# Is this program right for you?

- Our main goal is stabilization of lifethreatening behaviors.
- We are a short-term program (~10 weeks); providing an increased level of services and patient contact (~9 hours/week).



# Why Choose Us

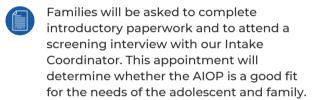
- Our program aids in stabilizing youth that are transitioning from a higher level of care, back into their communities.
- Recommended for teens ages 12-18 who are beginning to develop severe mood dysregulation symptoms.

We do not discriminate against any person on the basis of race, color, national origin, sexual orientation, gender identity, religious background or physical ability.



Parents/guardians, therapists, counselors, psychiatrists, and other health care providers may refer adolescents to the AIOP.

# How to get started...





Scan the code below to learn more:







# UPSTATE MEDICAL UNIVERSITY

Adolescent Intensive Outpatient Program

## **Weekly Group Schedule**

#### **MONDAY**

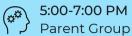
#### **TUESDAY**



4:00-6:00 PM Teen Group

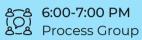


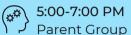
3:00-5:00 PM **SWIM Groups** 





5:00-7:00 PM Teen Group





Teens attend 1 skill learning group, 1 process group and 1 SWIM session per week.

IN ADDITION TO GROUPS, services include 2 hours of individual therapy sessions weekly, medication management appointments, and potentially parent coaching or family therapy, if indicated. Phone coaching is also available.

## Skills You Will Learn in the AIOP:

Teens and parents/quardians will participate weekly in DBT skill learning groups. Topics include:

- Emotion regulation
- Coping
- Problem-solvina
- Distress tolerance
- Mindfulness
- Dialectical thinking
- Skills to effectively change behaviors
- Validation

#### **WEDNESDAY**

#### **THURSDAY**



7:30-9:30 AM Parent Group



7:30-9:30 AM SWIM Groups



4:00-6:00 PM Teen Group



8-8 6:00-7:00 PM 8-8 Process Group

-S)\_ 4:00-6:00 PM **SWIM Groups** 



8-8 6:00-7:00 PM 8-8 Process Group

Parents/quardians must attend 1 parent group per week.

# **About Our Groups**



#### Learn

Parents and teens are divided into separate groups to introduce core DBT skills each week.



#### **Process**

Teens have the opportunity to guide discussion, support each other and practice interpersonal effectiveness, facilitated by therapists.



#### **SWIM - Skills Work:** Implementation and **Mindfulness**

Regular mindfulness exercises help teens to maintain new habits. Weekly implementation groups encourage teens to practice skills in creative and engaging ways.

### **AIOP Staff:**

- Include a child and adolescent psychiatrist, nurse practitioner, psychologists, licensed social workers. RN and LPN
- Have received intensive DBT training
- Meet weekly to discuss the treatment progress of each teen/family

# Dialectical Behavioral Therapy (DBT)

#### Targets the following areas:

- Chronic or frequent suicidal thoughts/behavior
- Self-injury, defined as any intentional harm to self without suicidal intent
- Preventing psychiatric hospitalizations or emergency room visits

#### By reducing:

- Problems managing intense, painful emotions
- Chronic or frequent impulsive and/or risk-taking behavior
- Persistent instability in social and family relationships