

Clinical Outcomes Report

Intensive Outpatient Program

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



Anxiety Institute offers tailored, evidence-based treatment for adolescents and young adults grappling with moderate to acute OCD, anxiety, and related disorders. Our comprehensive approach, including the Intensive Outpatient Program, focuses on empowering clients to confront and overcome their fears, while coaching the parents who guide them.

Client Experience

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

Individualized Attention: A dedicated lead clinician serves a maximum of three clients at any given time, fostering customization, collaboration, and coordination.

High Client Satisfaction: Feedback indicates high satisfaction with our clinicians' understanding, professionalism, and treatment effectiveness.

Client Engagement

Adolescents and young adults with anxiety disorders frequently face disruptions in academics and social engagement with family and friends.

The goal of the Intensive Outpatient Program is to help clients achieve their potential, reintegrate into academic or career pursuits, and participate in a fulfilling social life. We are proud of our results.

Return to Academics/Work

Upon Program Graduation



Continued Participation in School/Work

12 Months Post Graduation



0 20 40 60 80 100 %



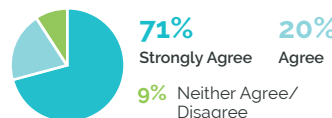
100% Agree

Anxiety Institute Staff treated me with respect and care.



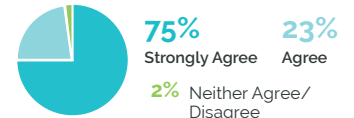
100% Agree

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.



Increase in "Resilience"

"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

Patient Symptom Improvement

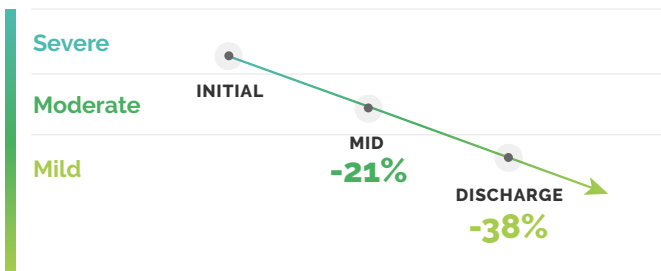
Anxiety Reduction & Depression Management:

Clients experience substantial reduction in anxiety symptoms throughout the program. Concurrent depression symptoms also significantly decrease during treatment with "resilience," "connectedness" and "hope" improving substantially over the course of treatment.

Anxiety Symptom Reduction

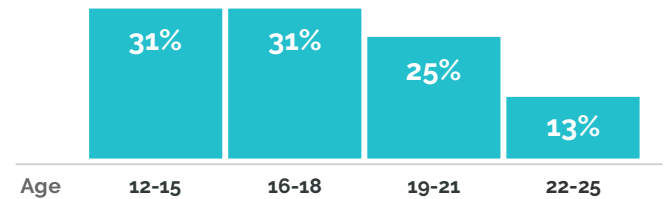
Intake to discharge

Symptom Reduction Showing Patient Improvement



Client Profile

Our sole focus is treating adolescents and young adults with OCD, anxiety and anxiety-related disorders.



Client Diagnosis Distribution*

Generalized Anxiety Disorder



OCD Spectrum Disorders



Social Phobia



Panic Disorder/Agoraphobia



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

"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

View Full Outcomes Report at anxietyinstitute.com/clinical-outcomes-report

Our Services

Intensive Outpatient Program: Comprehensive outpatient program with individualized treatment and robust parent support backed by over 120,000 patient treatment hours.

Outpatient Services: Targeted therapy sessions catered to individual needs and level of clinical need provided by an experienced anxiety specialist.

Specialized Services: Additional offerings include integrated psychiatric services, parent coaching, group therapy, professional development and psychological testing.

Our Differentiation

- Gold Standard Treatment
- Personalized Attention
- Expertise in Exposure Therapy
- In-Person Therapeutic Connections
- Comprehensive Parent Coaching
- Trusted by the Community
- Compassionate Family-Owned Care

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.

Greenwich, CT • Madison, NJ • McLean, VA

anxietyinstitute.com

