



Extraordinary treatment for mental illness

HOLISTIC CARE, GROUNDED IN SCIENCE

It would be easy to define HopeWay by the remarkable facility and grounds, and by the sense of hope that informs every detail. But most critical is how it has changed the landscape of mental health care in the Charlotte Region and beyond. Opened in 2016, HopeWay is a physician-led treatment center with The Joint Commission's Gold Seal of Approval for Behavioral Health Care Accreditation and certification as a Behavioral Health Home.

Residential • Partial Hospitalization • Intensive Outpatient • Community Education and Support

The center offers a continuum of care that includes residential and day treatment programs within a holistic model of medical, psychological, and emotional wellness and education. Each client receives an individualized treatment plan with a clinically structured schedule based on his/her therapeutic goals.

WHO WE SERVE

We specialize in treating adults, ages 18 and older with:

- Depressive Disorders
- Trauma & Stress Disorders
- Substance Use Disorders with Co-Occurring Psychiatric Diagnosis
- Bipolar Disorders
- Complex Co-Occurring Disorders
- Anxiety Disorders
- Schizophrenia Spectrum & Other Psychotic Disorders
- Sleep-Wake Disorders



To make a referral, call 1-(844)-HOPEWAY or 1-(888)-859-2106

OUR PROGRAMS

HopeWay is an accredited nonprofit residential mental health facility for adults, 18 years and older. Our weekly treatment schedules include individual and group therapy, and a variety of integrative therapies such as art, music, nutritional wellness, horticulture, and recreation. Family services round out HopeWay as an avenue of support and education to aid families in their own wellness and in supporting their loved ones.

Residential Treatment (RTC)

Our voluntary residential program provides 24/7 care with 36 private bedrooms and bathrooms and round-the-clock medical and behavioral health professionals.

Day Treatment (PHP & IOP)

Our day programs offer an opportunity for those who do not need or may not want to enter residential treatment and also provide a step-down for clients who have completed our residential program. Partial Hospitalization (PHP) is five days a week, six hours a day. Intensive Outpatient (IOP) is three days a week, three hours a day.

Community Education and Support

Through the Covington Educational Program, HopeWay serves as an ongoing resource for education and advocacy in the community at-large by hosting an annual educational event open to the public, and providing various seminars and continuing education opportunities throughout the year.

HOPEWAY'S HOLISTIC APPROACH

Diagnostic Accuracy

Often the most frustrating and confusing part of mental health care is finding an accurate diagnosis. HopeWay offers psychiatric assessments and psychological testing (when necessary) to best understand each client's diagnosis and design an individualized treatment plan based on the assessments.

Individual and Group Therapy

Clients in our Residential and PHP programs receive weekly individual therapy and psychiatric follow up with their attending psychiatrist. Clients in our IOP program continue to see individual providers in the community or may see a member of our team if they do not have a community provider. Our daily schedule includes multiple group therapy sessions that focus on clients' specific needs. Cognitive Behavioral Therapy (CBT) groups are held in each level of care. Based on clinical need, Dialectical Behavioral Therapy (DBT) is offered via individual therapy, in a group setting, or both. Other groups include those focused on building healthy relationships, mindfulness, illness management and recovery, health promotion, relapse prevention, trauma and recovery, understanding the stages of change, CBT for anxiety and process groups.

Integrative Therapies

HopeWay has incorporated a wide variety of evidence-based experiential therapies to build a robust and diverse overall therapeutic program. These integrative therapies are a core component of the services we offer at HopeWay. These therapies use every day activities such as gardening, exercise, music,

cooking/nutrition and art to teach practical life skills and offer methods of expression that resonate differently than traditional "talk" therapy.

- Art Therapy
- Music Therapy
- Health and Wellness
- Horticultural Therapy
- Recreational Therapy
- Pastoral Care Services
- Yoga and Mindfulness
- Pet Therapy

Wellness Clinic

As a Joint Commission accredited Behavioral Health Home, HopeWay is responsible for the integration and coordination of the client's overall health care, including behavioral health care and physical health care. The onsite Wellness Clinic is staffed by a medical team of doctors and nurses with expertise in addressing the physical health needs of clients with mental health challenges. All clients receive an initial physical exam and will continue to receive wellness services throughout their treatment as needed.

Nutritional Wellness

Residential and PHP clients have a nutritional assessment with our Registered Dietician upon admission and will develop individual nutritional plans. HopeWay incorporates nutrition education to help clients make healthy food choices during their treatment that can be integrated into a long-term routine through lifestyle choices and behavior. This is achieved by offering healthier food options for all residents, day treatment clients, visitors and staff; promoting an active lifestyle by having an onsite gym, fitness room, and yoga classes; and delivering nutritional information through classes in the Learning Kitchen.

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We strive to foster a safe, inclusive, and respectful environment for the LGBT community.

HopeWay is a non-profit 501(c)(3) organization.



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