



Parent Orientation



OVERVIEW

Agenda

- Roles and Responsibilities
- Parent Engagement
- Your Overall Stance
- Our Approach & Clinical Process
- Phases of Recovery
- Aftercare & Setting Expectations
- Next Steps & Questions



Roles & Responsibilities



PARENT COLLABORATIVE

Parent Engagement



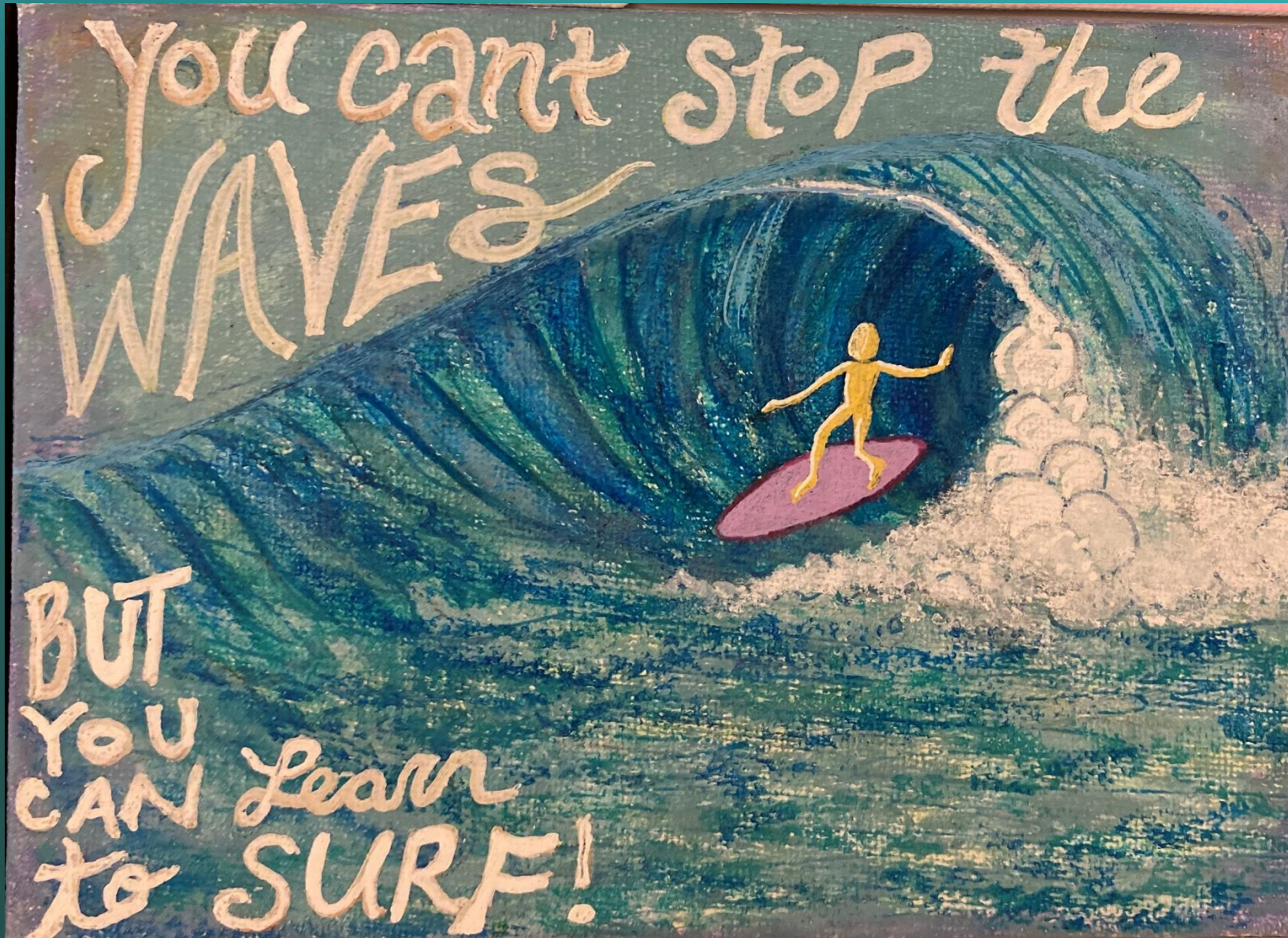
**Family
Sessions**

**Parent
Collaborative**
**Access to IOP
Parent Portal**

**Parent
Coaching**

Hope: The way I feel now is not a predictor of how I'll feel later.





Your Overall Stance

surf...

I choose to ride the wave and face the fear,

for I know what few others do:

**the only way
around is through.**

PARENT COLLABORATIVE

A Brief Look at Accommodations

What is Accommodation

Why Do We Do It

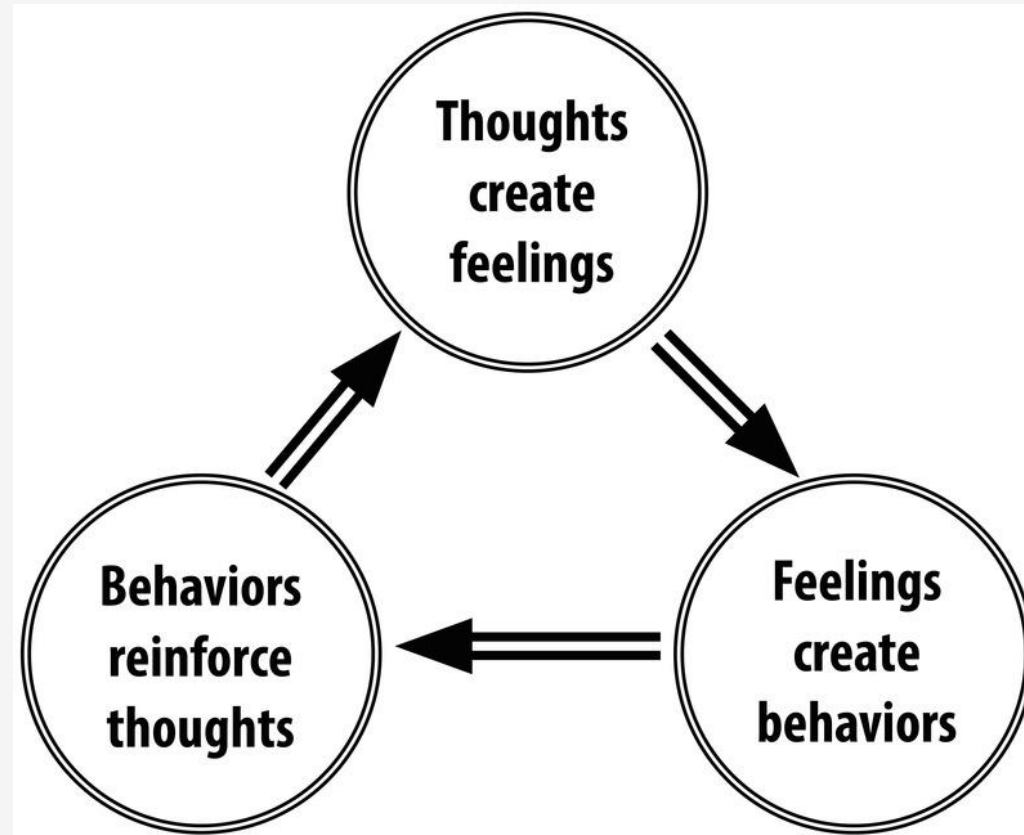
Come to Parent Collaborative to learn more



Our Approach



Cognitive Behavioral Therapy





The Clinical Process

- ✓ The Therapeutic Relationship
- ✓ The Bio-Psycho-Social
- ✓ The Treatment Plan
- ✓ Exposure Hierarchy & SUDS
- ✓ The Transition Plan
- ✓ Measurement Based Care

Optional Services

- ✓ Neuro-Psychological Testing
- ✓ Psychiatric Medication Assessment & Management



Psychiatric Services

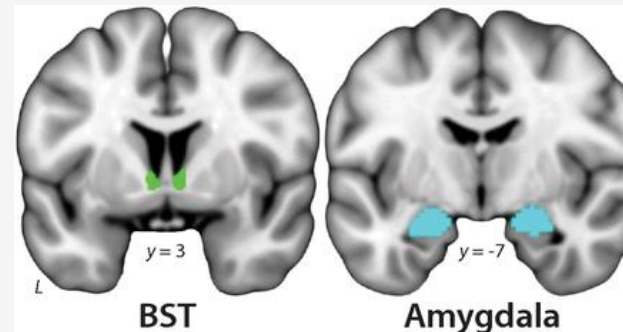




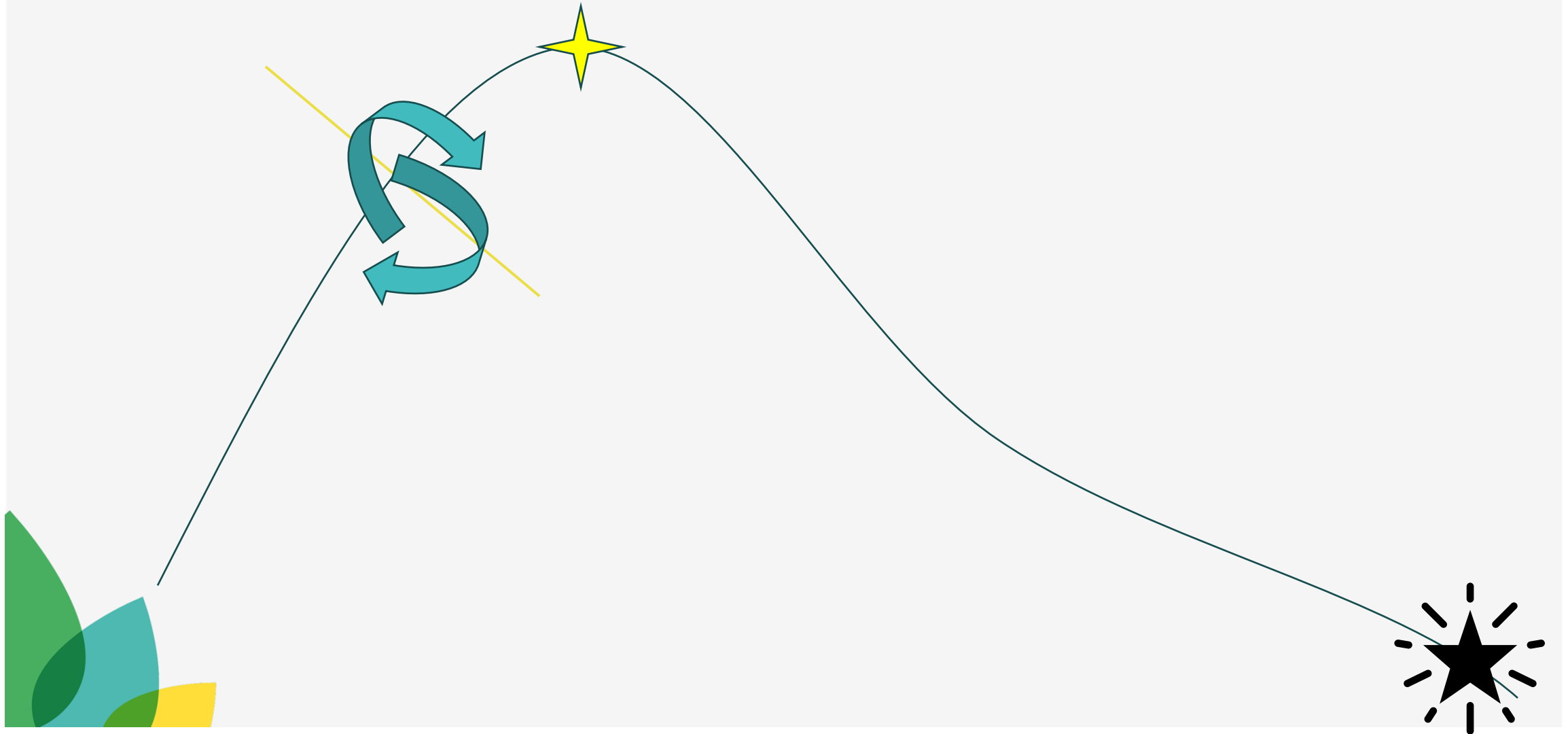
The Neurobiology of Anxiety

- ✓ Symptoms of mood and anxiety disorders result in part from disruption in the balance of activity in the emotional centers of the brain.
- ✓ Anxiety happens when the amygdala senses trouble.

Regardless of whether the threat is real or imagined, the amygdala surges the body with stress hormones, including cortisol and adrenaline, which induces the sympathetic response (“fight or flight”) of the autonomic nervous system.

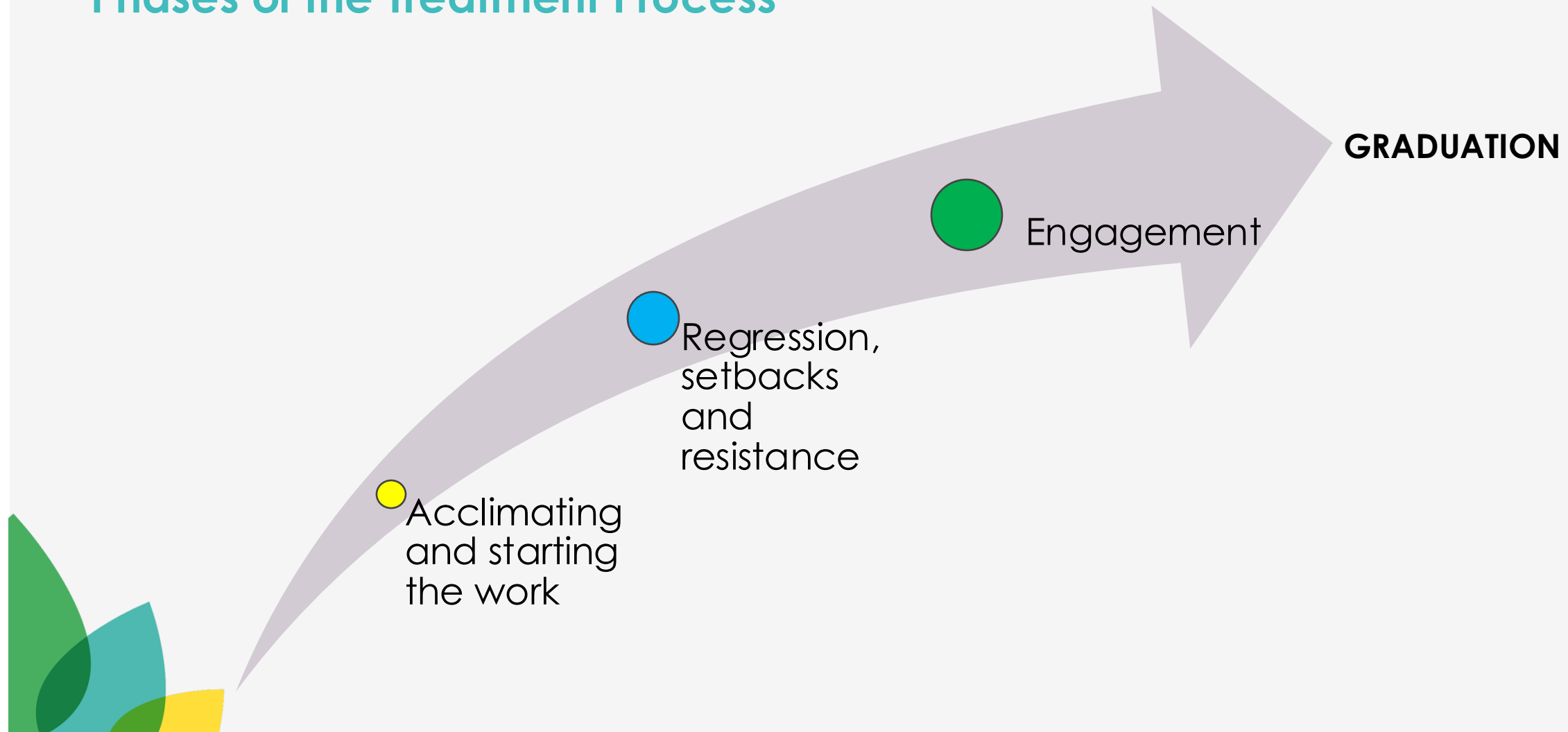


Natural Course of Anxiety



TREATMENT

Phases of the Treatment Process





Aftercare Options and Setting Expectations

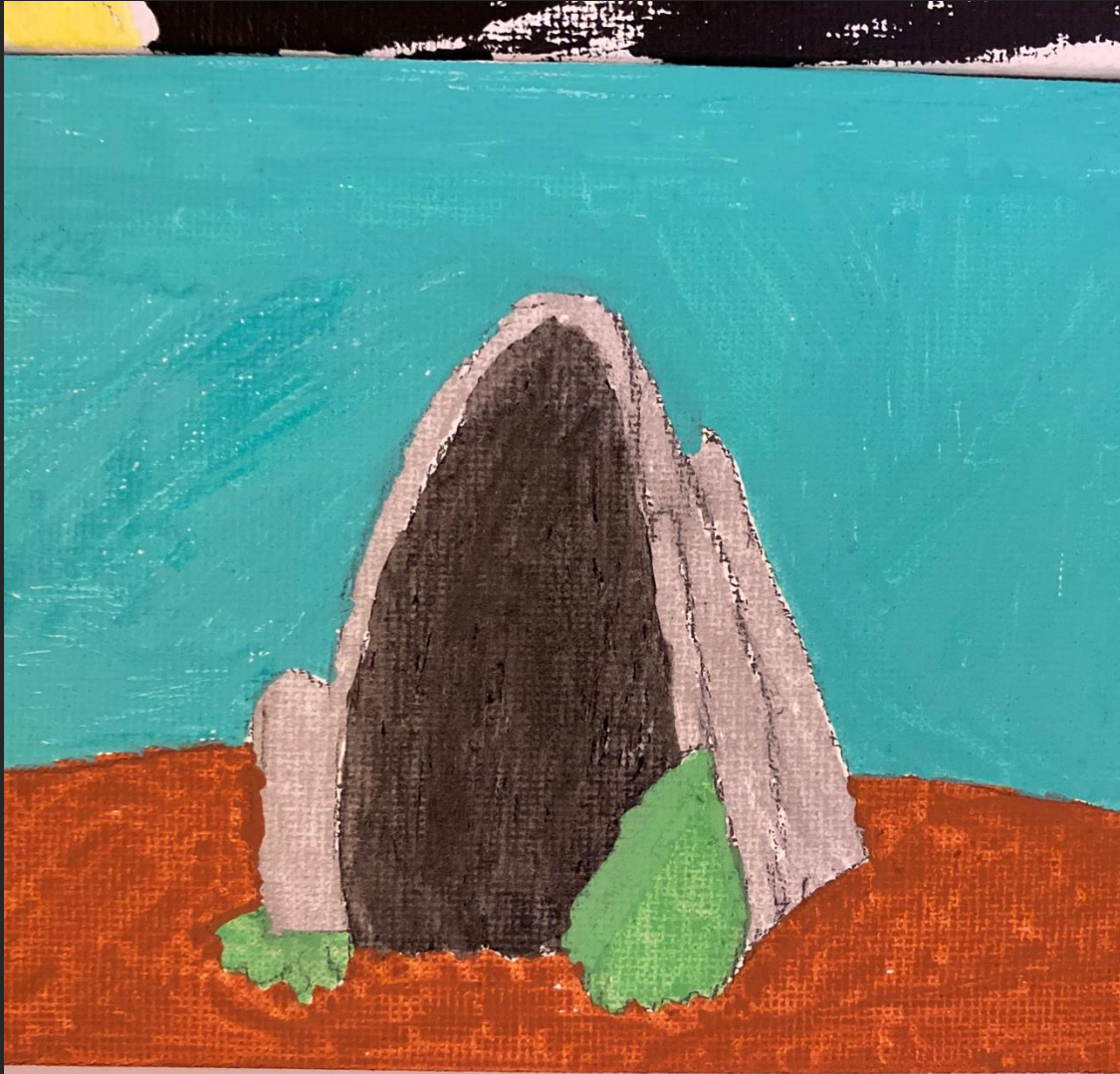
Lead clinician will help with securing post-IOP support

- ✓ Nurture new mindset “progress/process” vs. “cured”
- ✓ Maintain your supportive stance
- ✓ Look for ways your child can continue to develop their independence, exhibit grit, and maintain courage
- ✓ Expect that anxiety will return in new places and in new situations

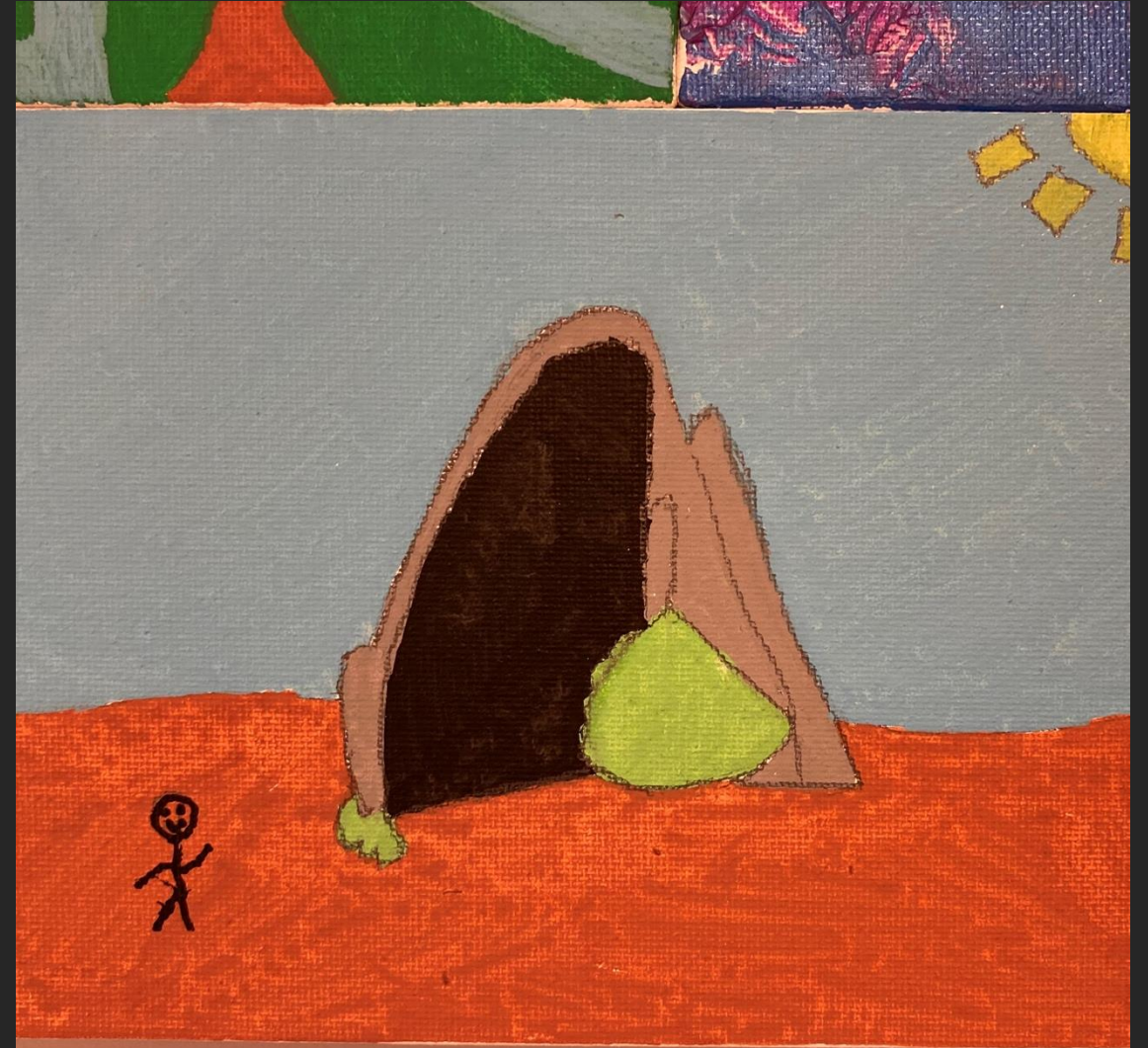
Anxiety Institute Post IOP Services Include:

Individual Therapy, Exposure Therapy, Teen Group, Parent Coaching, Psychiatric Services





Anxiety Tile: 1st Day of IOP



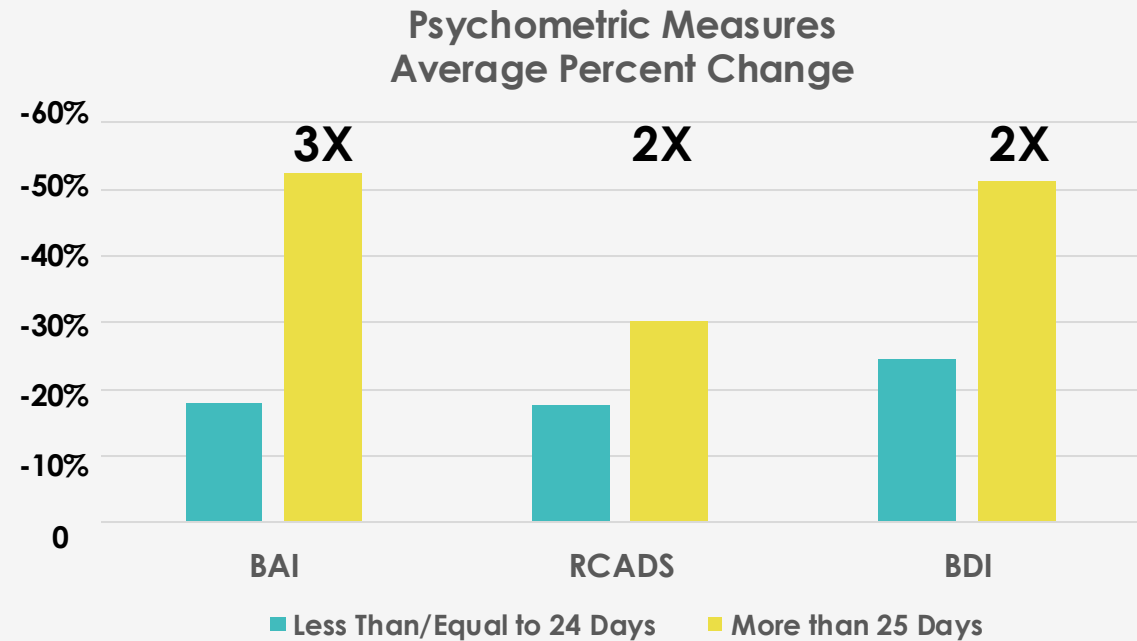
Last Day of IOP

EFFICACY

Clinical Measures Length of Stay

Length of stay has measurable impact on efficacy.

Key psychometric measures show 2-3X improvement in symptom reduction with longer lengths of stay.



EFFICACY

Clinical Measures Client Progress & School Reintegration

99% of IOP graduates successfully return to academics or work upon program completion.

95% remain engaged in school or work 12 months later.

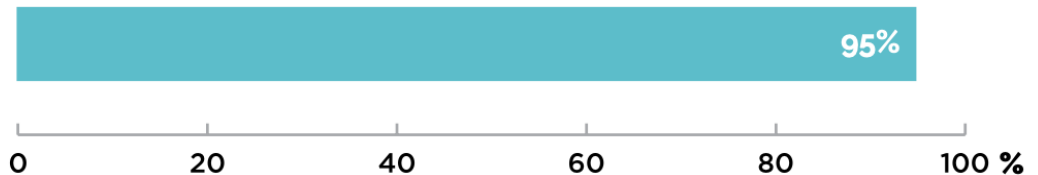
Return to Academics/Work

Upon Program Graduation



Continued Participation in School/Work

12 Months Post Graduation



EFFICACY

Clinical Measures Symptom Reduction

A 3.5x increase in resilience and a 47% improvement in hope were observed from intake to discharge.

47%



Increase in
“Hope”

2X



Increase in
“Connectedness”





Intensity Matters

Repetition, Reinforcement, Generalization

- ✓ Maximizing desensitization
- ✓ Changing behaviors, creating new habits
- ✓ Laying new neural pathways
- ✓ Nurturing interdependence in family system
- ✓ Returning to/developing activities & interests
- ✓ Expediting return to school



CONCLUSION



Have Questions?

For questions specific to your child's care, please reach out directly to your **Lead Clinician**.

Additional tools and information can be found anytime on the **Parent Portal**.

