Frequently Asked Questions and Sample Schedule
- Adolescent Intensive Outpatient Program -

What if my child misses a session?
It’s not a problem if your child misses a day of program during their enrollment. Sometimes a child is sick or there is a family obligation that requires they miss program, just call us at 584-3600 to let us know. They can return on the next session day and continue their treatment.

Is transportation provided, and how far will transportation drive to pick up my child?
Transportation is provided as part of the program and there is no additional charge. We use unmarked mini vans to transport group members. The vans will drive up to one hour away from Four Winds-Saratoga to pick up your child. If you live beyond one hour away, the van can arrange to meet you and your child at a location within the one hour distance.

How long will my child remain in the program?
The average length of stay in program is approximately 4 weeks, which would include 10 to 12 sessions.

Does everyone attend the same groups?
Yes, everyone enrolled in program will attend the groups together.

Is there individual treatment as well?
This is a structured group therapy program so most often your child will be attending groups with their peers. However, at times, your child may be struggling with a specific issue, and individual sessions, or individual family sessions can be scheduled.

Will there be any cost to me?
Once you refer your child to AIOP, insurance benefits will be checked and if there is any cost to the parent, such as a co-pay or deductible, you will be notified prior to your child starting program.

How often will my child meet with the psychiatrist? Does the family meet with the doctor?
During your child’s enrollment in program, they may meet with the psychiatrist 2, 3, or even 4 times. Usually the doctor will meet with your child for a few minutes first, and will then ask parents to join the session.

Will meals be provided for my child?
Yes, there is a break in the program schedule from 5:00 to 5:30 when dinner will be provided for your child.

How do I get my child in program?
Referrals for AIOP are made by calling the CES Office at Four Winds-Saratoga at 518-584-3600. You will need to provide name, address and insurance information, as well as the reason you are referring your child.

How do families participate in the treatment?
Families are required to participate in treatment by attending our multi-family groups with their child on Monday evening from 5:30 to 7:00 pm. There is also a parent support group (parents only) that meets on Tuesday from 5:30 to 6:30 pm. This is not a required group but is recommended for parents.
Sample Schedule

Monday: 4:00 p.m. to 7:00 p.m.

***MD appointments scheduled from 4:30 p.m. – 6:30 p.m.
4:00 - 4:15  Daily Focus Group
4:15 - 5:00  DBT Life Skills Training Group
5:00 – 5:30  AIOP Group Dinner (Meal/Beverages provided, inform staff of special dietary needs)
5:30 – 7:00  Multi-Family Group (one parent/legal guardian required, additional family members are welcome, including siblings 13 years or older)

Tuesday: 4:00 p.m. to 6:45 p.m.

***Parent Coaching/Support Group: Each Tuesday at 5:30 p.m.
4:00 - 4:15  Daily Focus Group
4:15 - 5:00  Psychotherapy/Communication
5:00 – 5:30  AIOP Group Dinner (Meal/Beverages provided, inform staff of special dietary needs)
5:30 – 6:30  Psychotherapy/Relationships, Self-Esteem
6:30 - 6:45  Treatment/Discharge Planning

Thursday: 4:00 p.m. to 6:45 p.m.

***MD appointments scheduled from 4:00 p.m. – 6:00 p.m.
4:00 - 4:15  Daily Focus Group
4:15 - 5:00  Creative Art Therapy
5:00 – 5:30  AIOP Group Dinner (Meal/Beverages provided, inform staff of special dietary needs)
5:30 – 6:30  Experiential and Self-Awareness Group (utilizing music/drama therapy)*
6:30 - 6:45  Treatment/Discharge Planning