



Clinical Outcomes Report

Intensive Outpatient Program

Customized, comprehensive care for clients ages 12–25 struggling with OCD, anxiety, and anxiety-related disorders.

anxietyinstitute.com

Our Leadership



Linda Geiger, MBA

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 found Anxiety Institute. We have created the services and programs that I so desperately wanted to treat my son.

Dina Nunziato, PhD

CHIEF CLINICAL OFFICER

Over decades of experience in clinical and educational settings, I have witnessed the profound impact that anxiety can have on the lives of adolescents and young adults. My direct practice and independent research inspired me to join the team at Anxiety Institute to focus on implementing cutting-edge treatment modalities. I am proud of the rigorous, evidence-based programs that we have developed and honored to support young people as they build greater resilience and work to lead more empowered lives.

Omar Canosa, MD

MEDICAL DIRECTOR

As both a professional and someone who has experienced anxiety firsthand, I know freedom from anxiety means not letting it control you. At Anxiety Institute, I bring over 20 years of specialized psychiatry experience to help clients and families achieve this freedom with tailored, evidence-based care that fosters resilience and long-term well-being.



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 our advanced, proven clinical model. Using measurement-based care informed by clients and parents, we achieve outstanding results: 99% of Intensive Outpatient Program (IOP) graduates reintegrate into academics or work pursuits, 95% maintain participation one year later, and 96% report feeling more equipped to face their fears.

Personalized Attention

Our Intensive Outpatient 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.

Expertise in Exposure Therapy

Our clinical team is expertly trained in CBT, ERP, and ACT techniques. Daily in-person exposure therapy helps clients confront their fears, reducing anxiety responses. We focus on both short- and long-term solutions, with 93% of clients confident in our approach and 100% report that staff are competent and professional.

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. In fact, 97% of our IOP graduates reported feeling understood by their primary therapist.

Trusted by the Community

The majority of clients are referred by professionals and past clients. 85% of our Intensive Outpatient Program clients and 75% of one-on-one therapy clients come to us from professional and past client recommendations. We partner with organizations such as NAMI and IOCDF, providing ongoing parent training and support.

Comprehensive Parent Coaching

Our Intensive Outpatient Program integrates parent coaching and 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 96% noting the therapist's responsiveness and flexibility, and 96% indicating Anxiety Institute partnered with them throughout treatment.

Gold Standard Treatment

Exclusively treating anxiety and OCD, we adhere to evidence-based techniques rooted in rigorous research, supported by over 120,000 patient treatment hours. 93% of parents felt confident in the evidenced-based approach deployed by Anxiety Institute and would return to Anxiety Institute if they were to seek treatment again. Annually, we also train thousands of clinicians on the gold standard in OCD treatment.

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, OCD spectrum disorders, and social phobia with common co-occurring disorders including ADHD and major depressive disorder.

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 demonstrate 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 Outpatient 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.”

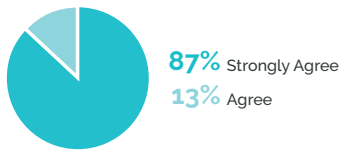
- PARENT OF GRADUATE

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.

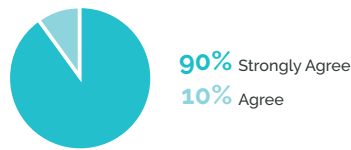
Client feedback supports these claims. In the Intensive Outpatient Program, 100% of graduates report that their therapist understood them and treated them with respect and care. Further, 100% of graduates believe the staff are competent and professional, with 91% indicating that they are pleased they went to Anxiety Institute for treatment.

Client Survey Results



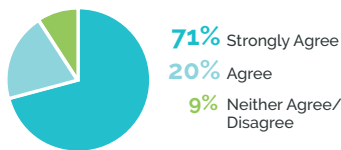
100% Agree

Anxiety Institute staff treated me with respect and care.



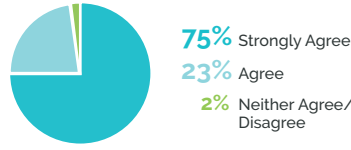
100% Agree

Anxiety Institute staff were competent and professional.



91% Agree

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



98% Agree

My primary therapist understood me.

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

“We couldn’t have asked for a better team. Our daughter has a great bond with the clinicians. They were phenomenal. I don’t know how you could’ve found better people who were more prepared to get our daughter through this. It’s a fine combination of active listening and professional traits. It’s a difficult job. The 360 involvement with family and their ability to push and ask the hard questions...it was brilliant.”

- 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 Outpatient Program is to help clients achieve their potential and reintegrate into academic or career pursuits. We are proud that 99% of Anxiety Institute's Intensive Outpatient Program graduates successfully return to academics or work upon graduation from the Intensive Outpatient Program. Of these graduates, 95% continue to participate in academics or work activities twelve months later.

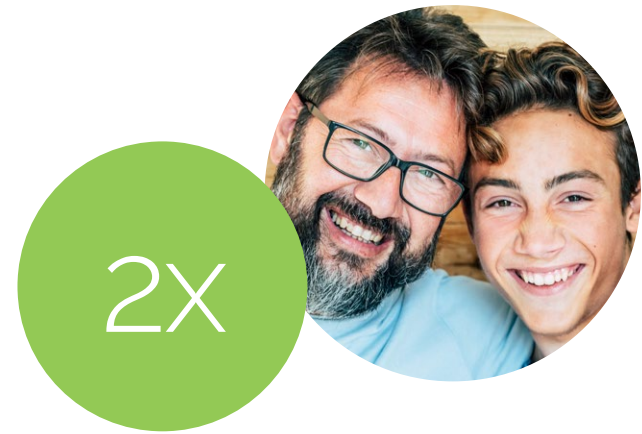
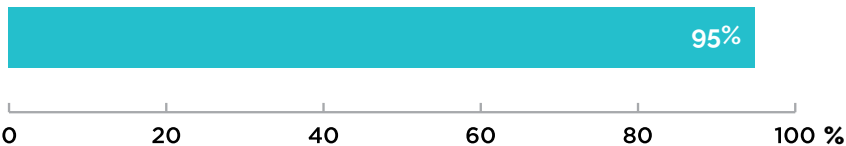
Return to Academics/Work

Upon Program Graduation



Continued Participation in School/Work

12 Months Post Graduation

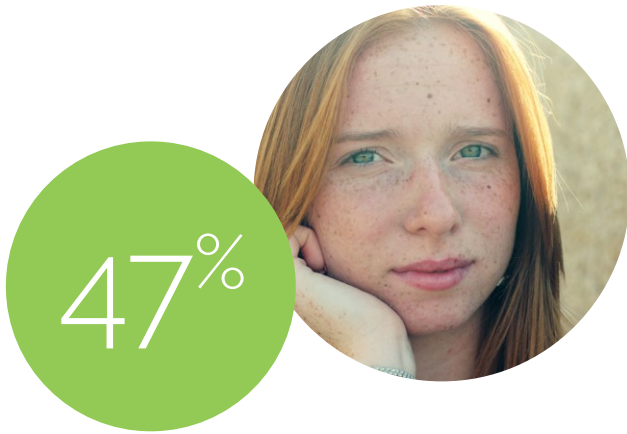


Increase in
“Connectedness”

Connectedness

Connectedness, defined as feeling socially, emotionally, spiritually, or professionally linked with others, supports positive interactions and friendships, reduces isolation, and encourages the resumption of activities and relationships.

After participating in the Anxiety Institute's Intensive Outpatient Program, clients' average connectedness measure increased 2X from intake to graduation, as measured by the Computer Adaptive Multidimensional Scale (CAMS). This transformative progress has profound mental and physical health benefits, enhancing resilience, reducing depression and anxiety risks, and fostering life satisfaction. It also improves treatment engagement and offers long-term protection against relapse, making it essential for lasting well-being.



Increase in
“Hope”

Hope

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

Many have pursued previous programs which did not provide effective or measurable results, adding to the sense of hopelessness to both the client and family. A 47% improvement in hope, as measured by the Peabody Treatment Progress Battery (PTPB), reflects significant progress in motivation, resilience, and confidence, leading to better mental health outcomes and goal achievement. Hope is a critical psychological resource that fosters engagement in treatment, improved coping skills, and long-term success. Through individualized attention, tailored treatment plans, and evidence-based care in the Intensive Outpatient Program, clients' hope for the future increased by 47% from intake to graduation.



Increase in
“Resilience”

Resilience

Resilience is the ability to adapt, recover, and thrive in the face of adversity, stress, or trauma.

A 3.5X improvement in resilience scores, as measured by CAMS (Computer Adaptive Multidimensional Scale), signifies a transformative shift in coping skills, emotional stability, and self-efficacy. This progress reduces vulnerability to mental health challenges like depression and anxiety, strengthens social functioning, and fosters long-term protection against relapse. Such gains highlight the effectiveness of interventions like cognitive-behavioral therapy (CBT), exposure and response prevention (ERP), and mindfulness practices and emphasize the importance of resilience-building strategies to ensure lasting emotional stability and improved quality of life.



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

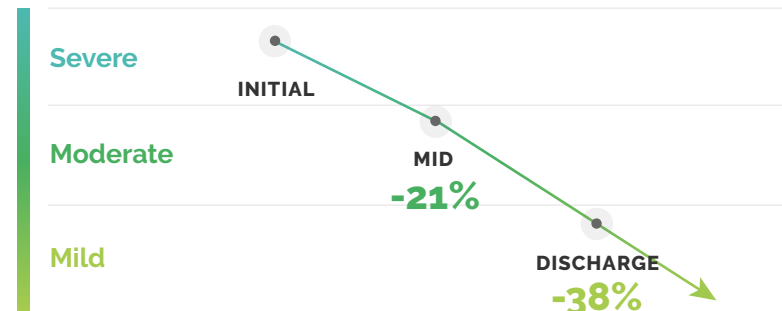
Anxiety Institute measures client wellness at the start of treatment, progress at regular intervals during care, and again at graduation.

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

Clients in Anxiety Institute's Intensive Outpatient 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 21%, placing the client into the moderate range. By completion of the program, BAI scores have plunged 38%, 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.

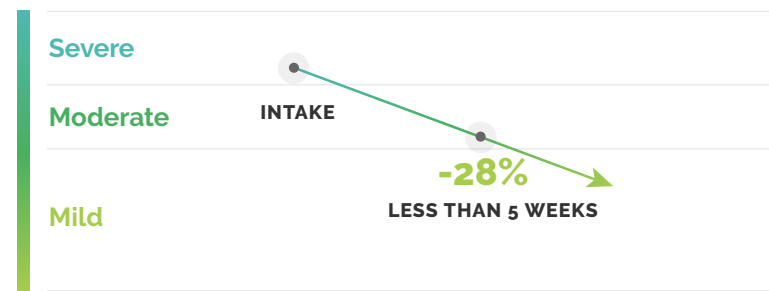
In the Intensive Outpatient Program, each client receives ten hours of individual therapy sessions per week. Cognitive and behavioral interventions are delivered and practiced daily in a range of relevant settings and circumstances, maximizing new learning while turning essential skills into habit. Daily 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 five-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 five weeks versus a stay of less than five weeks.

As the client receives more ongoing therapy, at increasing levels of intensity and in varying domains, anxiety symptom reduction is approximately 50% higher for lengths of stay of five weeks or more.

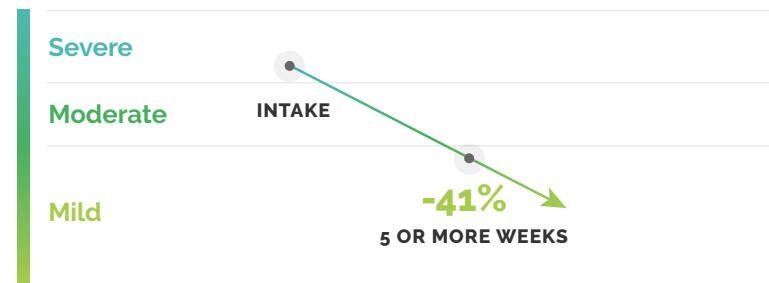
Anxiety Symptom Reduction Less than 5 Week Treatment Duration

Symptom Reduction Showing Patient Improvement



Anxiety Symptom Reduction 5 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-quarter of our Intensive Outpatient Program clients have a co-occurring depression diagnosis.

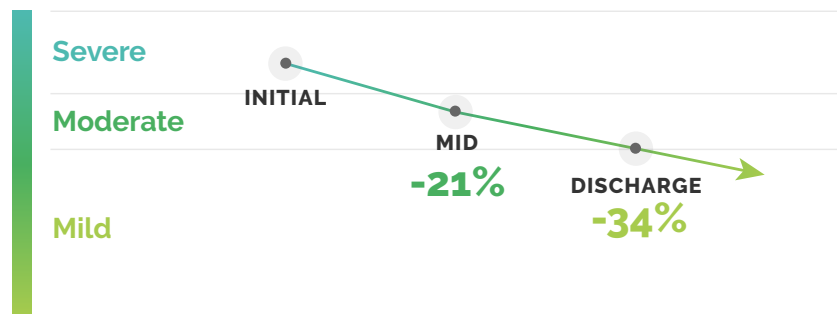
We utilize the Beck Depression Inventory (BDI), an empirically validated measure to assess the intensity and severity of depressive symptoms at the start of treatment, at regular intervals during care, and again at graduation.

Clients diagnosed with depression in our Intensive Outpatient 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 34%, 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.”

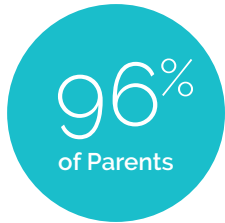
- PARENT OF GRADUATE



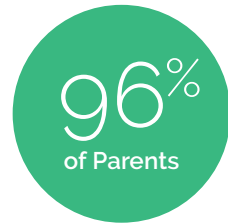
Parent Collaborative

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

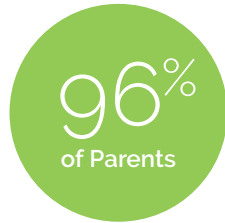
- PARENT OF GRADUATE



Believe their child's primary clinician understood their clinical needs.



Agree Anxiety Institute staff were competent and professional.



Would refer others to Anxiety Institute for specialized anxiety treatment.

We work with parents to actualize our clients' 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 Outpatient Program support our approach. 96% of parents agree that Anxiety Institute partnered with them and 93% 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

“Anxiety Institute truly cares about what is best for each client as an individual. They orchestrate a program that works best for the individual. They care like I have never seen care from an institution before.”

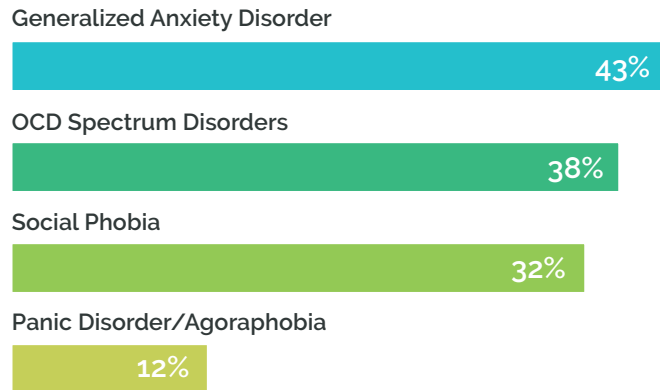
- CLIENT

Client Diagnosis

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

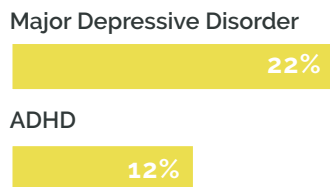
Our three leading diagnoses include generalized anxiety disorder, OCD spectrum disorders and social phobia. The majority of our clients are diagnosed with multiple anxiety related disorders, with some clients also experiencing co-occurring disorders including major depressive disorder (22%) and ADHD (12%).

Client Diagnosis Distribution*



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

Common Co-Occurring Disorders



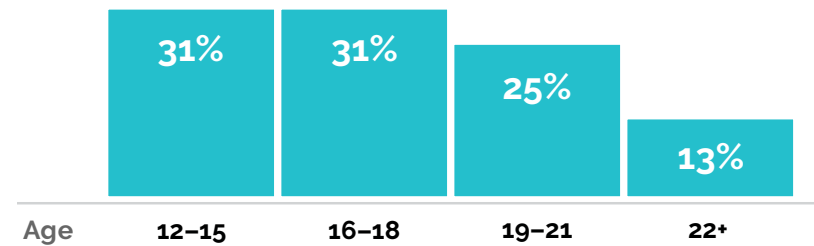
Client Demographics

Anxiety Institute treats clients ages 12–25, a range that spans various stages of adolescence and young adulthood.

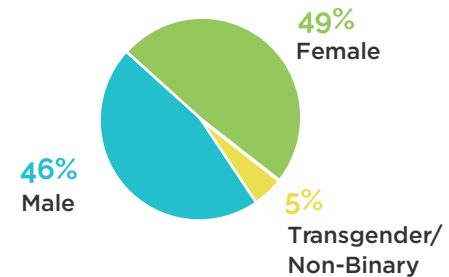
Approximately one third of our clients are 12–15, one third are older teens ages 16–18, and one third are in college or recent college graduates ages 19–25.

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 12 through 25 who struggle with moderate to severe OCD, anxiety, and anxiety-related disorders.

Intensive Outpatient 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
- Cognitive Behavioral Therapy
- Exposure Response Prevention
- Group Therapy
- Parent Support Groups
- Remote Teletherapy

Specialized Services

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

- Integrated Psychiatric Services*
- Parent Coaching Services
- Parent Education
- Professional Development Trainings
- Psychological Testing*

* 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

