

## Life-Changing Outpatient Treatment Programs

### PHP & IOP for Adolescents (ages 10-18)

Embrace U's treatment programs for adolescents facing mental health challenges go beyond symptom management. We create an empowering environment where participants feel confident and capable of thriving in their own unique ways. Embrace U emphasizes long-term outcomes, equipping participants and their families with tools to achieve enduring growth, improved relationships, and enriched quality of life. Our affirming and individualized outpatient programs help adolescents build social, emotional, and life skills within a supportive community.

### Embrace U's Mental Health Programs

#### Intensive Outpatient Program (IOP)

Our intensive outpatient program (IOP) helps your child learn strategies to regulate their emotions, make better decisions and control symptoms of mental illness by boosting their self-awareness and self-esteem.

3 to 5 days per week  
(3 hours per day)

#### Partial Hospitalization Program (PHP)

Our partial hospitalization program (PHP) is recommended when mental illness impacts your child's ability to function successfully in school and life. It provides more focused individual therapy time, close monitoring of behavioral issues, and educational support.

5 days per week  
(5 hours per day)

## Why Choose Embrace U?

- ✓ **Proven Outcomes** - Most program participants experience significant symptom reduction within four to six weeks, and sustained symptom relief after completing treatment.
- ✓ **Unique Environment** - Our clinics are warm, inviting spaces designed specifically for adolescents. Every detail, from the calming decor to our supportive staff, helps teens feel safe and understood. By creating a space that feels more like home than a clinic, Embrace U encourages open conversation, connection, and healing.
- ✓ **Evidence-Based Treatment** - We use cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and family therapy to address social anxiety, emotional regulation, and executive functioning.
- ✓ **Parent Support** - We offer family therapy and a Parent U support group to help families navigate challenges and strengthen relationships.
- ✓ **In Network** - We're in network with Blue Cross Blue Shield, Magellan Health, Optum and United Healthcare. Embrace U works with out-of-network insurance partners to offer affordable treatment options.



ADOLESCENT MENTAL HEALTH

## Four Locations in Tennessee



### Brentwood, TN

615-236-8619

### Chattanooga, TN

423-226-2006

### Knoxville, TN

865-224-3265

### Mt. Juliet, TN

615-488-2163

## Goals of Our IOP and PHP Programs

At Embrace U, our programs are designed with a clear vision: to empower adolescents to embrace their unique strengths, build essential life skills, and achieve personal growth in a supportive and affirming environment.

Our overarching goals include:

- Promoting Self-Acceptance
- Enhancing Emotional Regulation
- Reducing Co-Occurring Mental Health Symptoms
- Empowering Families
- Fostering Independence
- Strengthening Social Connections

## Our Care Team

Our team is dedicated to helping families heal from mental health challenges. We take a collaborative approach and communicate with parents/guardians every step of the way.

Team members include:

- Board-certified child and adolescent psychiatrists
- Psychiatric nurse practitioners
- Licensed therapists
- Registered nurses
- Office and patient coordinators



Embrace U earned The Joint Commission's Gold Seal of Approval.

## Next Steps:

- Refer a patient
- Schedule a free assessment
- Verify insurance coverage

Call  
(855) 388-HEAL

