

Is this program right for you?

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



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

How to get started...



Families will be asked to complete introductory paperwork and to attend a screening interview with our Intake Coordinator. This appointment will determine whether the AIOP is a good fit for the needs of the adolescent and family.



713 Harrison St, Syracuse, NY 13210



Scan the code below to learn more:



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.



CALL US
+1-315-464-2479





UPSTATE
MEDICAL UNIVERSITY


***Adolescent Intensive
Outpatient Program***

Weekly Group Schedule


MONDAY


 4:00-6:00 PM
Teen Group


 5:00-7:00 PM
Parent Group

 6:00-7:00 PM
Process Group


TUESDAY


 3:00-5:00 PM
SWIM Groups


 5:00-7:00 PM
Teen Group


 5:00-7:00 PM
Parent Group

WEDNESDAY


 7:30-9:30 AM
Parent Group


 7:30-9:30 AM
SWIM Groups

 4:00-6:00 PM
Teen Group

 6:00-7:00 PM
Process Group

THURSDAY

 4:00-6:00 PM
SWIM Groups

 6:00-7:00 PM
Process Group

Parents/guardians
must attend
1 parent group per
week.

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/guardians will participate weekly in DBT skill learning groups. Topics include:

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

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