

## Life-Changing Outcomes

### Therapy Programs for Adolescents (ages 10-18)

Our intensive outpatient therapy programs don't just help adolescents manage symptoms of a mental health challenge. They transform lives through personalized care, compassionate support, and evidence-based treatment. Whether navigating anxiety, depression, trauma, or stress, our programs empower young people to build resilience, develop healthy coping skills, and rediscover their sense of self. Embrace U helps children and teens move from surviving to thriving – one meaningful step at a time.

## Empowering Treatment

- Improved
  - functionality
  - self-esteem
  - coping skills
  - communication skills
  - emotional regulation
- Higher academic performance
- Stronger relationships
- Reduced anxiety and depression
- Stress management

"This place is amazing and has something for everyone. I feel very accomplished and proud to have made it this far."

"I am very happy to be moving on to the next stage of my life. Thank you Embrace U."

"They make you feel accepted and good about yourself when you were once so low."

"It's useful being here. It's fun being here."

**-Former Patients**

## 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)**

## Locations Across Tennessee

"I will forever recommend Embrace U to friends and family. Their care is unparalleled."  
-Parent

"Very caring and professional staff, in a lovely peaceful space. As a therapist, I highly recommend this program to my clients."  
-Therapist

"Embrace U is a loving environment and a safe place where you can take your kids to get the help that they need."  
-Parent



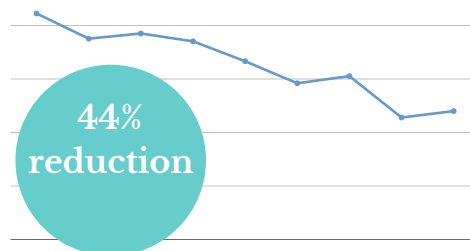
Embrace U earned The Joint Commission's Gold Seal of Approval.

View our current locations by visiting [embraceu.com/locations](http://embraceu.com/locations) or call 855-388-4325.

## Average Outcomes

- Outcomes based on average patient assessment scores, taken at admission and throughout treatment.
- Average participant experiences significant symptom reduction in six to eight weeks.

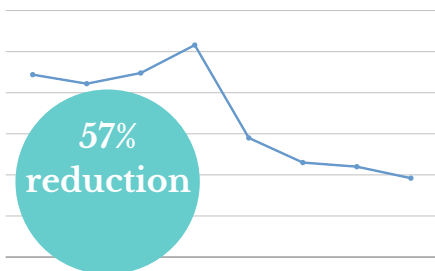
### Symptoms of Depression



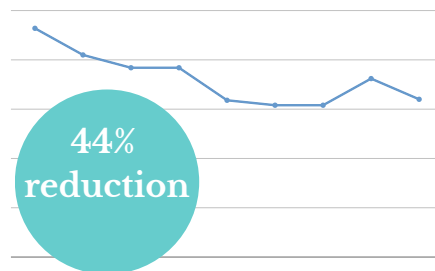
### Social Anxiety Symptoms



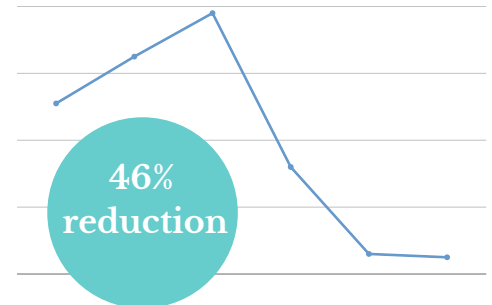
### Symptoms of PTSD



### Symptoms of Anxiety



### Suicidality



## Next Steps:

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

Call  
**(855) 388-HEAL**

