




# The LIGHT Program

## Who We Are

Highland Rivers Behavioral Health offers services for adults, youth, and families with mental health and addictive disease challenges, as well as adults with intellectual and developmental disabilities. We are a public safety net provider **servicing individuals who have little to no financial resources**, as well as veterans and persons with State and Federal benefits such as Medicaid and Medicare. For individuals who are uninsured, our services are provided on a sliding fee scale based upon income.

No one is denied services due to inability to pay, and we will work with you on a payment plan to best meet your needs and circumstances.

## Contact

-  [www.highlanddrivers.org](http://www.highlanddrivers.org)
-  [www.helenhogin@highlanddrivers.org](mailto:www.helenhogin@highlanddrivers.org)
-  678-821-1478 ext. 6401

Highland Rivers Behavioral Health is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)



A program funded by:



Georgia Department  
of Behavioral Health &  
Developmental Disabilities

## First Episode Psychosis Program





## More than 580 young people have been served in DBHDD's Coordinated Specialty Care (CSC) Programs

### SYMPTOMS & STRUGGLES

- Hearing and seeing things that others don't
- Experiencing smells, tastes or touch sensations that others don't
- Feeling fearful or suspicious of others
- Beliefs or thoughts that seem strange to others
- Difficulty with thinking, concentrating or remembering
- Trouble speaking or expressing thoughts.
- Behavior that is disorganized, manic, or unpredictable
- Decreased reaction to one's environment
- Lack of emotion, motivation, or energy
- Withdrawing from family or friends.

### WHAT IS THE LIGHT PROGRAM?

The Light Early Intervention Program at Highland Rivers Behavioral Health provides early detection of psychosis and coordinated care following a medical diagnosis. We work with a coordinated specialty care team that includes a counselor, case manager, supported employment & education specialist, peer specialist, family support specialist, prescriber and a nurse.

Coordinated Specialty Care (CSC) is an evidence-based approach to providing team-based, integrated treatment to young people in the early stages of severe mental illness, with the goal of reducing disability and promoting long-term recovery.

*"It started carefully and gradually, and I almost didn't notice. It was like a nice summer day when the fog slowly creeps over the sky..."*

— Arnhild Lauveng, "A Road Back from Schizophrenia"



### OUR SERVICES

- Psychotherapy
- Case Management
- Supported Education & Employment
- Peer Support
- Family Support & Education
- Medication Management
- Primary Care Coordination

### OUTCOMES

The Light Program was developed to help reduce the duration of untreated symptoms of psychosis, as well as reduce unnecessary hospitalizations. The goal is improved clinical, social, and academic and/or occupational outcomes for the individual.