



Adults 18+

Partial  
Hospitalization  
Program (PHP)

Intensive Outpatient  
Program (IOP)

Medication Assisted  
Treatment (MAT)



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highfocuscenters.com

## Charlotte, NC Outpatient Behavioral Health Treatment

High Focus Treatment Centers in Charlotte, NC provides outpatient substance use and mental health treatment programs specifically designed for adults who are experiencing acute symptoms of psychiatric illness including borderline personality disorder, bipolar disorder, depression, anxiety disorder, and panic disorder.

### We Offer:

- » Comprehensive Care Walk-In Assessments
- » Partial Hospitalization Program (PHP)
- » Intensive Outpatient Program (IOP)
- » Medication Assisted Treatment (MAT) & Management
- » Cognitive Behavioral Therapy (CBT)
- » Acceptance and Commitment Therapy (ACT)
- » Dialectical Behavior Therapy (DBT)
- » Solutions-Focused Client Centered Therapy
- » Individual & Family Therapy
- » Skills Sessions
- » Psychoeducational Group Sessions
- » Yoga for Recovery



High Focus Treatment Centers is in-network with most commercial insurances.