic and really worked to help the kids. Definitely recommend.” - Bright Path Parent



”

“I got my daughter back. This place is incredible and worth every penny. They are skilled professionals and help my daughter gain the confidence she needs and learned so many coping skills.” - Bright Path Parent

# Intensive Mental Health Treatment for Teens

## Intensive Outpatient Programming



### IOP Program Components



#### Group Therapy

Led by masters-level clinicians, our targeted, skills-focused group therapy curriculum allows teens to return to their lives quickly, with even more understanding of themselves and more effective skills and coping strategies. Therapists lead groups utilizing multiple modalities including CBT, DBT, Psychoeducation, and Mindfulness-Based Stress Management



#### Individual Therapy

Individual Therapy continues to help teens process day-to-day experiences and build on the skills they are learning in IOP. While enrolled in IOP, teens have the option of continuing individual therapy with their current outpatient therapist or engage in individual therapy with a Bright Path therapist. If choosing to work with a Bright Path therapist for individual therapy, teens meet with their individual therapist once a week to address specific needs and goals while clinically reviewing progress towards goals and engagement in the program.

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- Adolescents ages 13-17 years old
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“

I can't say enough good things about Bright Path. They are so different than other PHPs in the Raleigh area. The staff genuinely cares about the clients and their families. From intake to graduation from the program we felt care and professionalism every step of the way. Positive attitudes, willingness to look deeper into issues, communication is excellent, and always willing to listen to find solutions or just be the support we needed.

-Bright Path Parent

## Sample IOP Schedule

Day 1	Mindfulness Interpersonal Effectiveness Identity Group
Day 2	Distress Tolerance Emotional Regulation Teen Talk
Day 3	Skills Review Cope Ahead Creative Expression

**Individual Therapy:** All participants of Bright Path's Intensive Outpatient program must participate in individual therapy. We recommend pausing any individual sessions with pre-established providers for the duration of the program. Receiving individual therapy at both levels of care can effect insurance coverage and is not clinically supported.

At Bright Path, we are committed to providing high-quality therapeutic care for your teen, based in the belief that they have within them all the strengths they need to successfully manage their mental health. We simply provide access to the tools and skills that will help them develop those strengths into healthy behaviors, so they can return to their lives.

We encourage our patients to bring their full selves to programming. Adolescence is all about identity exploration —a time for folks to explore their independence and develop a sense of self. In the midst of mental illness, this process becomes even more challenging to navigate. Our goal is to create a safe, welcoming environment for that exploration, one that is validating and affirms patients' inherent worthiness regardless of these challenges.

Bright Path's facility in Wake Forest, NC is a safe, judgment-free space where adolescents feel welcomed and valued while they build resiliency, improve mental well-being, and become empowered to heal and thrive. We are passionate about serving teens in our community and the greater Triangle area.





# Adolescent Levels of Care



Severe

## Inpatient

Highly monitored, around the clock treatment for teens in active crisis who requires hospitalization.

3-7

Days

24/7

Clinical Care

## Residential

Treatment for teens who are out of crisis, but cannot receive treatment while living at home.

<30

Days

24/7

Clinical Care

## Partial Hospitalization Program (PHP)

Structured, intensive treatment for teens needing more care or stepping down from a higher level of care.

Teens receive care while remaining in their community, living at home, and integrating their support systems everyday.

3-5

Weeks

25+ hours

Clinical Care

## Intensive Outpatient Program (IOP)

Structured, supportive treatment for teens who can benefit from additional care or are stepping down from a PHP.

4-6

Weeks

6-9 hours

Clinical Care

## Outpatient

For teens who benefit from clinical services to remain at baseline or to improve their function. May include individual, family, or group therapy.

1-4 times

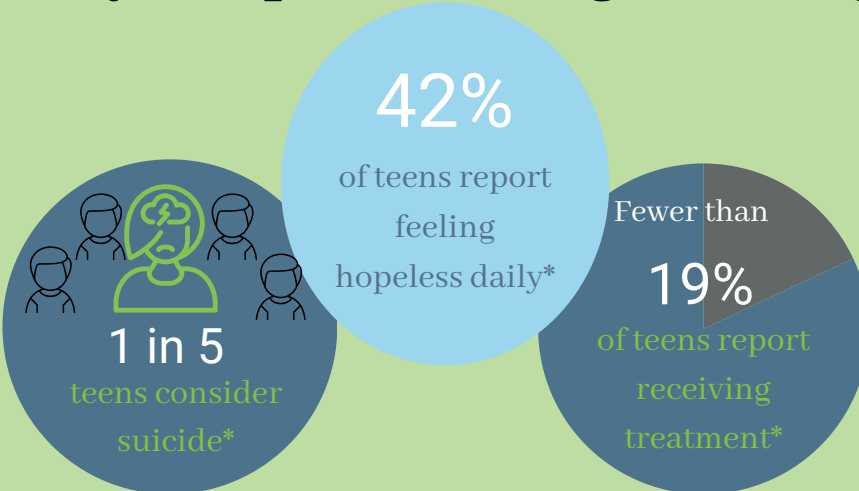
Monthly

45-60 minutes

Clinical Care

Mild

## Why Outpatient Programming?



Bright Path Behavioral Health is expertly designed to provide intermediate levels of care for adolescents. These structured, intensive programs offer stabilization and supportive healing to our youth. By offering the chance to recover and lay groundwork for future resilience, we work to address the growing mental health crisis and keep teens in their community.

\*based on data from the Center for Disease Control's Youth Risk Behavior Survey 2023



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# Mission, Values, & Methods

## Evidenced-Based Therapy and Client-Centered Care

At Bright Path Behavioral Health, we are committed to utilizing evidence-based therapeutic interventions to ensure the highest quality of care for our clients. Our team of licensed professionals employs a variety of proven techniques, such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Mindfulness-Based Stress Reduction (MBSR), to address the specific mental health needs of each teen.

We believe in a holistic approach to mental health, focusing not just on symptom relief but also on the underlying issues that contribute to emotional distress. Our commitment extends to continuous monitoring and adjustment of treatment plans to ensure they are effective and meet the evolving needs of our clients.

## A Judgment-Free and Informed Space.

We set out to create a place where teens can experience feeling welcomed for who they are, without judgment, and where their ideas and autonomy are honored throughout the treatment process. Unconditional positive regard is a fundamental basis for all work at Bright Path. It involves accepting and respecting teens without judgment or conditions, regardless of their thoughts, feelings, or behaviors.

In cultivating teen mental health, it's crucial to practice unconditional positive regard, embracing individuals regardless of gender identity, sexuality, race, and lived experience. By fostering an inclusive environment that values diversity, adolescents feel respected and supported in exploring their identities.

Bright Path is proud to be a program that celebrates diversity. We remain informed on the differing needs of our clients, families, and the community.

## People on a Mission.

Our mission is to give teens the experience of being capable, supported, and celebrated while developing skills for improving their own mental, emotional, and behavioral health.



## Community Focused.

We value feedback from both our program participants and our community connections, and we integrate that feedback into our strategic planning, program development, and quality improvement practices. We can see the need for services like ours in the community, and we'd like to continue to be a part of the network of resources available to teens and their families.

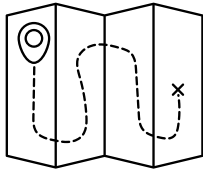
At Bright Path Behavioral Health, we know it takes a village to meet a teen's needs. In meeting our mission of providing quality mental health care for teens, Bright Path is determined to bring our communities together in order to collaborate on creative, sustainable, and effective support.

## Guided by Values.

Transparency  
Awareness  
Destigmatization  
Accessibility  
Balance  
Integrity



# Admissions at Bright Path



## Admissions Process

Bright Path Behavioral Health welcomes referrals from self, families, loved ones, mental health organizations, providers, and hospitals. If you're reaching out to us, you're likely experiencing high stress and disruption. Let us guide you along this process.

### Step 1: Inquire

Please call our admissions coordinator at (919) 276-4005 or submit an inquiry through our website at [www.brightpathbh.com/admissions](http://www.brightpathbh.com/admissions)

### Step 2: Insurance Verification and Financial Conversation

Complete our Insurance Verification Form emailed to you by our admissions coordinator or complete it on our website at [www.brightpathbh.com/admissions](http://www.brightpathbh.com/admissions). Once you complete the form, our admissions coordinator will gather necessary information from your insurance company on your behalf. After calculating potential financial obligations, our admissions coordinator will call you to discuss and allow you to make an informed decision about your child's care.

### Step 3: No Cost Level of Care Assessment

Assessments take place via video call with the potential client, caregivers, and a Bright Path clinician. The assessment is used to gather clinical information as well as assess what level of care is most appropriate for the individual.

### Step 4: Intake Day & Integrated Clinical Evaluation

Using the clinical recommendation from the Level of Care Assessment, the program managers will coordinate an intake day with the potential client and caregivers that is timely and convenient for all parties.

On Intake Day, the teen, their caregivers, our psychiatric nurse practitioner, and a masters-level clinician will collaborate to identify current symptoms, strengths, needs, and goals.

### Step 5: Admission

Teens are admitted to their assigned program immediately after the integrated clinical evaluation. Staff support each teen in joining the ongoing group while allowing them to immediately start their journey to healing!

### Insurance and Financials

In order to increase accessibility of quality mental health care for teens in our community, Bright Path accepts all major commercial insurances. Our admissions coordinator can explain more about how your insurance may cover some or all of the cost of treatment for your teen.

#### In Network Insurance



#### Out of Network Insurance



### Not sure if a higher level of care is necessary?

Navigating treatment options can be overwhelming and daunting when you have a teen in need. At Bright Path Behavioral Health, we believe successful treatment means the clinically-indicated amount of therapy with the least disruption to their daily life. Let our admissions coordinators guide you on your journey to find the best option for your child.

Your family has the strength within to successfully manage your teen's mental health. Our role is simply to provide access to tools and knowledge to develop those strengths into healthy behaviors, so you can get back to living!





# What every caregiver needs to know about Adolescent Mental Health

## Common Misconceptions about Teen Mental Health



- Medication alone can treat mental health.
- If a teen is self-harming, it means they want to die.
- Teens who are suicidal should be hospitalized.
- Teens who experience mental health symptoms will never recover.
- If a teen tries harder, they can make their symptoms go away.
- Teens can't get their needs met by participating in group therapy.



- Research affirms patients have the best outcome when medication is combined with therapy.
- Self-harm can be a common maladaptive coping skill for teens and is not always suicidal in nature.
- While hospitalizations can keep someone safe in a crisis, many teens experiencing suicidal thoughts can be stabilized on an outpatient basis.
- Research collective shows teens who engage in PHPs and IOPs report significant decrease in symptoms compared to their peers.
- No one is born with the skills to cope with mental health symptoms. Rather, teens must be taught how to be mentally well.
- Studies find that structured, clinician-led group therapy is as helpful to teens as individual therapy.



## Want to learn more?



Complete an Inquiry Form at [www.brightpathbh.com/admissions](http://www.brightpathbh.com/admissions)



Scan the QR code with your phone!



Call our Admissions Coordinator at (919) 276-4005

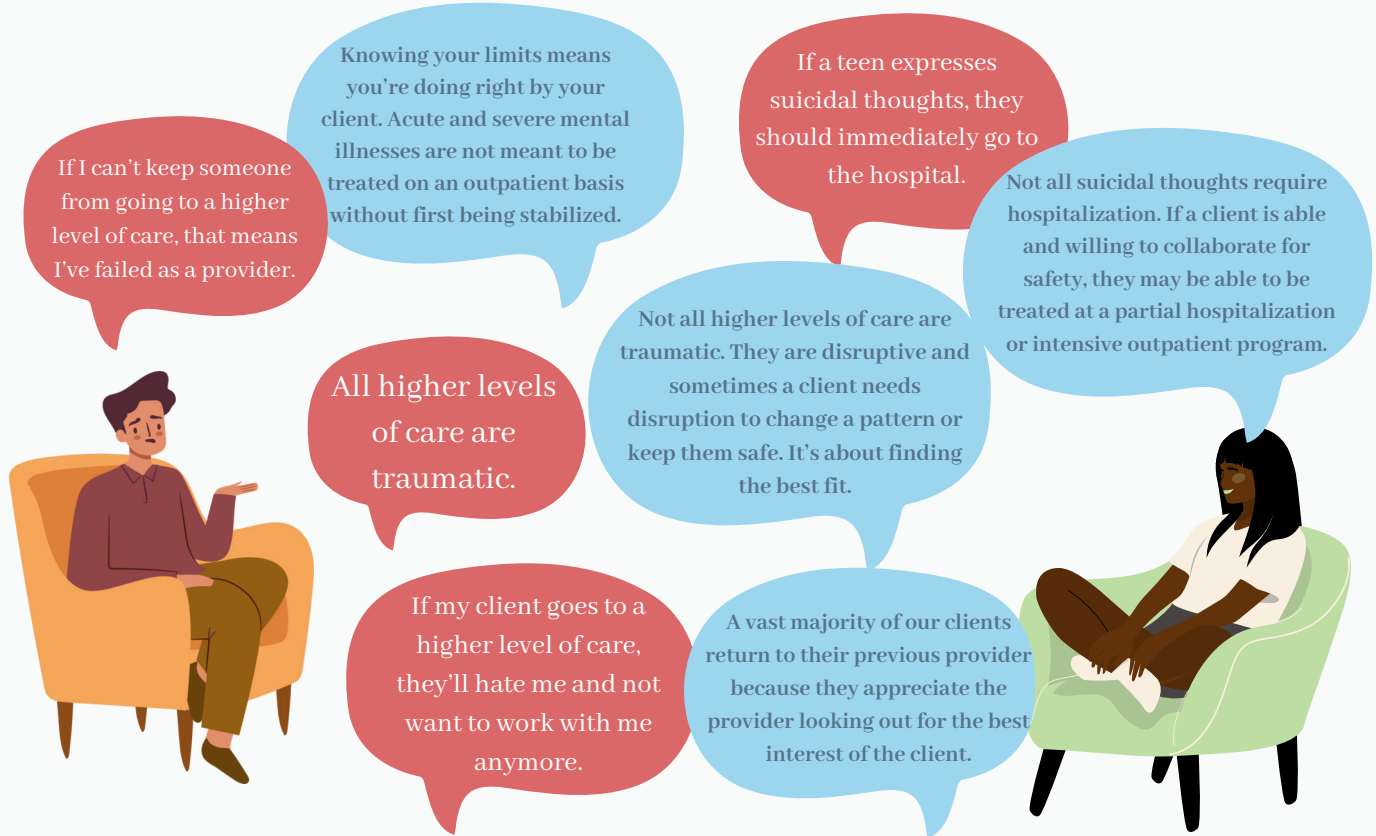
## When does “typical teenager” become a teenager with mental health concerns?

The transition from a “typical teen” to a teen with mental health concerns is a nuanced process that varies for each individual. It often involves factors such as changes in behavior, emotional well-being, self-care, and social interactions. Identifying when these changes significantly impact a teen's daily life and well-being can be a key indicator that mental health concerns may be present. Use the questionnaire below as a preliminary screening tool. Call Bright Path Behavioral Health for a consultation or assessment at (919) 276-4005 or visit our website at [www.brightpathbh.com](http://www.brightpathbh.com).

- Do they sleep until late in the day, have trouble falling asleep at night, or nap frequently?
- Have they lost interest in activities and hobbies they used to enjoy?
- Have they become less attentive to their personal grooming or more disorganized in their personal spaces? (bedroom, bathroom, etc.)
- Have you noticed an increase in secretive behavior or unexplained irritability?
- Do they express low self-esteem or worthlessness - for example, making statements like “I can't do anything right” or “I'm never good enough”?
- Have you noticed any signs of self-harm, such as unexplained cuts or bruises, wearing clothes that cover up their skin, or blood stains on bedding, towels, or tissues?
- Do they have extreme mood swings from one day or even one hour to the next?
- Has their performance in school, willingness to attend, or engagement in school decreased?

# What every provider should know about Adolescent Higher Levels of Care

## Frequently Said Statements and Bright Path's response



## How to know when my client needs a higher level of care

Deciding if your client needs a higher level of care can be overwhelming and intimidating. Therefore, we have provided a few indicators that it may be time to talk to your client about additional supports.

- Client experiences daily life disruption due to their mental health which may or may not include a breakdown in school performance, lack of interest in activities, family discord, difficulty sleeping, engagement with legal authorities, recent trauma or unresolved trauma, and/or withdrawal and talks of hopelessness.
- Client struggles to remain safe in between sessions. In other words, you need to see the client more than once a week to monitor their safety. This may or may not include self-harm, suicidal ideation, and/or reckless disregard for one's own life.
- Client is missing sessions or no longer participating in a productive manner.
- Client has limited social supports including family, peers, teachers, or other trusted adults.
- Client is engaging in unsafe behavior on the internet or social media.
- Assessment scores are increasing or maintaining despite engagement in treatment.

# Think Your Client Needs More Support?

## Steps to Bright Path

**Step 1:** Identify that your client needs a higher level of care or a stepdown program and educate them about their options. Our clinical outreach specialist is able to help facilitate this conversation and answer any questions.

**Step 2:** Make a referral to Bright Path Behavioral Health.

**Step 3:** Once the client is admitted and the family has signed a ROI, our admissions coordinator will notify you of your client's status in the program.

Please note: If your client is utilizing insurance, there may be limitations in your ability to continue seeing them while enrolled in PHP.



## Abigail Krieck

Clinical Outreach Specialist

Mobile: (919) 276-4009

Office: (919) 276-4005 ext. 701

Email:

Abigail.Krieck@brightpathbh.com

Abigail is happy to help any provider or family who wants to learn more about Bright Path or has questions about higher levels of care.

## Want to refer a client?



Complete a Referral Form at  
[www.brightpathbh.com/referrals](http://www.brightpathbh.com/referrals)



Scan the QR code with your phone!



Call our Clinical Outreach Specialist  
at (919) 276-4009.