



Highland Rivers Behavioral Health

COBB YOUTH & EMERGING ADULTS PROGRAMS



PROGRAM OVERVIEW

In July of 2023, Highland Rivers Behavioral Health opened its new Cobb Youth and Emerging Adults offices at 3830 South Cobb Drive in Smyrna. We provide assessment and therapy for youth and families and offer programs that address behavioral health challenges. Our agency is a public safety net provider serving individuals who have little to no financial resources, 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 on income.



OUTPATIENT SERVICES

Our outpatient mental healthcare services include one-to-one counseling to help youth and emerging adults recover from mental health challenges such as depression, anxiety and mood disorders, as well as grief, trauma, and more complex problems such as schizophrenia and other psychotic disorders. With a team of board-certified psychiatrists, licensed professional therapists, licensed social workers, case managers, peer specialists and support staff, we assess each individual's and family's needs, strengths, and preferences and develop a customized recovery plan. Family members can be included at the individual's request, and family involvement is encouraged to enhance improvement in family functioning and assist in maintaining recovery goals and objectives.



BRIGHT CHANGES MENTAL HEALTH CLUBHOUSE

The Bright Changes Clubhouse is a fun, engaging program for school-aged children, youth and emerging adults. At the Clubhouse, we address the social and emotional needs of youth as part of combined programmatic and clinical services. In addition to fun activities like games and field trips, Clubhouse members receive therapeutic services, case management, age-appropriate life skills, and homework support. Transportation to the Clubhouse and to offsite activities may be arranged.



THE LIGHT PROGRAM

The Light Early Intervention Program 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.

Highland Rivers Behavioral Health serves Bartow, Cherokee, Cobb, Fannin, Floyd, Gilmer, Gordon, Haralson, Murray, Paulding, Pickens, Polk and Whitfield counties.

The Cobb Youth & Emerging Adult programs is located at:
3830 South Cobb Dr.
Smyrna, GA 30082
For scheduling, call 678-821-1478



To visit our website, scan the QR code or go to www.highlandrivers.org/youth