



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

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

Achieving Superior Outcomes

Anxiety Institute leads in anxiety and OCD treatment with an advanced, proven model. Using measurement-based care informed by clients and parents, we achieve outstanding results: 90% reintegrate into academics or work post-IOP, 95% maintain participation six months later, and 96% report reduced anxiety or depression.

Gold Standard Treatment

Specializing in anxiety and OCD, we use only evidence-based techniques. Our highly trained clinical team consistently receives 96% client satisfaction. Annually, we also train thousands of clinicians on the gold standard in OCD treatment.

Personalized Attention

Our Intensive Day Program provides more personalized care than typical programs, with each client receiving ten hours of individual treatment weekly from a clinician dedicated to a maximum of three clients. This results in highly customized plans, with 97% of clients and parents reporting strong therapist relationships and understanding of their needs.

Expertise in Exposure Therapy

Our clinical team uses CBT, ERP, and ACT techniques. Daily in-person exposure therapy helps clients confront fears, reducing anxiety responses. We focus on both short- and long-term solutions, with 95% of clients confident in our approach post-treatment.

In-Person Therapeutic Connections

We believe in the power of in-person therapeutic relationships. Face-to-face interactions help clinicians gauge nonverbal cues, build trust, and provide personalized care, fostering safety and comfort for clients with anxiety and OCD.

Real-World Skill Building for Clients and Parents

Our IOP integrates clients' local activities for smooth reintegration into daily life. We provide extensive parental support with coaching and psychoeducation, improving family dynamics and overcoming avoidance patterns. Parents appreciate our approach, with 93% noting therapist responsiveness and flexibility, and 90% feeling well-informed about progress.

Trusted by the Community

We receive 83% of our IOP referrals and 76% of one-on-one therapy referrals from professional and past client recommendations. We partner with organizations like NAMI and IOCDF, providing ongoing parent training and support.

Our Clients

We serve bright, high-functioning adolescents and young adults who struggle with avoidance and procrastination to manage anxiety and OCD. Common diagnoses include generalized anxiety disorder, social phobia, and OCD spectrum disorders.

Family-Owned Compassionate Care

We prioritize personalized, compassionate care unlike profit-driven, private equity-owned health companies. Our program, born from a founder's personal journey seeking specialized treatment for her child, is fueled by commitment, passion, and firsthand experience, guaranteeing top-notch, empathetic care for all clients.



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. "Studies find up to a nearly 75% improvement in remission rates between patients receiving MBC for behavioral health and those who received usual care." *Fortney et al*

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.

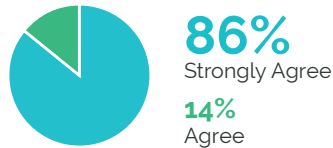
A lead clinician is dedicated to your child and serves a maximum of only three clients at any given time. This limited caseload enables more customization in treatment planning, better collaboration with parents, improved coordination with schools and other medical providers, and tighter alignment with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

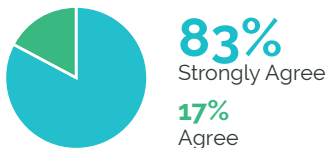
Client Survey Results



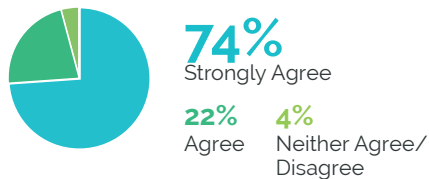
Anxiety Institute Staff treated me with respect and care.



Anxiety Institute Staff were competent and professional.



I'm pleased I decided to go to the Anxiety Institute for treatment.



My primary therapist understood me.

- Strongly Agree
- Agree
- Neither Agree/Disagree
- Disagree
- Strongly Disagree

“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

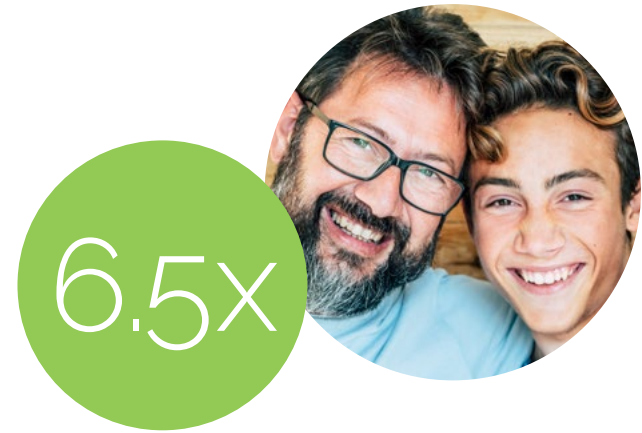
Outcome at Graduation

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 the 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

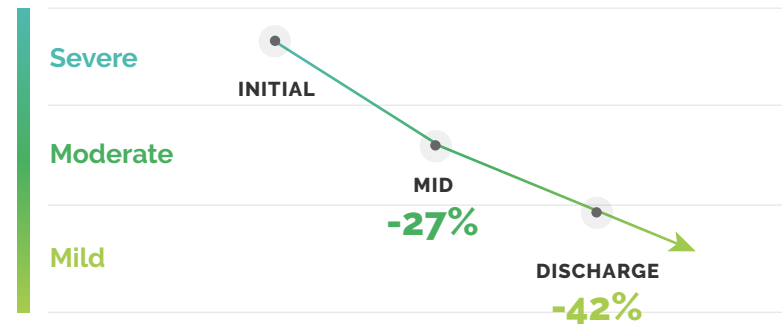
Anxiety Institute measures client wellness at the start of treatment, progress at regular intervals during care, and again at graduation.

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.

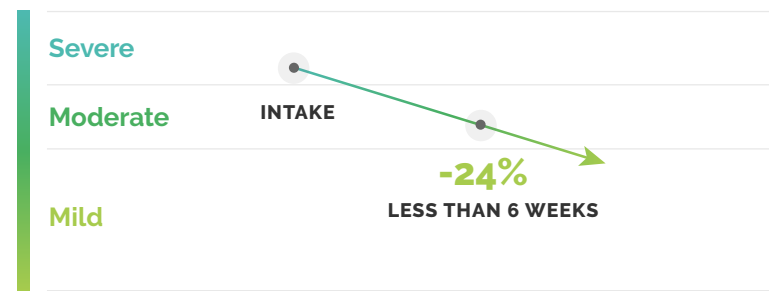
Our objective third-party measures indicate that the clients' length of stay is directly proportional to improvement in their symptom reduction. Treatment for moderate to acute anxiety and OCD takes time. The clinical research is clear; adolescents and young adults need to experience anxiety across various 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

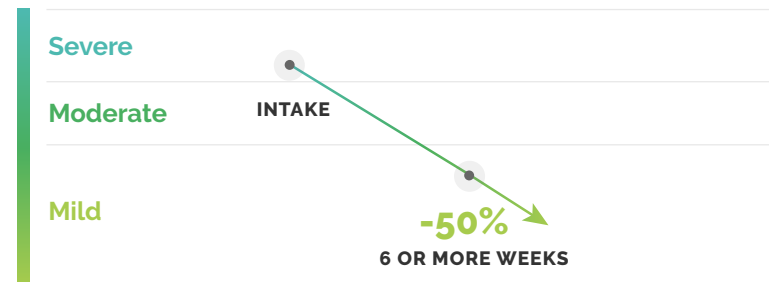
Symptom Reduction Showing Patient Improvement



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.

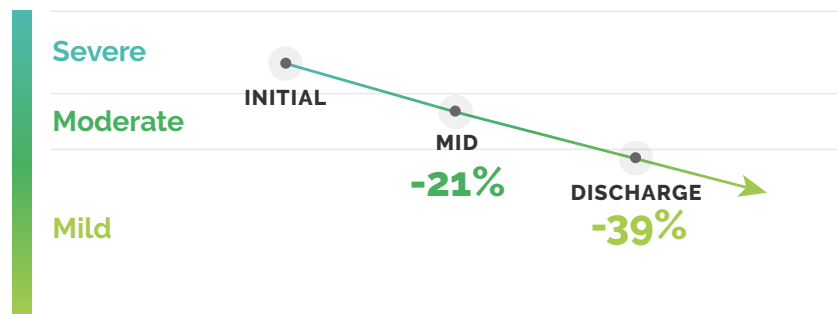
We utilize the Beck Depression Inventory (BDI), an empirically validated measure to assess the intensity and severity of depressive symptoms at the start of treatment, at regular intervals during care, and again at graduation.

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.”

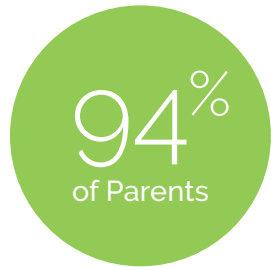
- PARENT OF GRADUATE



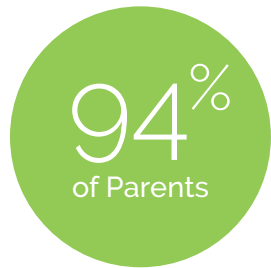
Parent Collaborative

“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. Nine out of ten 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.

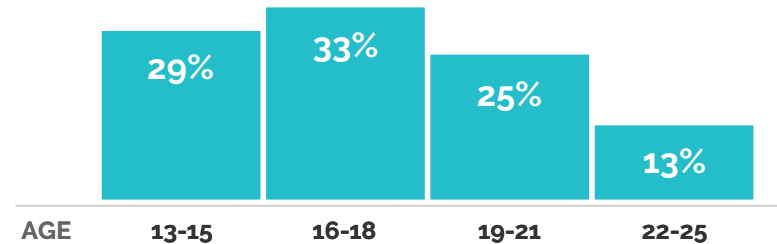
Client Demographic

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

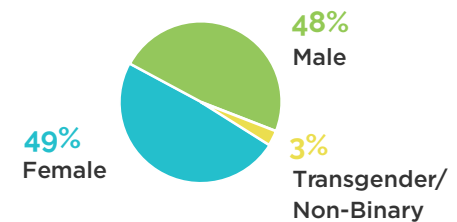
Approximately one third of our clients are younger teens ages 13-15, one third are older teens ages 16-18, and one third are in college or recent college graduates ages 19-25.

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 Coaching Services
- 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

