

PRIMARY PSYCHIATRIC | EVIDENCE-BASED

ADULTS 18+

RESIDENTIAL & DAY TREATMENT



INTEGRATED WELLNESS

Located in Atlanta, the Skyland Trail adult program treats individuals ages 18 and older struggling with:

- major depressive disorder
- bipolar disorder
- anxiety disorders
- schizophrenia and thought disorders

We offer expert, evidence-based psychiatric treatment and a compassionate, holistic path to wellness.



866-528-9593

skylandtrail.org



WATCH VIDEO



EVIDENCE-BASED CARE | INTEGRATED WELLNESS | MULTIDISCIPLINARY EXPERTISE | WHOLE PERSON FOCUS

HOW OUR PROGRAM WORKS

Clients who admit to Skyland Trail become part of our healing community. They are assigned to an evidence-based specialized treatment team and peer group, a residential community and a structured daily schedule tailored to their symptoms and goals. By engaging fully in treatment and working in partnership with their multidisciplinary treatment team, our clients recover, reset, and reclaim their lives.

ADMISSION CRITERIA

CLIENTS ARE ADMITTED TO SKYLAND TRAIL VOLUNTARILY, usually upon referral from a psychiatrist, mental health professional, hospital, or managed care organization. We also accept self and family referrals.

Client Criteria

Client histories include insufficient progress with outpatient therapy, psychiatric hospitalizations, poor medication adherence, inability to manage school or employment, lack of socialization, and denial of or misunderstanding of the illness. In addition to the applicant's commitment to participate positively and fully in treatment, the following eligibility criteria apply:

- Age 18 or older
- Willing to take prescribed medication
- Diagnosis may be one of the following:
 - bipolar disorder
 - major depressive disorder
 - schizophrenia (paranoid, disorganized and undifferentiated types)
 - schizoaffective disorder
 - dual diagnosis (co-occurring substance use)
 - borderline personality disorder, and other illnesses than can be treated using dialectical behavioral therapy
 - anxiety disorders (generalized anxiety, panic, and others)

Adult clients must be fully vaccinated for Covid-19 prior to the day of admission and provide proof of vaccination.

Exclusionary Criteria

Skyland Trail is a voluntary, unlocked facility, and our clients must be willing and able to participate in group activities. Skyland Trail does not accept applicants with one or more of the following diagnoses or symptoms:

- Significant cognitive impairment (Alzheimer's, dementia, intellectual disability, organic disorder)
- A primary diagnosis of substance use disorder, eating disorder, or some personality disorders
- Substance use requiring medical detoxification
- Current or persistent suicidal or homicidal behavior requiring 24/7 supervision in a locked facility to prevent harm to self or others. Many individuals with recurring thoughts of suicide or suicidal ideation may be safely supported at Skyland Trail.
- Recent or ongoing violent behavior
- Current eating disorder behaviors
- Primary diagnosis of Obsessive-Compulsive Disorder



OUR PROGRAMS

THROUGH GRADUATED LEVELS OF CARE, clients progress toward recovery and have options to step back and take it more slowly if needed.

Residential Treatment

By providing tiered residential services, we support our clients as they gradually return to independent living. Both of our residential communities are licensed by the State of Georgia and are unlocked voluntary facilities. A licensed nurse is on site 24/7.

Two residential campuses support adult clients: Rollins Campus and South Campus. Clients are assigned to the residential campus that best matches their clinical and peer support needs. Residential clients from both campuses come to our main campus for psychiatric and therapeutic activities weekdays, 10:00 a.m. to 4:00 p.m.



Day Treatment

Our nonresidential day treatment may be appropriate as a step down from residential care. New clients may admit directly to day treatment if they are coming from another residential or day treatment program or if they have been participating in outpatient therapy without progress. Day treatment clients come to the Charles B. West Campus from 10:00 a.m. to 4:00 p.m. each weekday for psychiatric services and therapy sessions.

Intensive Outpatient Program

Our nonresidential intensive outpatient program (IOP) may be appropriate as a step down level of care for day treatment clients. New clients may not admit directly to the intensive outpatient level of care. IOP offers a slightly shorter day, five or three days a week, from 11:00 a.m. to 3:00 p.m.

Independence Coaching

Independence coaching provides supervision and support to clients living in Skyland Trail transitional living. During home visits, an independence coach ensures clients are successfully adjusting to independent living and are taking their medications appropriately. The coach also provides assistance with practical matters like paying bills, planning transportation, accessing community resources and making and sticking to a schedule.

Transitional Living

Skyland Trail offers transitional living apartments on the Skyland Trail North Campus. Transitional clients have a private bedroom and share a bathroom and living area with another client. Eligible clients may live in transitional housing at Skyland Trail North while in the day treatment or intensive outpatient programs. Clients with a history of substance use will be referred to sober living communities or other recovery-focused communities.

ADULT RESIDENTIAL CAMPUSES



ROLLINS CAMPUS

The Rollins Campus includes 32 private bedrooms and bathrooms; community, recreation and dining areas; and treatment spaces. The facility is surrounded by interactive gardens and outdoor therapeutic and recreational spaces.

The Rollins Campus is a normalizing environment that feels very much like a college campus. While

there are rules and expectations, clients are part of a welcoming community of peers. This community helps clients, who may be experiencing their first episode of mental illness, realize that they are not alone and take the next steps in their transition to independent living.



SOUTH CAMPUS

South Campus includes 24 private bedrooms and bathrooms. South Campus also includes a dining room; community living areas; exercise room; and gardens.

Our goal at Skyland Trail South is to reduce the stress of daily living and give clients the support they need to feel safe. The support and services we provide at South give clients the opportunity to build

their capacity, strength and confidence to begin working toward recovery. Clients assigned to South Campus often are focused on addressing treatment-resistant depression, managing recurring or chronic symptoms, and building new skills to manage life transitions.

HOLISTIC APPROACH

Art, Music, Horticultural, & Recreation Therapeutic Activities

Led by caring professionals who are experts in their fields, group sessions help clients find new ways to express their thoughts and emotions, learn new skills, build confidence, and interact with their peers and the community.



Life Enrichment Adult Program (LEAP)

LEAP activities take place on evenings and weekends and include cooking classes, art projects, group fitness and recreation, pet therapy, and special outings to sporting events, restaurants and museums. Our licensed counselors organize and lead LEAP activities and help clients address their social anxieties through experiential learning.

Cognitive Training

Sophisticated computer-based exercises lead clients through intellectual tasks that gradually become more challenging as their skills improve. When used as indicated, clients not only experience a positive reversal of cognitive loss but also have improved insight and higher cognitive ability.



Interfaith Spiritual Counseling

Accepting individuals from any background of belief or non-belief, the voluntary program helps clients find spiritual practices that aid their recovery. Our pastoral counselor also provides support in the areas of grief, ethics, and trauma.

Vocational Services

Our vocational services program supports adults who are focused on returning to school or work, managing career transitions, or finding work-life balance.

INTEGRATED WELLNESS



Primary Care, Wellness & Nutrition

Skyland Trail received Behavioral Health Home certification from the Joint Commission in 2018. Our onsite wellness clinic is staffed by medical professionals with expertise in addressing the physical health needs of patients with mental illness. Throughout treatment, primary care clinicians treat medical concerns and coordinate preventive care for all clients.

Outside of the clinic, clients meet with our licensed dietitian and participate in hands-on cooking and nutrition classes. A personal trainer helps clients embrace exercise as an important part of healthy living.

SPECIALIZED, EVIDENCE-BASED RECOVERY COMMUNITIES



Each client is assigned to one of four specialized recovery communities and a “core group” within that community.

Each core group is a primary support system of 10 to 15 clients with similar diagnoses and is led by a specialized counselor. Each client also receives individualized, one-on-one support from a primary counselor and psychiatrist who focus specifically on clients in that recovery community.

Clients may transition from one recovery community to another based on goals, clinical presentation, and progress.

NOT A “ONE SIZE FITS ALL” PROGRAM

**Dialectical Behavior
Therapy (DBT)**

**Cognitive Behavioral
Therapy (CBT)**

**Cognition And First
Episode (CAFE)**

Social Integration (SI)

Dual Diagnosis (DD)

Dialectical Behavior Therapy (DBT)

TREATS adults with borderline personality disorder, emotional dysregulation, frequent suicide attempts, and/or self-harming behaviors

ABOUT The 90-day intensive DBT treatment program at Skyland Trail begins with residential treatment or day treatment and addresses stage 1 of DBT therapy, which focuses on attaining foundational skills and capacity to manage suicidal behaviors, therapy-interfering behaviors, major quality-of-life-interfering behaviors, and deficits in behavioral skills. Once they have learned the shared language and framework of DBT, and can use DBT skills to effectively participate in therapy and supportive social relationships, clients are prepared to continue therapeutic work on an outpatient basis in the community while living independently.

Our intensively trained DBT treatment team meets weekly to discuss complex client cases and to develop comprehensive strategies to help clients progress. Across the organization, our multidisciplinary treatment team, including residential staff members, receive ongoing training on how to support DBT clients.

Residential DBT clients spend approximately 60 days in residential treatment and then, as their skills improve, step down to day treatment and IOP to complete the 90-day program.



Cognitive Behavioral Therapy (CBT)

TREATS adults with mood or anxiety disorders

ABOUT CBT clients learn to identify cognitive distortions and faulty thinking, restructure negative thought patterns, and identify cues and triggers. Skill-building is focused on addressing behavioral patterns that impact mood by practicing healthy routines that support positive mood and physical health.

Skyland Trail treatment team experts receive ongoing training in CBT, including training from the Beck Institute.

Cognition And First Episode (CAFE)

TREATS adults with a thought or mood disorder with psychotic features, first episode of psychosis

ABOUT Our multidisciplinary treatment team helps clients understand and reduce symptoms, express their thoughts and feelings in healthy ways, practice independent living skills (including medication adherence and activities of daily living) and find effective ways to interact with peers and build relationships.

Social Integration (SI)

TREATS adults with ongoing or recurring psychosis

ABOUT Social integration clients may be experiencing symptoms again after a significant period of remission or may be struggling with the complex challenges of long-term mental illness. Treatment focuses on CBT for psychosis and helps clients develop skills to return to their community after an episode of psychosis.

In addition to their core group, clients participate in individual and group therapy throughout the week. **A structured schedule includes more than 125 groups each week.**



SEE EXAMPLE SCHEDULE



Dual Diagnosis

(offered as an additional focus area for clients also assigned to CBT, DBT, CAFE or SI)

TREATS individuals of all ages with a co-occurring substance use diagnosis in addition to their primary psychiatric diagnosis

ABOUT Skyland Trail clients with co-occurring substance use disorders also are assigned to a the Dual Diagnosis recovery community. Clients in the Dual Diagnosis recovery community meet in an additional daily group focused on understanding the addictive process, managing cravings, utilizing community supports and preventing relapse.

Individual one-on-one sessions with a primary counselor and a psychiatrist address both psychiatric and substance use challenges. All dual diagnosis clients participate in 12-step recovery programs while in treatment as well as random screenings.



FAMILY SERVICES

WE HELP FAMILIES FEELING FRACTURED BY MENTAL ILLNESS HEAL. As our clients take steps toward independent living, we help their families learn how to support their loved one's progress in healthy and effective ways. Through open communication and family-centered programs, families discover new ways to trust, communicate, respect, lean on, and nurture one another.



Family Welcome & Orientation

Weekly family welcome sessions and a monthly family orientation are designed to provide the families of our new admissions practical information about what to expect while their loved one is in treatment, how they can provide support, and how they can nurture their own mental health.

Family Therapy

Family therapy is the opportunity for the family system to make essential adjustments that will help sustain a client's recovery. Working with our family psychologist, the family can start to resolve issues that have become complicated while managing the overwhelming impact of mental illness. Families also find ways to adjust to support every family member's health.

Support, Training and Education Program (STEP)

STEP education and support group provides family members with the knowledge, skills and support needed to cope effectively with the unique challenges associated with caring for someone with a mental health disorder. During the first hour, a mental health professional provides education and training to the group. The second hour is a support group in which families discuss what they have learned, dilemmas they confront or feelings they experience. Family STEP meets weekly by zoom.

STEP is open to family members and important friends of adult clients and graduates. STEP is offered to Skyland Trail families free-of-charge and is made possible in part by charitable donations from the community.

OUTPATIENT PROGRAMS

Most outpatient programs are available to graduates from Skyland Trail intensive treatment programs as well as individuals in the community with a diagnosed mental health disorder.

Transcranial Magnetic Stimulation

Transcranial Magnetic Stimulation, or TMS, is an FDA-approved noninvasive treatment for adults with depression. TMS uses a low intensity magnetic pulse to create an electrical current in the brain. Multiple studies have indicated that TMS is an effective treatment for major depressive disorder and treatment-resistant depression with low risks and minimal side effects.



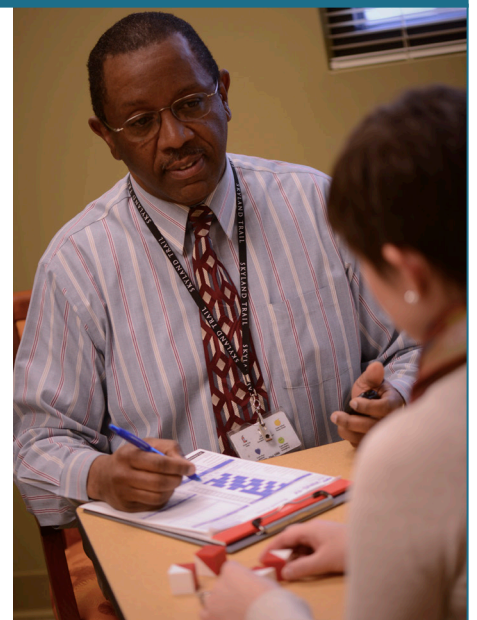
Primary Care

The Glenn Family Wellness Clinic provides primary and preventive care for adults with mental health disorders. The clinic's medical team collaborates with referring providers and patients to ensure informed, compassionate care in a respectful environment.



Comprehensive Assessment

Whether receiving an initial diagnosis or clarifying a previous one, assessment clients receive a comprehensive, consumer-friendly report – a road map for effective treatment at Skyland Trail or through another mental health service provider. A formal assessment summary and treatment recommendations are presented in both written and verbal formats to the client and their family by a Skyland Trail psychiatrist.



Vocational Services

Clients receive help with career goal setting and practical steps toward returning to school, entering the job market, or managing career transitions.

Additional coaching may involve breaking down a large, long-term career goal into smaller action steps that can be achieved over time or identifying volunteer activities to feel more fulfilled or connected to their communities.

LEAP Social Club

Skyland Trail's Life Enrichment Adult Program (LEAP) provides a variety of opportunities for clients to form relationships, learn skills and cultivate hobbies and interests.

Sessions take place Tuesday and Thursday, 6:00-8:00 PM, and on weekends. Weekend sessions include activities in the community.

Alumni Program

After graduating from Skyland Trail, individuals can stay connected, build relationships and engage in healthy social activities in a supportive environment through the Alumni Program. Monthly social activities and peer support groups are offered free of charge.

WHY CHOOSE SKYLAND TRAIL?

1. Primary Psychiatric Treatment

We treat adults ages 18 and older with a primary psychiatric disorder, including bipolar illness, major depression, schizophrenia, borderline personality disorder, and anxiety disorders.

4. Continuum of Care Our longer lengths of stay help clients reintegrate gradually and with support. Our continuum of care with designated step down points creates natural transitions to greater independence. Most clients admit to residential treatment, then step down to day treatment, then intensive outpatient as their symptoms and skills improve. Transitional housing, independence coaching, vocational services, and an alumni program continue to provide support as clients transition to independent living.



2. Evidence-based Treatment

Our evidence-based approach starts at admission with a thorough assessment. Based on the results, clients are assigned to a specialized treatment team and structured schedule.

3. Specialized Treatment Based on Diagnosis

Not a one-size-fits-all program, each client is matched with a dedicated primary counselor, staff psychiatrist, and peer support group based on diagnoses and symptoms. Specialized communities include:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Young Adult / First Psychotic Episode
- Social Integration
- Dual Diagnosis

5. Integrated Wellness and Onsite Primary Care All clients participate in programs to strengthen mind and body. Clients receive nutrition and active living counseling, including daily structured exercise groups. An onsite primary care clinic collaborates with the clinical team on lab testing and specialized assessments, and clients with co-occurring medical problems like high blood pressure or diabetes receive onsite care.



6. Structured Schedules

Clients participate in structured therapeutic activities from 10AM to 4PM, Monday through Friday, engaging in a different group each hour. More than 150 groups are offered each week. On evenings and weekends, clients participate in structured activities on campus and in the community, including trips to Atlanta museums, sporting events, and restaurants.

7. Multidisciplinary Expertise

Our multidisciplinary treatment team includes experts in everything from nutrition to vocational coaching. Integrated services include:

- Vocational Services
- Art & Musical Therapy
- Horticultural Therapeutic Activities
- Recreational Therapy
- Interfaith Spiritual Counseling
- Nutrition Counseling
- Cognitive Training
- Certified Peer Counselors

8. Private Rooms and Respectful Facilities

All of our residential communities are unlocked voluntary facilities surrounded by gardens. While in treatment, all residential clients live in a private bedroom with a private bathroom.

9. Reset to Healthy Living

Our clinical staff help clients work on re-establishing healthy sleep and meal schedules, self-care and hygiene, medication adherence, and healthy social and recreational activities. Residential activities help clients prepare for independence and life outside of treatment. A level system requires that clients reach level 2 to have access to phones, tablets, and devices. Groups include education on healthy social media use.



10. Family Involvement We help client families learn how to support their loved one's progress in healthy and effective ways. We offer a weekly family support and education group at no cost. With permission from the client, we communicate openly with families about client progress. And our onsite family therapy program helps many families discover new ways to trust, communicate, respect, lean on, lift up and nurture one another.



PROGRAMS & SERVICES

◆ included in level of care

○ available as add on

□ available as stand-alone program

| LEVELS OF CARE ► SERVICES AVAILABLE ▼ | Residential Treatment | Day Treatment (PHP) | Intensive Outpatient (IOP) | Transitional Living (with PHP, IOP, or after discharge) | Outpatient |
|--|-----------------------|---------------------|----------------------------|--|------------|
| Private Room & Bathroom | ◆ | | | | |
| Staff Psychiatrist | ◆ | ◆ | ◆ | | |
| Individual Therapist | ◆ | ◆ | ◆ | | |
| Evidence-based Groups | ◆ | ◆ | ◆ | | |
| Expressive Therapies | ◆ | ◆ | ◆ | | |
| Recreational Therapy | ◆ | ◆ | ◆ | | |
| Vocational Program | ◆ | ◆ | ◆ | ○ | □ |
| Interfaith Spiritual Counseling | ◆ | ◆ | ◆ | | |
| Primary Care / Wellness | ◆ | ◆ | ◆ | ○ | □ |
| Dietitian / Personal Trainer | ◆ | ◆ | ◆ | | |
| Psychological Testing | ○ | ○ | | | |
| LEAP Social Club | ◆ | ○ | ○ | ○ | □ |
| Transcranial Magnetic Stimulation (TMS) | ○ | ○ | ○ | | □ |
| Cognitive Training | ◆ | ◆ | ◆ | | |
| Independence Coaching | | | | ◆ | |
| Family Therapy | ○ | ○ | ○ | ○ | |
| Family Education & Support | ◆ | ◆ | ◆ | ◆ | □ |
| Comprehensive Assessment Service | | | | | □ |
| Alumni Program | | | | ◆ | □ |

Skyland Trail treatment programs are in-network with many plans offered by Aetna, Blue Cross Blue Shield, Cigna, Magellan, Optum/United Behavioral Health/Oscar Health, and Humana Military / TRICARE East. Financial aid may be awarded to families who meet need-based criteria to cover a portion of program costs.



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