



Clinical Outcomes Report

Intensive Day Program

Customized, comprehensive care for clients ages 13-25 struggling with OCD, anxiety, and anxiety related disorders.

anxietyinstitute.com

Our Founders



Dr. Dan Villiers

FOUNDER/PRESIDENT

My personal experience with debilitating social anxiety and panic disorder throughout high school has radically shaped my expertise and commitment to provide compassionate, effective treatment to adolescents and young adults. That experience drives the empathy and care used throughout Anxiety Institute's treatment model. My message is simple – there is hope for recovery using the scientifically proven power of Exposure Therapy.



Linda Geiger

PARENT/FOUNDER/CEO

I know first-hand that parenting your anxious child is a lonely, frustrating, and heartbreaking endeavor. My experience in researching adolescent anxiety treatment and my incredulity at the dearth of outpatient options led me to partner with Dr. Villiers to found Anxiety Institute. Together, we have created the services and programs that I so desperately wanted to treat my son.



Why We're Different

“Anxiety Institute’s therapeutic approach is unique in comparison to other therapists I have worked with in the past. The intensity of the program and the types of exposures that were provided were really effective.”

- CLIENT

Anxiety Treatment Expertise

Our sole focus is treating clients with OCD, anxiety, and anxiety related disorders. We use evidence-based techniques, informed by research and firmly based in the medical sciences. Our team has specialized training and experience to achieve superior outcomes.

Guidance Starts at Pre-Admission

Our expertise in treating anxiety is apparent from the first point of inquiry. Many prospective clients are dispirited by prior experiences with therapy. Our admissions team provides much-needed help and hope in enabling reticent clients to believe they can confront and conquer their fears. Admissions will assess your child to help your family make an informed choice for appropriate placement.

Individual Attention

Our unique approach provides more individual attention for clients compared to other acute anxiety programs. At Anxiety Institute, each client receives ten hours a week of individualized treatment sessions in our intensive outpatient program. Your lead clinician is dedicated to your child, serving a maximum of three clients at any given time. This contrasts with typical intensive outpatient programs that predominantly offer group sessions for treatment and manage a caseload of ten or more clients.

Customized Treatment Plan

Due to our focus on each individual and their family, treatment plans are more customized than other intensive programs which are typically dictated by a standardized group curriculum.

Exposure-Focused CBT Model

Our professionally trained clinical team utilizes Cognitive Behavioral Therapy (CBT) as its core modality. Our approach employs daily Exposure Therapy which allows clients to gradually confront their fears, rewiring their brain by desensitizing the anxiety response. Other programs often teach only coping skills, which may provide short-term relief but not long-term outcomes. At Anxiety Institute, the clinical approach focuses on mediating both short-term results and enduring solutions.

Treatment in Your Local Home Environment

Anxiety Institute's Intensive Day Program integrates the clients' local academic and social activities into their treatment plan, facilitating a more rapid and successful reintegration into their lives.

Parent Partnership

We provide parent coaching, support, and psychoeducation to facilitate and sustain recovery. Parents and their children learn new skills together, improving family dynamics and breaking the cycle of accommodation and avoidance.

Our Client Base

Due to our specialization, the typical client cohort has a similar profile – bright, good-natured, high-functioning adolescents, and young adults who rely on avoidance and procrastination as their coping strategies for fear and anxiety.



Measurement Based Care

“Everyone that we have encountered at Anxiety Institute has been unbelievable in their caring, professionalism and desire to help.”

- PARENT OF GRADUATE

At Anxiety Institute, we believe that to achieve clinical progress, you must measure that progress – and that is why we are at the forefront of Measurement-Based Care (MBC).

MBC replaces assumptions and guesswork by utilizing validated, data-driven decisions, and client-reported measures over the course of treatment.

MBC has been demonstrated to improve clinical outcomes, enhance treatment decision-making processes and increase client engagement in therapy. Despite these advantages, according to the Kennedy Forum, only 18% of psychiatrists and 11% of psychologists in the United States routinely administer symptom rating scales to patients to monitor improvement.

Anxiety Institute utilizes an independent, leading provider of measurement-based care (Mirah, Mirah.com) to measure client status at regular intervals from the start of treatment through graduation. This information benchmarks the goals and objectives of the clients' treatment plan and informs revisions to these plans, as needed. MBC eliminates guesswork and ensures progress toward your child's goals. In the Intensive Day Program, we systematically measure symptom severity and impact, assess key measures of mental health outcomes and clinical processes, including quality of life, connectedness, hope, and expectations of treatment.

“My son has created a new life for himself which includes going to social events even if his friends are not attending, participating in school full time, joining clubs, and enjoying his hobbies.”

- PARENT OF GRADUATE



Client Experience

“I love that it’s not just therapy and you take a whole mind and body approach by offering physical fitness, music and art.”

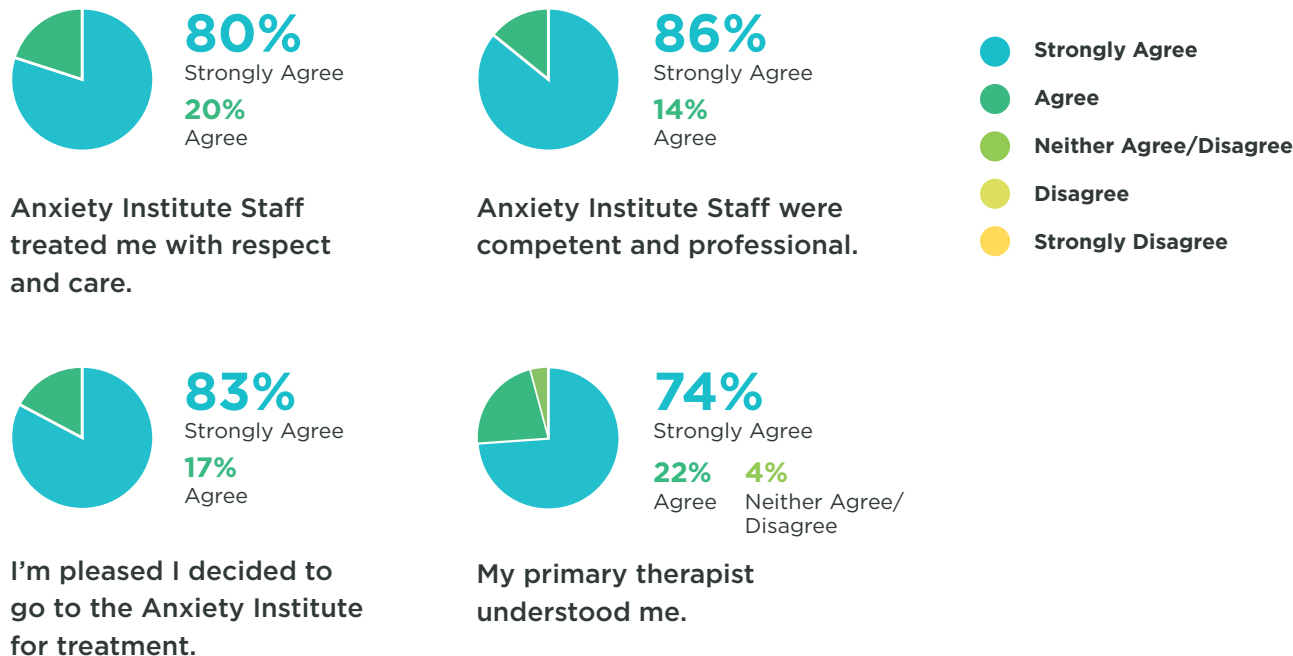
- PARENT OF GRADUATE

Our unique approach provides more individual attention for clients and parents compared to other acute anxiety programs.

A lead clinician is dedicated to your child and serves a maximum of only three clients at any given time. This limited caseload enables more customization in treatment planning, better collaboration with parents, improved coordination with schools and other medical providers, and tighter alignment with each client.

Client feedback support these claims. In the Intensive Day Program, 100% of graduates report that their therapist understood them and treated them with respect and care. Further, 100% of graduates believe the staff are competent and professional, with 97% indicating that they are pleased they went to Anxiety Institute for treatment.

Client Survey Results



“Just have to say thank you for turning my son’s life around! So awesome to see who he is now and how comfortable he is with himself and compare that to 4.5 years ago. He just graduated from high school and was selected to give a speech at the graduation - and he was awesome in the speech! Comfortable with himself, so funny and nice words of wisdom about resilience.

- PARENT OF GRADUATE



Client Engagement

“The group component of the program was essential to my son’s journey.”

- PARENT OF GRADUATE

Academics/Work

Adolescents and young adults with anxiety disorders frequently face disruptions in academics or work.

Some may refuse to go to school altogether while others may experience precipitous declines in grades necessitating discontinuation of high school or college. The goal of the Intensive Day Program is to help clients achieve their potential and reintegrate into academic or career pursuits. We are proud that 90% of Anxiety Institute's Intensive Day Program clients successfully return to academics or work upon graduation from the Intensive Day Program. Of these graduates, 95% continue to participate in academics or work activities six months later.

Return to Academics/Work Other Pursuits

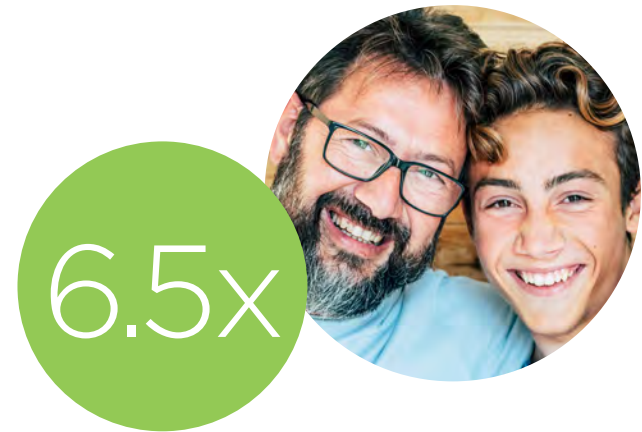
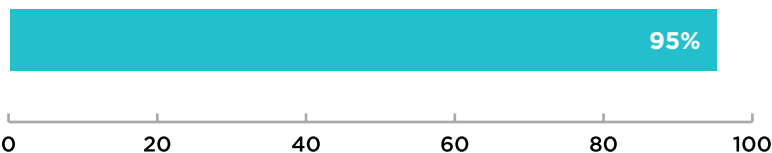
Outcome at Graduation

Program Graduation



Continued Participation in School/Work

6 Months Post Graduation



**Increase in
“Connectedness”**

Connectedness

Connectedness is defined as feeling socially, emotionally, spiritually or professionally linked with others.

It supports positive interactions and friendships, results in decreased isolation, and bolsters the resumption of activities and relationships. After participating in the Anxiety Institute's Intensive Day Program, our clients' average connectedness measure increased by more than six times from intake to graduation (measured using Computer Adaptive Multidimensional Scale CAMS).



Increase in
“Hope”

Hope

Many clients enter the program feeling hopeless and demoralized, thinking their life is over before it has even begun.

Many have pursued previous programs which did not provide effective or measurable results, adding to the sense of hopelessness of both the client and family. Due to the individualized attention, a clinically tailored treatment plan, and evidence-based efficacy of our Intensive Day Program, clients' *hope for the future* increased by 66% from intake to graduation (measured using the Children's Hope Scale, Snyder, 1997).



Increase in
“Life Satisfaction”

Life Satisfaction

Life satisfaction is defined by feelings of leading rich, meaningful lives and the degree to which a person positively evaluates the quality of their life.

Since many of our clients use avoidance and procrastination as their coping strategies for fear and anxiety, they frequently enter our program with profound feelings of shame, guilt, and self-doubt due to dissatisfaction with their overall life, including family relations, friendships, and school experience. However, after Anxiety Institute's program of tailored exposure therapy, clients report a 67% increase in overall life satisfaction, due to a renewed self-confidence in managing family and school situations and the ability to positively interact with their peers (measured using the Peabody Treatment Progress Battery).



Patient Symptom Improvement

“Anxiety Institute gave me the confidence to find my way. You saw my potential and helped me strive to be the best I am today and work hard to become who I wish to be tomorrow.”

- CLIENT

Anxiety

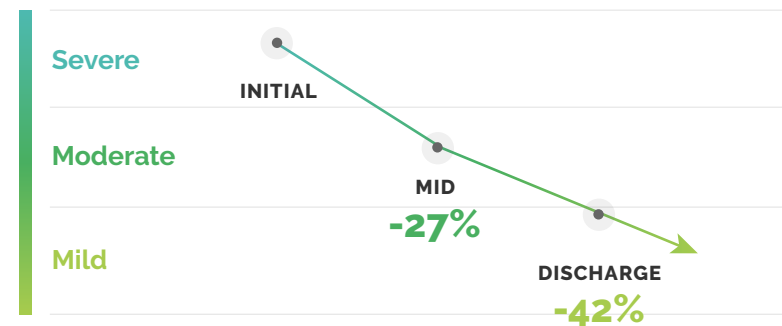
Anxiety Institute measures client wellness at the start of treatment, progress at regular intervals during care, and again at graduation.

One measure we utilize is the Beck Anxiety Inventory (BAI), an industry-standard third-party measure to assess the intensity, severity, and depth of cognitive and somatic anxiety symptoms.

Clients in Anxiety Institute's Intensive Day Program experience a significant improvement in anxiety symptoms. At intake, clients frequently report severe cognitive and somatic anxiety symptoms. At the mid-point of treatment, average BAI scores have fallen 27%, placing the client into the moderate range. By completion of the program, BAI scores have plunged 42%, landing the client into the mild range.

Anxiety Symptom Reduction Intake to Discharge

Symptom Reduction Showing Patient Improvement



“I loved that the clinicians pushed him past his comfort zone. Instead of just listening to his issues, it was like the team said ‘let’s do something about that!’”

- PARENT OF GRADUATE

Length of Stay

Our client outcomes are based on multiple clinical factors unique to our therapeutic model.

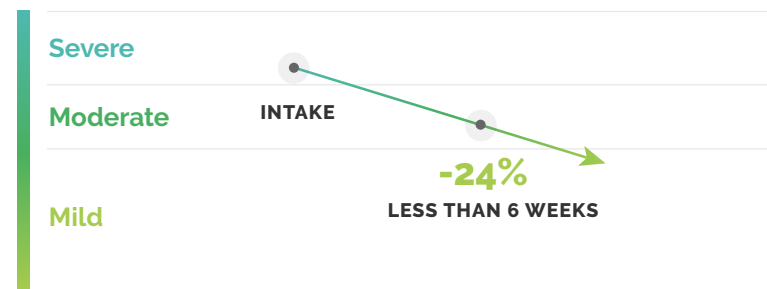
In the Intensive Day Program, each client receives ten hours of individual therapy sessions per week. Cognitive and behavioral interventions are delivered and practiced daily in a range of relevant settings and circumstances, maximizing the desensitization process while turning essential skills into habit. Daily group therapy provides a specialized psychoeducational curriculum and an in-vivo experience with supportive peers. The daily wellness program strengthens the mind-body connection, restores physical wellness, and builds group cohesion and social confidence. In total, our program adds up to four hours of therapy daily, five days per week, over a six-to-ten-week program.

Our objective third-party measures indicate that the clients' length of stay is directly proportional to improvement in their symptom reduction. Treatment for moderate to acute anxiety and OCD takes time. The clinical research is clear; adolescents and young adults need to experience anxiety across various domains (school, work, home) to increase their distress tolerance level. As demonstrated in the charts to the right, there is substantial gain in a stay of more than six weeks versus a stay of less than six weeks.

As the client receives more ongoing therapy, at increasing levels of intensity and in varying domains, anxiety symptom reduction is doubled for lengths of stay of six weeks or more.

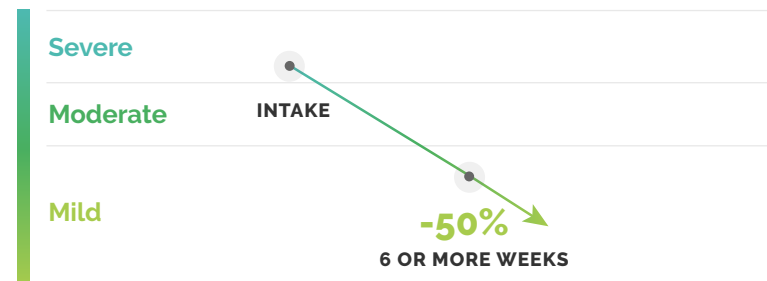
Anxiety Symptom Reduction Less than 6 Week Treatment Duration

Symptom Reduction Showing Patient Improvement



Anxiety Symptom Reduction 6 or More Week Treatment Duration

Symptom Reduction Showing Patient Improvement



Depression

Due to social isolation that can accompany moderate to severe anxiety disorders, approximately one-third of our Intensive Day Program clients have a co-occurring depression diagnosis.

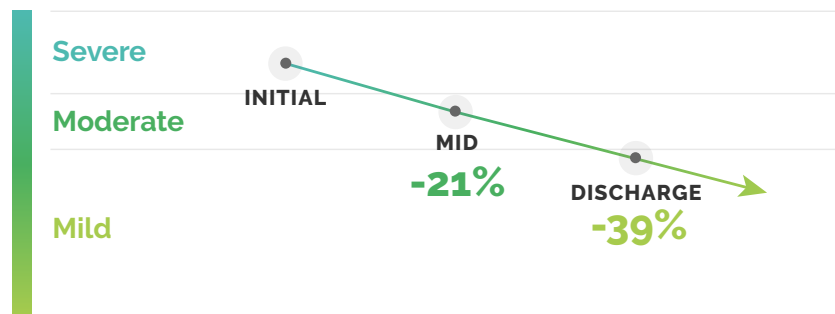
We utilize the Beck Depression Inventory (BDI), an empirically validated measure to assess the intensity and severity of depressive symptoms at the start of treatment, at regular intervals during care, and again at graduation.

Clients diagnosed with depression in our Intensive Day Program experience a significant reduction in depressive symptoms. At intake, clients frequently report severe symptoms and attitudes characteristic of depression. At the mid-point of treatment, average BDI scores have fallen 21%, placing the client into the moderate range. By completion of the program, BDI scores have declined 39%, landing the client into the mild range.

Depression Symptom Reduction

Intake to Discharge

Symptom Reduction Showing Patient Improvement



“The transition plan was timed well and worked out wonderfully. Knowing the plan early on helped our anxiety; we felt well supported. The transition plan is still going swimmingly.”

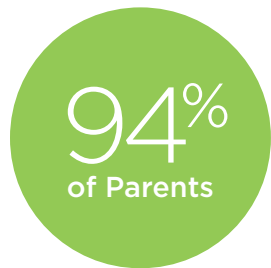
- PARENT OF GRADUATE



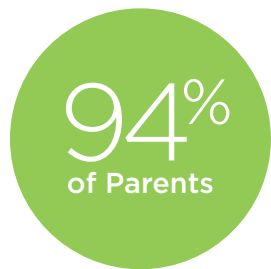
Parent Collaborative

“The weekly family sessions and parent collaborative were great and extremely helpful. The parent support that is offered sets your program apart from others.”

- PARENT OF GRADUATE



**Believe Anxiety Institute
Staff treated their child with
respect and care.**



**Agree Anxiety Institute
Staff were competent and
professional.**

**We work with parents to actualize our shared goals:
eliciting the grit to conquer anxiety, the resilience
to regulate mood, and the courage to foster
independence.**

Parent support includes a weekly family session for coaching and psychoeducation, and a weekly parent group to facilitate and sustain recovery.

Parents of graduates in the Intensive Day Program support our approach. 9 out of 10 parents agree that Anxiety Institute partnered with them and felt confident in the evidence-based approach.

“We came to Anxiety institute once a week for the parent support group. One of the most refreshing things was to hear so many other parents going through the same thing we went through. Our kids are all different, yet we all share this common bond of having a child that you want to help, and you didn’t know how. For the first time we saw we can help our child and we can learn to help ourselves.”

- PARENT OF GRADUATE



Client Profile

“I just wanted to say thank you for helping me, guiding me, and supporting me. I look forward to my next amazing journey and hope to take all those valuable lessons that Anxiety Institute taught me and pay them forward.”

- CLIENT

Client Diagnosis

Our sole focus is treating clients with OCD, anxiety and anxiety related disorders.

Our three leading diagnoses include generalized anxiety disorder, social phobia, and OCD spectrum disorders. The majority of our clients are diagnosed with multiple anxiety related disorders with some clients also experiencing co-occurring disorders including major depressive disorder (29%) and ADHD (15%).

Client Diagnosis Distribution*

Generalized Anxiety Disorder



Social Phobia



OCD Spectrum Disorders



Panic Disorder/Agoraphobia



PTSD



** Total exceeds 100% as clients typically have both a primary and secondary diagnosis.*

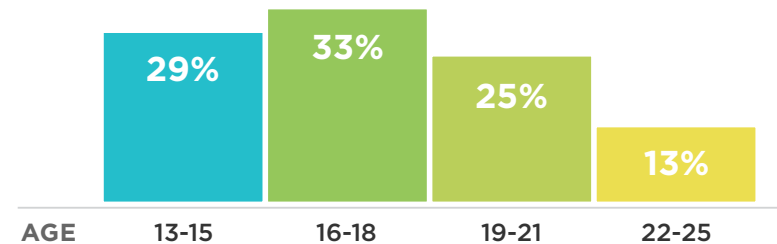
Client Demographic

Anxiety Institute treats clients from ages 13-25, a range that spans various stages of adolescence and young adulthood.

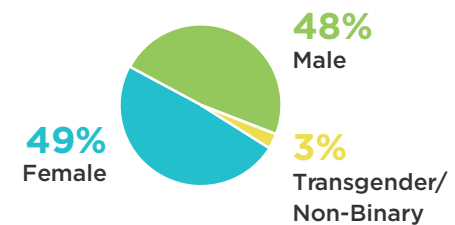
Approximately one third of clients are younger teens ages 13-15, one third are older teens ages 16-18, and one third are in college or recent college graduates ages 19-25.

Group therapy sessions are carefully orchestrated to include clients in similar stages of development to encourage connectedness and peer support, while often laying the groundwork for long-term friendships.

Client Age Distribution



Gender Identity





Our Services

“You provide a safe and secure environment which really helps everyone open up and work through their issues. What makes Anxiety Institute different is the small number of clients you take; it allows for an intimate setting.”

- PARENT OF GRADUATE

Anxiety Institute specializes in treating clients ages 13 through 25 who struggle with moderate to severe OCD, anxiety, and anxiety related disorders.

Intensive Day Program

Comprehensive, customized care for expedited and enduring recovery.

- Includes ten hours per week of individualized treatment sessions
- Dedicated lead clinician serves a maximum of three intensive outpatient clients at any given time
- Integrative program includes two hours of individual cognitive and behavioral work daily, complemented by two hours of group work each day
- Parent support includes a weekly family session for coaching and psychoeducation, and a weekly parent group to facilitate and sustain recovery
- Four hours therapy daily, five days per week, over a six-to-ten-week program, depending on symptom severity

Outpatient Services

Compassionate and focused therapy sessions with an experienced anxiety specialist.

- Targeted Individual Therapy
- Applied Behavioral Coaching Sessions
- Group Therapy
- Parent Support Groups

Specialized Services

Services to support and educate parents, clients, and professionals.

- Parent Strategy Program
- School-based Parent Education
- Professional Development Trainings
- Psychological Testing*
- In-home Consultation

** Available in select locations*

**If you are wondering whether you or
a loved one is right for our program,
let's start with a conversation.**

Call (844) 881-1846

Learn more about Anxiety Institute and why we are passionate
about empowering individuals to overcome anxiety.

anxietyinstitute.com

