



Providing Outpatient Mental Health
& Substance Use Treatment Service

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OUR TREATMENT SERVICES

At Progressive Institute, we treat patients with primary mental health and/or primary substance abuse diagnoses, leveraging therapeutic approaches grounded in the principles of Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Cognitive Processing Therapy (CPT) and Motivational Interviewing.

Our comprehensive treatment services offering speaks to the individual nature of each patient's treatment pathway. Our entire team of professionals is trained in sensitivity and PTSD, ensuring a safe, supportive and welcoming environment.



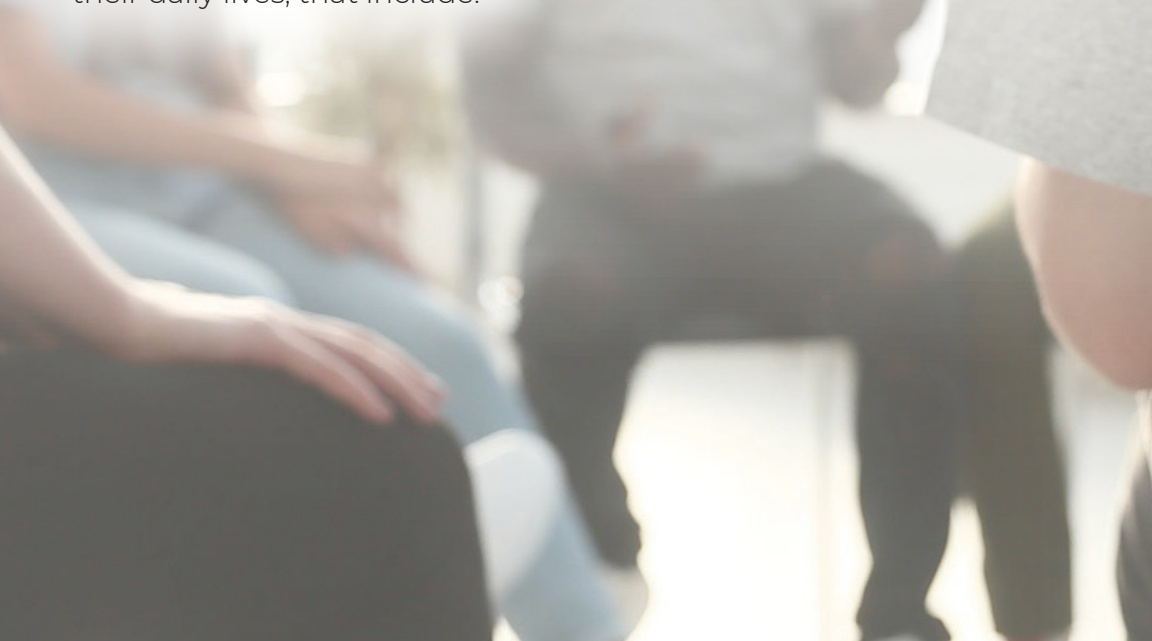
INTENSIVE OUTPATIENT PROGRAMMING (IOP)

For Substance Use And Co-Occuring Disorders

Progressive Institute offers an 8-week co-occurring, Intensive Outpatient Program (IOP) comprised of a minimum of nine hours of group therapy and one hour of individual therapy per week. We strive to harmonize treatment schedules with life and work commitments, so we offer morning and evening and even hybrid telemed/in-person group sessions.

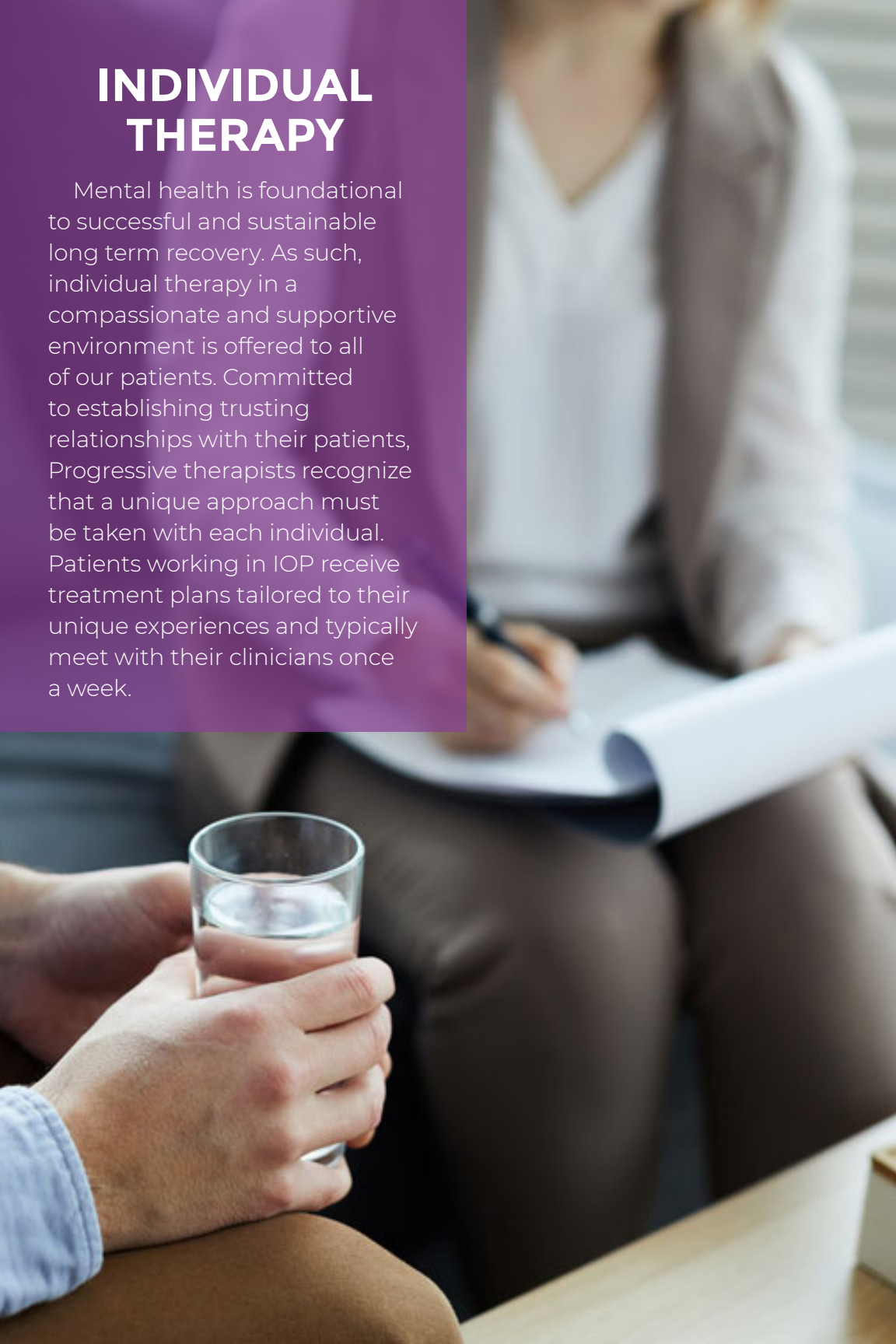
We believe in focusing on the development of recovery skills in a nurturing, yet accountable, group environment. Therapists lead groups and encourage members to implement 8 key dimensions of wellness into their daily lives, that include:

emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual wellness. Our clinicians are dedicated to personalizing each patient's experience while in the group setting to ensure their specific needs are treated with the most appropriate modality while enriching the experience of the individual's in the group. We practice a team approach to your treatment and will collaborate with your personal providers.



INDIVIDUAL THERAPY

Mental health is foundational to successful and sustainable long term recovery. As such, individual therapy in a compassionate and supportive environment is offered to all of our patients. Committed to establishing trusting relationships with their patients, Progressive therapists recognize that a unique approach must be taken with each individual. Patients working in IOP receive treatment plans tailored to their unique experiences and typically meet with their clinicians once a week.



FAMILY SYSTEMS THERAPY

Progressive Institute understands that working closely with families and those supporting individuals with addiction and mental health issues is an important part of the recovery process. Individual family therapy and group family therapy sessions are offered with and without the patient in order to develop coping skills, address specific challenges a family member may be having, and to provide an opportunity to therapeutically process current family stressors.



PROGRESSIVE RECOVERY COACHING

Progressive Institute is at the forefront of substance use disorder treatment with fully integrated recovery coaching programs designed to support men, women and young adults throughout all stages of their recovery. Progressive Recovery Coaches are recognized leaders and innovators in the field of recovery, and provide individuals with a strength-based support system for long-term recovery management. Our coaches dedicate themselves to developing a connection with each client by sharing their own lived recovery experience.

Progressive Recovery Coaches work side by side with our clients to explore multiple pathways to recovery and determine what works best for them. This approach helps our clients develop their “recovery capital”, a central building block to this new lifestyle. The use and integration of recovery capital assessment tools and coaching skills create wellness goals to help the client gain self-confidence and awareness. By engaging our clients with these tools, we are able to prioritize and set structured goals to those areas of their lives that need the most attention.

Our strength-based, yet compassionate, wraparound approach, helps clients find motivation as they discover what gives them purpose and the ability to connect back with their families and community. The program is built on proven evidenced-based principles, and uses daily and weekly coaching check-ins to ensure accountability, connections to recovery support networks, reestablishing family and community relationships, development of career and education plans, adherence to health and fitness goals and other individual needs.

Progressive Recovery Coaches serve as an integrated member of the clinical and medical team and understand that each person’s path to recovery is unique. By collaborating and taking a comprehensive approach, our goal is to increase an individual’s awareness of achieving and fulfilling a liberating life of long-term recovery.





OUTPATIENT PROGRAMS

Individuals can enter into outpatient services directly from inpatient/residential treatment, upon graduation from IOP treatment, or directly from their own community. Our experienced clinicians lead their outpatient groups with an interest in helping patients reach new heights in their recovery journey by applying therapeutic and coping skills while benefiting from peer support. Patients can attend weekly group meetings as well as weekly individual therapy sessions.

Living Well Group

The goal of our Living Well Group is to assist patients in attaining their highest goals. We strive to help patients get to a place they feel most comfortable and confident with themselves and their mental health. This experience provides patients with a safe space for healing, compassionate care and the tools for continued growth. Our clinicians tailor each group to meet the needs of patients. Patients are encouraged to guide group sessions and use their personal experiences to guide group reflections.



Relapse Prevention Group

One of our most popular groups is Our Relapse Prevention group. This group helps patients achieve their goals of long-term recovery through practical application of skills to identify and understand potential triggers, coping skills, and to create a plan for what should happen if a relapse does occur. At Progressive, we recognize that each group member is on their own journey. For this reason, our clinicians allow each patient to take their own time at developing these skills.

Empower Your Weekend Group

Our Empower Your Weekend group is a unique concept that is held every Friday afternoon to help patients proactively think and plan for the weekend. We believe that developing a practical plan to apply skills learned during the week can help manifest a fulfilling weekend.



TRAUMA- BASED CARE

Progressive Institute offers individuals, and their families, trauma-based therapeutic interventions including Eye Movement Desensitization Reprocessing (EMDR) and CPT. These therapies allow individuals to process the traumatic experiences that hold them back from achieving functional wellness. Identifying specific trauma events and trauma-related triggers, and developing skills for identifying and managing these triggers, is vital for sustained wellness.



PSYCHIATRIC CARE

Progressive Institute has on-site physicians that work with each patient's treatment team to deliver comprehensive care, which may include medication assisted treatment (MAT). Our psychiatric staff specializes in mental health and substance abuse treatment and the management of patients on MAT programs, including Sublocade®, Suboxone® and Vivitrol®. Patient's undergoing MAT will meet with a physician on a regular basis to ensure safety, compliance and to ensure that appropriate treatment progress is being made by each patient.



MEDICATION ASSISTANT TREATMENT

Used in combination with a patient's overall treatment plan, the purpose of Medication-Assisted Treatment (MAT) is to help sustain recovery. Research shows that positive long term outcomes and the decrease of relapse are significantly better with the use of this form of therapy. The key medications used in Progressive Institute's program include Sublocade®, Suboxone®, and Vivitrol®. A patient's physician and treatment team will determine if MAT should be incorporated in the comprehensive plan, and if so, what form of medication would be most appropriate.



HIGH COMPLEXITY DRUG TESTING

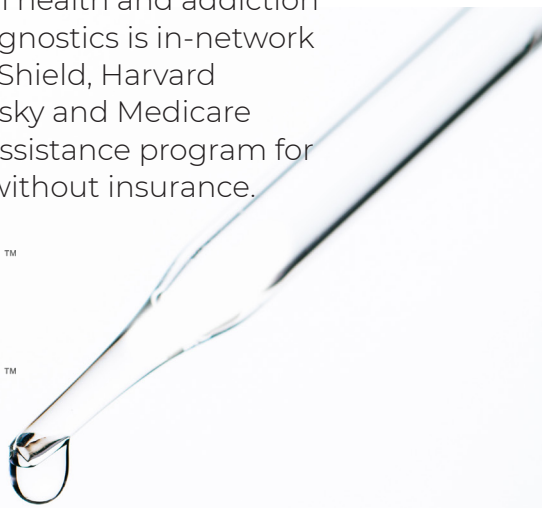
High-complexity urine drug testing plays an important role in treatment by helping to increase accountability while ensuring patient safety and medication compliance. Progressive Institute's affiliate, Progressive Diagnostics, uses proprietary methods, a combination of fully automated chemistry analyzers and high-complexity LC-MS/MS technology and Progressive Health Dynamics' Smart Informatics™ analytics and algorithms to provide the highest standard of care available.

Progressive Diagnostics provides high quality affordable care and supports the community by contributing a portion of all proceeds to local mental health and addiction treatment programs. Progressive Diagnostics is in-network with Aetna, Anthem Blue Cross Blue Shield, Harvard Pilgrim, Multiplan, Zelis, Medicaid/Husky and Medicare and offers the PD Cares™ Financial Assistance program for clients with out-of-network plans or without insurance.



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In network with:



