

Mind.
Body
Spirit.

Program Director

Ta'Neja Rodgers,
MSW, Director of
Adolescent IOP



Ta'Neja received both her Bachelor's of Science in Family and Child Sciences in 2013 and Master of Social Work from Florida State University in 2019. Ta'Neja primarily uses Child-Centered Play based Therapy, and Cognitive Behavioral Therapy (CBT), Motivational interviewing, person centered, and solution focused therapy. Ta'Neja goal is to provide a safe space for all to verbalize and process thoughts and emotions while gaining effective coping tools to obtain a better quality of life.



Our Mission

To address the epidemic of eating disorders and the underlying trauma by providing education, research, and financial assistance for treatment to all qualified individuals through well-administered programs. These programs include care at these levels: outpatient, intensive outpatient, partial hospitalization, and residential care.



Contact Us!

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Adolescent Intensive Outpatient Program

Adolescent IOP

The Adolescent Intensive Outpatient Program (AIOP) is a structured three day per week, three hours per day program (Tuesday through Thursday, 4-7pm) designed to support adolescents who are not able to meet their mental health needs on an hour per week basis. This program is for adolescent mental health needs, including depression, social or other anxiety, coping with family issues (divorce, loss, etc), or other behaviors that are difficult to stop (except alcohol/drug addiction). If there is an eating disorder concern, we are able to help support you in our comprehensive Eating Disorder PHP or IOP program.



The Missing
Piece in Eating
Disorder and
Trauma
Recovery!

Clients shall be considered for admission to the Intensive Outpatient Program when they meet the following criteria:

1. Are age 13 to 18 years old (if 18, must still be in high school). 12-year-olds will be considered on an individual basis.
2. The adolescent exhibits psychological or behavioral symptoms that significantly impair their functioning in two or more areas of life: home, school, occupational, and/or other important areas of functioning.
3. Program attendance is expected to improve or maintain the individual's current behavioral functioning and prevent any further decline, which would result in being referred to a higher level of care.

Sign up for treatment



Surviving to Thriving to Leading!

You Can Do It!

This IOP was created for Teenagers who are primarily struggling with moderate to severe mental health issues (anxiety, depression, other mood or behavioral disorders). Substance abuse problems may be a secondary issue, but they may not be using while participating in this program.

IOP is adequate support to help adolescents manage their challenges while allowing them to continue living at home and attend school.



Congratulations for
taking a hard and
necessary step!