

Melanie Storrusten

LCSW

Director, Foundations Atlanta at Midtown



Melanie Storrusten is passionate about helping people connect to their authentic selves and find meaning and purpose in life.

A Passion for the Treatment Field

Melanie Storrusten serves as the Director of Foundations Atlanta at Midtown, having joined the team in early 2014. Storrusten earned her undergraduate degree from Valdosta State University, where she also completed her graduate research focused on the need for drug courts in rural southern Georgia. While still an undergrad, she took a non-clinical job in the treatment field that influenced her future career. When she moved on, she realized she missed that aspect of her work and sought out a return to the field of addiction treatment. Prior to coming to Foundations Recovery Network, Melanie was the executive director of Breakthru House, a non-profit residential addiction treatment program for homeless women.

A Champion for Healing and Health

She also ran a part-time private practice, Out Loud Counseling, where she focused on treating addiction, adolescents and LGBTQ patients and their families. Prior to that, Melanie served as director of social services at SummitRidge Hospital and helped to open a Women's Intensive Outpatient Program (IOP) at Turning Point Hospital. She has also worked in juvenile and adult probation. Her variety of experiences in both non-profit and for-profit environments and at multiple levels of care has provided Melanie with a unique perspective.

After moving around the world due to her father's military career, Melanie is happy to be putting down roots in Atlanta. She currently serves on the board of directors of the LGBTQ Therapist Resource and is a performing singer-songwriter in Atlanta. Her interests also include culinary arts, visual arts and spirituality. When asked about her favorite part of her job, she replied, "I like that our patients are discovering who they are and what they believe. They change everything they thought about themselves, God, other people, the way the world works... To see them shift their entire worldview—it's incredible to watch."

Meeting Patients Where They Are

Everyone's road to treatment is different. Some arrive at outpatient treatment after a residential program. Others are hoping to address issues before a residential program is needed; still others return when new circumstances threaten ongoing sobriety. It is our goal at Foundations Atlanta to meet patients where they are. As the founding director of Foundations Atlanta at Midtown, Melanie was able to handpick her entire staff personally. Her approach to hiring has been to build a team that is aligned with FRN's integrated treatment methods and the program's goals. Like Melanie, other staffers have a belief in treating the whole person and exhibit a spark when talking about working with people to help them connect with their authentic selves. Melanie also believes strongly in merging mental, physical and spiritual treatment in order to help patients achieve balanced and lasting recovery. Co-occurring disorders treatment has been an integral part of every position Melanie has held throughout her career. "Mental health issues and addiction issues are so intertwined that they can't be separated," she says, adding, "It's important to address all of those issues at once."

"I like that our patients are rediscovering who they are and what they believe. . . . To see them shift their entire worldview—it's incredible to watch." - Melanie Storrusten

About Foundations Recovery Network

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment as compared to those who attend traditional programs.

About Foundations Atlanta at Midtown

Foundations Atlanta at Midtown is a premium outpatient center located in the historic Brookwood Exchange building in metro Atlanta. We offer two Intensive Outpatient Programs—daytime and evening—to best accommodate patients' schedules.

The staff partners with patients to provide a holistic program that addresses a variety of needs and issues, using a treatment philosophy based on Motivational Interviewing and a stages-of-change approach. We provide individual and group therapy as well as sessions that address life skills, stress management, relapse prevention, treatment education



and more. Clinical offerings include comprehensive addiction assessments, Cognitive Behavioral Therapy, Dialectical Behavior Therapy skills, family programming, physician-directed medication management, LGBT specific resources and continuing care planning.