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FOR IMMEDIATE RELEASE

Atlanta's Talbot Recovery Launches New Intensive Outpatient and Partial Hospitalization Mental Health Programs

Atlanta, GA – May 30, 2024 – Talbot Recovery, serving the community for over 40 years, has officially launched a new Intensive Outpatient Program (IOP) and a Partial Hospitalization Program (PHP), providing individualized, evidence-based mental health services to adults residing in the metropolitan Atlanta area and beyond. The launch of this new mental health initiative is timely, as May is recognized as Mental Health Awareness Month. Founded in 1949 by Mental Health America, Mental Health Awareness Month aims to bring awareness to the mental health challenges millions of Americans face daily. Although one in five adults in the United States experience a mental health disorder, less than half received treatment in the last year. In Georgia alone, 1,405,000 adults have a mental health condition. With its new mental health programs, Talbot Recovery aims to do its part in providing access to high quality mental health treatment in the state of Georgia.

The facility's newly launched programs offer a trauma-informed approach and flexible treatment options. The Partial Hospitalization Program provides treatment five days per week, six hours per day, and the option of staying in a recovery residence. The Intensive Outpatient Program provides treatment five days per week, three hours per day, and offers a more flexible option while still providing comprehensive care. Talbot treats a variety of mental health and substance use issues including alcohol and drug dependency with psychiatric issues, anxiety and panic attacks, bipolar disorder, depression, feelings of helplessness, phobias and post-traumatic stress disorder. Clients can expect individualized treatment plans tailored to support a more balanced and joyful life.

"We are very excited to offer these new options at Talbot," said Stevie Bullard, Director of Business Development at Talbot Recovery. "Mental health is so important, and with these new programs, we hope to continue cultivating a stronger, more resilient community where everyone has the support they need to recover and thrive."

Talbot's mental health treatment program includes a mix of traditional and alternative therapies and treatments such as individual therapy, group therapy, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), non-pharmacological pain management,

nutrition and wellness, relapse prevention, substance use education, trauma-informed care and yoga. The program's goal is to help clients develop coping skills and strategies to manage their mental health conditions in real-world situations, building a strong foundation for wellness that will have a positive impact on their future.

About Talbott Recovery

For nearly four decades, [Talbot Recovery](#) has been dedicated to compassionately providing comprehensive addiction and co-occurring disorders treatment in the metro Atlanta area. In addition to treatment for adults and young adults, Talbott offers specialized programs for pilots, RNs and other professionals who need to overcome licensing issues along with addiction so they can return to work post-recovery.

About Foundations Recovery Network

Foundations Recovery Network's mission is to lead the way in evidence-based, integrated treatment for co-occurring mental health and substance use disorders. Through our commitment to clinical excellence, we partner with and empower individuals on their recovery journey by providing individualized care that actively removes barriers and embraces diverse pathways to healing. For more information, visit www.foundationsrecoverynetwork.com.

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