



Welcome to the Landing at Lakeside

Lakeside Behavioral Health System, the premier treatment center in the Mid-South, introduces The Landing at Lakeside — a facility for working professionals to find a discreet treatment program to help them achieve healing.


The small and intimate size of the Landing allows us to provide individualized care for each of our clients. What makes us unique is our clients' ability to immerse themselves in treatment while continuing to simultaneously engage in professional careers.



the LANDING

Individualized care for professionals

A HOLISTIC APPROACH



A vital component of the treatment programs at The Landing is the ability for clients to connect back to themselves. We offer a holistic approach that focuses on recreation therapy—including holistic arts and exercises. This therapy includes twelve step groups as well as community and meditation sessions led by Peer Support Specialists.

As our clients regain balance psychologically and emotionally, we help them rebuild physically. Our fitness center offers a variety of exercise equipment and the opportunity to engage in a fitness assessment and regimen.

Our Executive Chef and staff dietitian plans and prepares fresh and healthy meals daily to help clients nourish their bodies, as well as their souls.

SPECIALTY PROGRAMMING

Individual and group therapy is led by master's and doctoral level staff members. We employ a variety of treatment modalities including:

- Trauma Resolution Program
- Suicide Prevention Program
- Bipolar Disorder Program

Each client has specific needs. Our commitment to addressing those needs and offering an individualized path to recovery is what makes The Landing at Lakeside stand out.

MODALITIES

- Individual and Group Therapy
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Cognitive Behavioral Therapy (CBT)
- Recreational Therapy
- Nutritional Therapy
- Equine Assisted Therapy



LEVELS OF CARE:

The Landing offers both inpatient and outpatient therapy programs to best serve each client's individual needs.

- Inpatient: Stabilization or detoxification in a secure and medically monitored setting
- Residential: Extended treatment in an inpatient setting
- Day Program (Partial Hospitalization): Full day treatment program providing group therapy and medication management by an attending psychiatrist
- Evening Program (Intensive Outpatient): Group therapy program conveniently offered during the morning or evening hours for working adults



OUR FACILITIES

Our private and secluded grounds offer clients the opportunity to focus on recovery. Whether they're in the fitness center, the outdoor serenity garden, or relaxing in our newlyrenovated building.

We allow clients to continue in their professional career while simultaneously receiving treatment with the help of our business center—featuring internet and email access.

Our outdoor serenity garden allows clients to participate in spiritual and meditative sessions, or enjoy a quiet moment alone during their personal leisure time.

CLIENTELE

The Landing at Lakeside assists people who wish to continue their career while receiving treatment. While our focus is on working professionals, college students and

recent graduates can also benefit from care at our facility.

We help a variety of professionals regain the balance in their lives

and careers, including pharmacists, physical therapists, nurses, lawyers, transportation professionals and more. However, treatment is not limited to those admitted. We also

offer assistance to family dealing with the stressors associated with a loved one seeking treatment.



CONVENIENT ASSESSMENTS

The first step in the treatment process at The Landing is an in-person psychosocial assessment by a Master's level clinician. Our goal is to make the assessment process as convenient as possible. To

achieve this, we provide an individual assessment center within the facility so that clients are seen in a timely and intimate setting. We provide assessments and admissions 24 hours a day at The Landing.

TO SCHEDULE AN ASSESSMENT OR
LEARN MORE ABOUT THE LANDING
AT LAKESIDE, CALL 901.500.8517 OR
VISIT LAKESIDEBHS.COM.





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