

Accedence BridgeTrack™

Bridging Levels of Mental Health Care

When weekly therapy after discharge isn't enough... BridgeTrack fills the gap.

BridgeTrack is a structured transitional outpatient program providing 2-3 therapy sessions per week until clients are ready for traditional outpatient care.

Why BridgeTrack Exists

- Support often drops dramatically after discharge
- Weekly therapy may feel too far apart
- For clients who need more structure—not a higher level of care

BridgeTrack is a Good Fit If Your Client

- Recently discharged from inpatient, PHP, IOP, or residential treatment
- Needs additional stabilization support
- Would benefit from increased therapeutic contact
- Needs support before symptoms require a higher level of care
- Is clinically appropriate for outpatient treatment

Program Features

- 2-3 individual therapy sessions weekly initially
- Structured step-down support
- Measurement-based care and symptom monitoring
- Short-term stabilization-focused treatment
- Transition planning into traditional outpatient care
- Collaborative continuity-of-care approach

Referral Sources

- IOP and PHP programs
- Inpatient hospitalization
- Residential treatment
- PCPs and Psychiatrists
- Therapists and community partners

The Accedence Difference

BridgeTrack is more than increased therapy sessions. Clients build personalized Fluency Tools, practice new responses through guided Experiments, and leave with a Bridge Maintenance Plan for continued growth.

Continuity & Structure

BridgeTrack is designed with planned reassessment and tapering based on clinical need, symptom severity, functioning, attendance, and stabilization progress.

4-5 weeks

Structured individual sessions based on clinical need

2-3 weekly

Sessions initially, with gradual transition as appropriate

Clinical Focus

- Maintaining stabilization and treatment gains
- Reducing gaps in care during transition
- Reinforcing coping skills and treatment implementation
- Building confidence for long-term outpatient care

Why Choose BridgeTrack

- Smooth transition after discharge
- Increased outpatient support
- Structured treatment approach
- Collaborative communication
- Clear graduation and transition planning

Referral Process

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Online Intake

Visit [AccedenceCounseling.com/OnlineIntake](https://www.accedencecounseling.com/OnlineIntake) and select BridgeTrack.

2

Email

Send referral questions to info@accedencecounseling.com

3

Phone

Call us for assistance at 214-631-9208