



Helping teens heal, grow, and thrive

Our virtual Adolescent Intensive Outpatient Program (IOP) provides compassionate, evidence-based care for teens struggling with trauma, depression, anxiety, stress, and alcohol or substance use disorders. Through a structured yet flexible schedule, adolescents receive group therapy, individual counseling, family sessions, and skill-building designed to strengthen emotional resilience, improve coping strategies, and support healthy decision-making. Our multidisciplinary team creates a safe, supportive environment where teens can heal, grow, and build the foundation for lasting recovery while continuing to maintain school, family, and community connections.

Why Reframe may be the right fit

Adolescents can benefit from an Intensive Outpatient Program (IOP) when emotional or behavioral challenges begin interfering with daily life, relationships, school performance, or overall well-being. Common concerns include persistent anxiety, depression, mood changes, trauma-related symptoms, overwhelming stress, social withdrawal, family conflict, self-destructive behaviors, or experimentation with alcohol and substances. Our adolescent IOP offers structured support and therapeutic intervention to help teens develop healthier coping skills, improve emotional regulation, and regain stability in a safe and supportive environment.



Structure and support

“Human beings need to be seen and feel connected, and teens are no different! Virtual IOP not only helps with skill-building and learning how to cope with tough stuff, it shows us a different and more balanced way of understanding ourselves and the world around us.”

-Jessica Tamulonis, Ph.D.
Manager of PHP and IOP programs



Treatment approach

- dialectical behavior therapy
- acceptance and commitment therapy
- mindfulness and relaxation techniques
- coping skills
- education on stress, anxiety, depression, and trauma



Our treatment philosophy

We believe people are resilient. We believe they can make significant changes in their lives that will strengthen their recovery from mental health challenges. We help every step of the way, with expert care rooted in empathy and respect.

Virtual, confidential treatment

In our virtual treatment program, adolescents receive care from the comfort of home Monday through Thursday, from 2:00 p.m. to 4:45 p.m.

A dedicated team

Our staff includes psychologists, social workers, mental health counselors, psychiatrists, and other medical providers.

What you'll get back

You'll start mapping a path back into life—and school—with proven skills to help overcome anxiety, PTSD, depression, and substance use.



"Many teens come to us feeling overwhelmed or misunderstood. Our program helps them feel heard, supported, and empowered to move forward with healthier coping strategies. One of the most rewarding parts of this work is seeing young people realize they are not alone and that meaningful change is possible."



-Julie Tracy, LICSW, Director of Outpatient Services

Admission

Our referral and admissions process is designed to be simple and convenient. You can start by submitting a pre-intake form online at brattlebororetreat.org/reframe, or call us at 802-258-6120.



Get in touch

- > (802) 258-6120
- > brattlebororetreat.org/reframe