



Virtual Adolescent Intensive Outpatient Program (AIOP) Weekly Schedule

	MONDAY	TUESDAY	THURSDAY
4pm - 4:15pm	<i>DAILY FOCUS GROUP</i>	<i>DAILY FOCUS GROUP</i>	<i>DAILY FOCUS GROUP</i>
4:15pm - 5:15 pm	<i>Communication Group</i>	<i>Problem Solving & Self Esteem</i>	<i>Barriers to Wellness</i>
5:15 pm - 5:30pm	<i>BREAK</i>	<i>BREAK</i>	<i>BREAK</i>
5:30pm - 6:45pm	<i>Psychotherapy & Self Awareness</i>	<i>DBT Life Skills Training</i>	<i>Weekend Planning</i>
6:45pm - 7pm	<i>Treatment & Discharge Planning</i>	<i>Treatment & Discharge Planning</i>	<i>Treatment & Discharge Planning</i>

Your Treatment Team		
AIOP Therapists	Brittany Cebula LMSW	Ext. 3342
	Julia Lajeunesse MHC	Ext. 3098
Psychiatric Prescribers	Maegan Majewski NPP	
Patient Care Coordinator	Dan Gregory	
Program Director	Frederick Jones LMHC	Ext. 3190
Four Winds Saratoga Main (518) 584 - 3600		