

### About Us

Smoky Mountain Lodge is a residential psychiatric treatment center nestled in the great Smoky Mountains of East Tennessee. Our compassionate, dedicated staff fosters an environment of healing and growth by providing treatment for the full spectrum of mental health disorders and ensuring that clients are well-prepared for life after treatment.

### What We Treat & How We Treat

At Smoky Mountain Lodge, we treat a wide range of mental illnesses. Our main goal is to reintegrate clients into everyday life, as many struggling with mental disorders experience significant isolation and dysfunction. We offer multiple treatment options for each client in an environment that promotes health, recovery, and personal motivation.

Our programs are heavily rooted in our Social Integration Model™, which was created based on the belief that it's our utmost responsibility to prepare our clients for life after treatment.

### Conditions We Treat

- Anxiety disorders
- Autism spectrum (ASD) & neurodivergent disorders
- Bipolar disorder
- Depression
- Thought disorders
- Mood disorders
- Schizophrenia & other psychotic disorders
- Post-traumatic stress disorder (PTSD)
- Trauma
- Co-occurring substance use disorders

### Therapies We Use

- Acceptance & commitment therapy (ACT)
- Animal-assisted therapy
- Art & music therapy
- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy (DBT)
- Family therapy
- Individual psychotherapy
- Listen-empathize-agree-partner (LEAP)
- Psychiatric medication evaluation & management
- Recreational therapy
- Relapse prevention
- Seeking safety



## Levels of Care

### Residential Treatment

In our residential treatment program, clients receive the highest level of supervision and support. By living onsite, clients can access continuous care, 24/7 nursing support, and participate in individualized therapy and education.

### Partial Hospitalization Treatment (PHP)

Our partial hospitalization program offers treatment five days a week without housing and seven days a week with housing in beautiful mountain cabins. Clients have access to on-call support staff day or night and take part in individualized therapy and education. This unique program focuses on social integration where clients can practice their skills by engaging in community activities and social outings.

## Care Through Culinary™

Food is often an overlooked aspect of quality care. We have discovered that providing high-quality, thoughtfully prepared, fresh, and nutritious meals significantly influences how clients engage with their treatment. By nourishing both mind and body, we support a whole-person approach that accelerates each individual's journey toward recovery.



For us, culinary excellence involves nourishing the mind and body with well-balanced meals, fostering supportive connections through shared dining experiences, and delighting in a mix of new flavors alongside the comforting tastes of home.



Smoky Mountain Lodge is honored to be PsychArmor Certified as a Veteran Ready Healthcare Organization dedicated to offering expert-led mental health and addiction services to military veterans and their families.



Smoky Mountain Lodge is proud to consistently earn The Joint Commission's Gold Seal of Approval, affirming our adherence and commitment to the highest quality standards for client safety and care.