



At BrightQuest® Nashville, we treat men and women suffering from complex psychiatric disorders including schizophrenia, schizoaffective disorder, bipolar disorder, depression, post-traumatic stress disorder (PTSD) and co-occurring disorders.

We carefully assess our clients to determine the most appropriate level of care and are able to adjust the services and support needed as they progress through treatment.

With a typical length of stay exceeding 12 months, our clients have the opportunity to learn and practice the relationship and life skills needed to take charge of their lives and reach their highest possible level of independence by being an integral member of a supportive community.

#### **Our Levels of Care:**

- Residential Treatment
- Outpatient Services
- Semi-Independent Living
- Family Consultation

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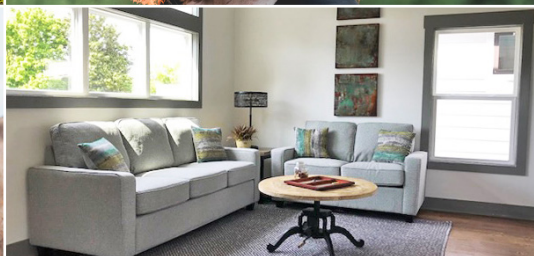
# Program Highlights

We provide compassionate and comprehensive long-term treatment within a supportive therapeutic community where individuals are given the opportunity to experience genuine connection while developing the social and daily living skills they need to thrive and achieve greater independence. The comprehensive programming we offer at BrightQuest Nashville includes:

- Family Therapy
- Family Psychoeducation Groups
- Milieu Therapy
- Support for Learning Daily Living Skills
- Socialization and Community Building
- Experiential Therapies
- Chemical Dependency and Addiction
- Case Management
- Relapse Prevention
- Assertiveness Training
- Mindfulness / Meditation
- Psychodynamic Approaches

# Program Benefits

- Our family programming is an essential element of the treatment we provide. Families are involved in weekly family therapy, bimonthly family weekends, and multi-family support groups.
- We use evidence-based treatment modalities including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Motivational Interviewing (MI), based on client needs.
- We offer supplemental programs to enhance and further recovery, including: Adventure Therapy, Equine-Assisted Psychotherapy, Nutritional Counseling & Education, Physical Wellness Training, Integrative Wellness Services, and Rock to Recovery®.
- We are dually licensed for mental health and substance abuse services by the Tennessee Department of Mental Health and Substance Abuse.
- BrightQuest Nashville is accredited by The Joint Commission.



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