



Providing Outpatient Mental Health & Substance Use Treatment Service

www.progressive-institute.com



Our Treatment Services

At Progressive Institute, **we treat clients with a primary mental health and/or a primary substance use disorder 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 client'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-Occurring Disorders

Progressive Institute offers an **8-12 week co-occurring IOP comprised of a minimum of nine hours of group therapy and one hour of individual therapy per week**. We strive to balance treatment with life and work commitments, so we offer morning and evening sessions that can be attended in person and virtually. We believe in focusing on the development of recovery skills in a nurturing yet accountable group environment. Therapists lead groups encouraging members to implement **8 key dimensions of wellness** into their daily lives. These include emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual wellness. Our clinicians are dedicated to personalizing each client'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 individuals in the group. We practice a team approach to our clients treatment and collaborate with other individual healthcare providers.



Trauma-based Care

Progressive Institute offers individuals and families trauma-based therapeutic interventions, including Eye Movement Desensitization Reprocessing (EMDR) and Cognitive Behavioral Therapy (CBT), to enable individuals to process experiences that hold them back from achieving functional wellness. Identifying traumatic events and related triggers can help to identify and manage these triggers in everyday life.

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 clients. Progressive therapists are committed to establishing trusting relationships with their clients, and recognize that a unique approach must be taken with each individual. **Clients 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 living with a substance use disorder and/or a mental health diagnosis is an important part of the recovery process. Individual family therapy and group family therapy sessions are offered with and without the client in order to **develop coping skills, address specific challenges a family member may be having, and provide an opportunity to therapeutically process current family stressors.**

A close-up photograph of a person's hand writing the phrase "Keep Climbing!" in blue cursive on a lined, spiral-bound notebook. The notebook is resting on a wicker surface. In the background, a smartphone is visible with a white charging cable plugged into it. The lighting is warm and natural, suggesting an indoor setting with a window.

Progressive Recovery Coaching

Progressive Institute is at the forefront of substance use disorder treatment with fully integrated recovery coaching programs designed to support men and women throughout all stages of their recovery. Progressive Recovery Coaches 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 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 evidence-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 integrated members 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 outpatient groups with an interest in helping clients reach new heights in their healing journey by **applying therapeutic and coping skills while benefiting from peer support**. Clients can attend weekly group meetings as well as weekly individual therapy sessions.


Relapse Prevention Group

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

“A shoulder to lean on.”

Living Well Group

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



“You can’t go back and change the beginning, but you can start where you are and change the ending.”

-C.S Lewis

Psychiatric Care

Progressive Institute offers specialized psychiatric care as part of a holistic treatment approach. Progressive’s onsite psychiatric providers collaborate with client treatment teams to deliver individualized care that may include medication-assisted treatment (MAT) when appropriate. The team addresses a wide range of mental health conditions, such as anxiety, depression, bipolar, and trauma-related disorders, to ensure that each client receives the comprehensive and unique support they need. Progressive also provides effective management of MAT for co-occurring substance use conditions, to help empower clients to achieve long-term recovery, emotional stability, and overall well-being.

Medication-assisted Treatment (MAT)

Research shows that medication, used in conjunction with a client’s treatment plan, can decrease the rate of re-occurrences and improve long-term outcomes vs. clients who only rely on abstinence to remain substance free. For those interested in medication-assisted treatment (MAT), Progressive Institute can offer Sublocade®, Suboxone®, and Vivitrol®. A client’s physician and treatment team will determine if MAT may be incorporated into their treatment plan. Clients undergoing MAT will meet with a provider on a regular basis to ensure appropriate treatment progress is being made.



“I am deserving of all the beautiful things a life in recovery has to offer.”



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