

Testimonials from Parents and Teens

"I felt comfortable in the group, feeling that I could talk about anything and not be judged."

"We didn't know where to turn. Thank you for being there for us and other families. Everyone on the staff is super!"

"I learned new coping skills to stop panic attacks before they happen."

"Great program! Just what we needed. Thanks for being so caring and supportive."

"Kids are being taught good coping skills. They hear about each other's issues and don't get singled out. Kids gain mutual understanding and acceptance. AIOP is a good program to build a child's self-esteem through group activities."

"I liked that my son loved coming here!"

"This program made me social and I was able to put myself out there."

"I learned that people are feeling the same way I do sometimes, and face the same problems I do, and things get better."

About Us

The Adolescent Intensive Outpatient Program (AIOP) at Four Winds Saratoga has been helping teens and their families for over 20 years. Operating out of our Algonquin building, AIOP meets 9 hours per week and is ideal for adolescents who are experiencing significant difficulty in their emotional, educational or social interactions.

Read more about our services inside this brochure or call one of our Program Coordinators for more information or to make a referral.

Four Winds Saratoga
Adolescent Intensive Outpatient Program
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Adolescent Intensive
Outpatient Program
(AIOP)

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Who We Treat

We all know that the adolescent years are a difficult time in life. As kids struggle to develop their own identity and establish some independence, everyone in their life comes along for the ride. It is also during this time that we might start to see signs or symptoms of behavioral health concerns, some of which may include:

- Difficulty making or keeping friends.
- Not engaging in activities at school or home.
- Often missing school due to worries or anxiety.
- Frequent complaints of physical symptoms with no underlying medical reason: headaches, stomach issues, fatigue, changes in appetite, etc.
- Sudden inability to concentrate.
- A rapid shift in grades due to a change in behavior.
- Lack of interest in activities that once brought them joy.
- Feeling wound up, on edge, angry or irritable.
- Difficulty connecting or communicating with family.
- Feeling stressed and overwhelmed with life.
- Feeling hopeless, worthless, embarrassed or rejected: all signs of low self-esteem.
- Not being able to sleep or sleeping too much.

If you know a teen in middle school or high school who is struggling with two or more of these issues, then we can help.

What We Provide

Struggling teens need additional support to get through this phase and understand the symptoms that they are experiencing. Our program exists because we want to help these teens, and families, before a life-altering crisis develops. Most importantly, we want them to know that they are not alone.

The goal of AIOP is to teach teens new skills that can immediately improve their life and set them up for long-term success. We do this by providing:

- A supportive, non-judgmental environment where everyone can talk openly and honestly.
- Groups that connect with teens, such as Expressive Arts and Music Therapy.
- Groups that teach teens how to better manage their emotions and behavior; including: Stress Management, Communication, Problem Solving and Relationship Skills.
- Medication education and management, when indicated.
- Support to parents and guardians. The program includes a multi-family group and offers a parent support group.



How We Do It

We try to make AIOP as convenient, accessible and comfortable as possible for both teens and their families. Here are a few details that we think are important.

- Our treatment team consists of a psychiatrist, psychiatric nurse practitioners, therapists and several program support staff.
- AIOP meets on Monday, Tuesday and Thursday from 4 p.m. – 7 p.m.
- On average, teens attend the program for approximately 4 weeks.
- Operates year round, including summer and during school breaks.
- Open to middle and high school teens (age 13-17).
- AIOP is covered by most insurance plans.

For teens who are currently working with an outpatient therapist, we encourage the therapist to be active during the intake and discharge planning process. For teens that do not have an outpatient therapist, we will help you find the right support before you leave.

For further information or to make a referral, please contact our program at 518-584-3600, ext. 3342.