



**bright·path**  
BEHAVIORAL HEALTH

# Teen-Exclusive Intensive Mental Health Treatment



**Not making enough progress in once  
weekly therapy?**

**Mental Health symptoms causing daily  
life disruption?**

**Recently hospitalized or at risk of  
hospitalization?**

Bright Path provides high-quality therapeutic care for your teen, based on the belief that they have within them all the strengths they need to successfully manage their mental health. Our team excels at providing access to the tools and skills that will help them develop those strengths into healthy behaviors, so they can get back to their lives.

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



# Improve your teen's mental health



## Partial Hospitalization Program

Monday-Friday, 9am-3pm, 6 weeks



Classroom-style, evidence-based group therapy for coping skills and distress tolerance



Individual Therapy, Family Therapy and Medication Management



Education Liaison to assist with any school-based needs

## Intensive Outpatient Program

3 days a week, 3 hours per day, 8 weeks



Multi-modality group therapy focused on healthy teen identity, emotional regulation, and life skills



In-house Individual Therapy



Convenient day time or after-school options

### For more information:



(919) 276-4005



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