

LOOK US UP!

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Clear Reflection Counseling

Adolescent Intensive
Outpatient Program



ABOUT THE *Program*

The program at Clear Reflection utilizes a family centered approach by incorporating not only the adolescents that we work with but also inviting and encouraging families to participate in our weekly Parents Groups. Our proprietary model is very much rooted in evolutionary psychology and sociology and encourages all group (or family) members to practice healthy behaviors and positive relationships.

By helping teens and families identify habits, behaviors, and patterns that might not be best serving them anymore, we work to help facilitate change by introducing and implementing new ideas and practices.

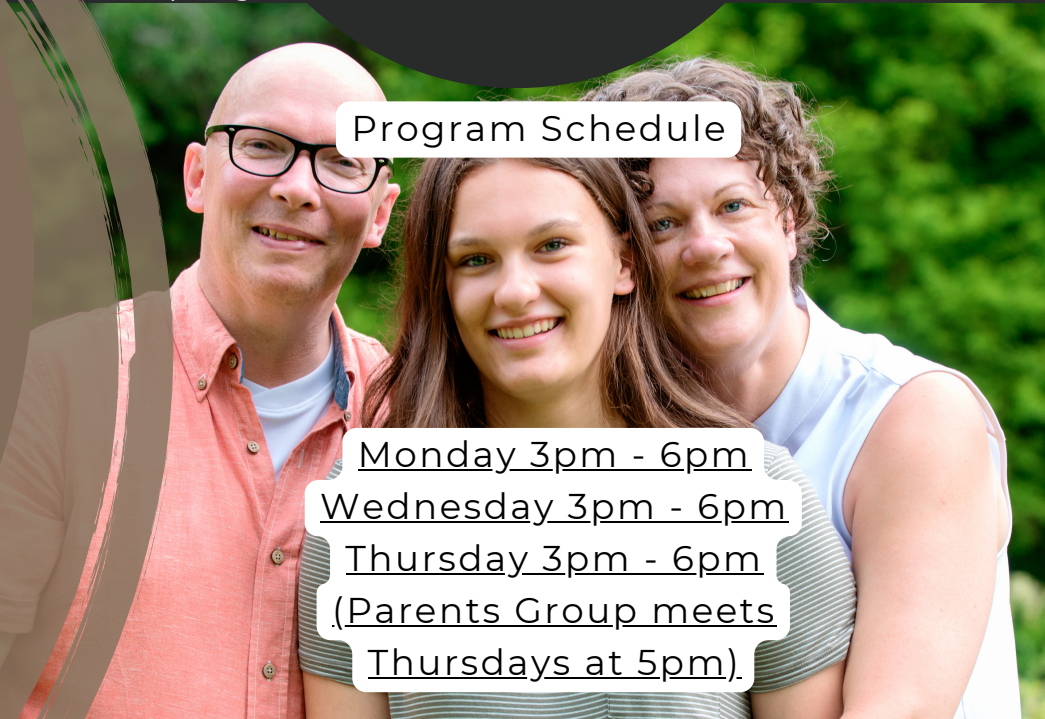
Because sometimes you have to function better to feel better!

Clear Reflection's IOP is best suited for teens, ages 12-18, who may not meet the need for inpatient treatment but who's mental or behavioral health symptoms moderately affect daily life. Sometimes these symptoms present as, or stem from, depression and anxiety, isolation or negative peer relationships, school avoidance, strained family dynamics, gender identity, neurodivergence or ASD, self harming behavior, or trauma.

We offer a multidisciplinary approach in a safe and supportive environment led by Licensed Clinical Mental Health Counselors, Masters in Education School Counselors, Certified Teachers, Licensed Alcohol and Drug Counselors, Masters Level Psychology Graduates, and Life and Health Coaches.

With Clear Reflection teens will be invited to participate in group therapy sessions, Individual check In's with counselors, experiential groups like arts and crafts, music, mindfulness and meditation, board games, outdoor activities, and animal based therapy. Case management is also provided in the form of coordination of care with outside providers, communication with schools and parents, and academic and IEP support. Snacks and drinks are also provided daily.

Accepting Most Commercial and NH Medicaid Insurance



Program Schedule

Monday 3pm - 6pm

Wednesday 3pm - 6pm

Thursday 3pm - 6pm

(Parents Group meets

Thursdays at 5pm).