Adolescent Intensive Outpatient Program

Patient Experience

Recovery is a unique journey for each person, which is why we treat the whole person not just the diagnosis. We understand that adolescents can have special challenges in dealing with their own recovery or that of loved ones. For that reason, the Progressive Institute created a specialized Adolescent Intensive Outpatient Program (AIOP) for teens ages 13 to 17, which also includes sessions for the loved ones in their lives.

Regardless of the age of the client, we establish a relationship with each person to create their individualized treatment and wellness program. The AIOP treatment program involves the same dedicated attention from our integrated clinical, medical, recovery coaching, and community support care team. However, it prominently considers and addresses the role and concerns of the adolescent in the family, and how age-related issues can challenge the success of recovery.

Participants will have access to individual therapy as well as family therapy to support progress, reinforce lessons, and assist in creating positive family relationships.

The AIOP is a six-week program. It involves a commitment of three, three-hour sessions per week for a total of nine hours per week. Each session is held from 3:30pm to 6:30pm, dates will be provided.

Better Outcomes

At the Progressive Institute, we empower people to discover what they need to sustain their recovery and build the principled life they want to live. Regardless of where someone is in our continuum of care, we focus on helping them reach their full potential. This specialized AIOP helps to support that goal for clients in the 13 to 7 age group and their loved ones.

The Progressive Approach

The AIOP is a specialize program presented by licensed social workers. It provides adolescent clients and their loved ones with advanced therapeutic modalities, including Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Family Systems, Art and Music Therapy. Underlying all of the modalities is the ultimate goal to provide the understanding and tools needed to cope with substance use and behavioral health concerns. These tools are designed to help regulate moods, feelings and thoughts so clients and families can connect...
emotionally, mentally, and physically. As with all of the Progressive Institute’s programs, the counseling and care we provide is customized for each client and family. We believe this individualized approach is important for the most effective therapy and care of all of our Intensive Outpatient clients, including adolescents participating in the AIOP.

Our compassionate approach and effective clinical care can help adolescents achieve sustainable long-term outcomes. Families and those in recovery find support, a place of belonging, community, life-long friendships and hope for the future.

Our team of physicians, therapists, and recovery coaches support the individual’s wellness journey across SAMHSA’s 8 Dimensions of Wellness in order to help them build and live the principled life they desire.

Family support for adolescents in the AIOP is essential for successful recovery. In this program, we also host family focused sessions for parents and loved ones. Sessions offer guidance and facilitate group participation to encourage collaboration between clients and families. Sessions are held every third night of the program. Dates and times will be provided.

Example topics: communication skills, self-sabotaging, brain development in adolescents, relapse prevention and psychoeducation around substance use, Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT) based strategies for mood regulation/thought management, building positive friendships, boundaries, mindfulness, time management/procrastination, and conflict resolution.

In Network With.