

## ADOLESCENT AFTERCARE GROUP PROGRAM

### 6 WEEKLY SESSIONS DESIGNED TO HELP:

- Provide support after completion of Adolescent Intensive Outpatient Program
- Reinforce healthy coping skills
- Review essential skills developed in IOP
- Address relapse prevention and challenges with life transitions.
- Identify and discuss problem areas and continued challenges
- Improve communication skills
- Review personal triggers and related plans
- Review immediate and long-term goals.

**Wednesday Afternoons 4:15-5:45 PM**

### **Jordon Distad, LPC**

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### **Core Topics:**

- Cognitive Behavioral Therapy
- Mindfulness
- Emotion Regulation Skills
- Self-Esteem
- Distress Tolerance Skills
- Interpersonal Effectiveness

The Adolescent Aftercare Program is designed for teens that have successfully completed the Adolescent IOP. This 6-week program will allow patients to receive ongoing support as they transition back into their lifestyles and continue on the road to recovery. The program will reinforce many of the core skills that were developed in IOP and also implement exercises to address challenges and relapse.

Please call **Jordon Distad** at **440 392 2222 Ext. 414** for an initial assessment