

Pathways is pleased to announce current openings in our Intensive Outpatient Program (IOP) for Adolescents located in Guilford.

What is the Pathways IOP?

The Pathways IOP was established in 2019 to offer Adolescents struggling with significant emotional and behavioral difficulties a highly individualized, small group alternative to some of the larger, hospital based programs previously established. Since then, many area adolescents have successfully completed our program with extremely low recidivism and hospitalization rates.

Our Cognitive-Behavioral approach is evidenced based and delivered in a warm and empathic environment by **Thomas Allen, Ph.D.** and **Tori Piraino, LCSW**, two highly experienced therapists with a combined 30+ years of clinical work with adolescents. **Pathways** also partners with community medical providers should a medication evaluation or management be necessary.

Who is this program for?

Adolescents, ages 12-19, needing more intensive treatment than weekly outpatient therapy. An adolescent may need an IOP when:

- Emotional functioning is impacting school attendance and performance
- Depression and/or anxiety is getting worse despite outpatient therapy
- Debilitating anxiety is leading to significant avoidance behaviors
- Safety concerns exist due to high risk behaviors or threats of harm

When does the program meet?

Program hours are generally 12:30 - 3:30, three days per week. We work with school staff to minimize disruption to academic progress and extracurricular activities.

Where does the program meet?

The program is held in our Guilford office at 2418 Boston Post Road in a warm, inviting space that resembles a home environment. There is a private entrance for program participants.

Referral Process and Program Costs?

Please contact Dr. Thomas Allen at **(860) 767 – 1277 ext. 102** to learn more about our program or to refer a client to the Pathways Adolescent IOP. Once referred, the adolescent will undergo an extensive intake evaluation to determine if admission to the Pathways program is appropriate and to begin establishing treatment goals. The Pathways IOP is covered by some health insurance plans, however, when not covered, payment plans can be arranged.

What will Adolescents Learn?

Through small-group, individual and family sessions, patients learn effective coping skills tailored to the unique challenges they are facing. Emphasis is placed on altering self-defeating thought patterns and learning to effectively self-regulate their emotions. Adolescents will also learn to express themselves in a way that fosters healthy relationships.

What makes Pathways different?

Group sizes are intentionally small as compared to most IOP programs and generally vary between 4-6 individuals. This allows for highly personalized treatment with great care given to the composition and dynamics of each group. From the onset, clinicians work with the adolescent, parents, and outpatient providers to formulate an aftercare plan which is activated once treatment goals are met and the adolescent is ready to graduate from the program. Collaboration is the essence of our program.