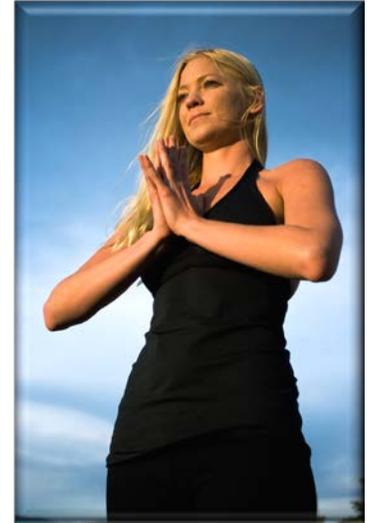


Aurora Emerging Adult Intensive Outpatient Program

Aurora Behavioral Health System's Outpatient Services has created a specialty intensive outpatient therapy group for those individuals ages 18-25 who are defined as "emerging adults" as they are no longer adolescents, but do not quite feel like full-fledged adults yet.

This unique time in one's life often results in feelings of low self-esteem and low self-worth as this period can feel "roleless" because emerging adults do a wide variety of activities, but are not constrained by any sort of role requirements. In addition, they have often not been provided with the necessary tools to become independent. This scenario can lead to depression and/or anxiety. These mental health issues may have been present during adolescence, but are now being exasperated with the pressures and the expectations of entering adult life.

This group not only addresses the subsequent mental health issues via evidence-based treatment, but will also provide participants with necessary life skills to advance their independence and to discover how and where they fit into society.



Emerging Adults Intensive Outpatient Curriculum

The group lasts eight weeks and covers the following topics:

Week 1: Diagnosis & Mental Wellness

- Diagnosis, symptoms and treatment options
- Holistic wellness model
- Spirituality

Week 2: Self-Regulation Strategies

- Healthy vs. unhealthy self-regulation
- Preventive and responsive self-regulation
- Problem solving and decision making

Week 3: Emotions and Thoughts

- Identifying emotions
- Regulating emotions
- Shame, guilt, vulnerability and connection

Week 4: Self-Esteem

- Core beliefs, Myers-Briggs personality test
- Resume building and career exploration
- Self-worth

Week 5: Relationships

- Healthy vs. unhealthy
- Communication
- Peer pressure and boundaries

Week 6: Family of Origin

- Healthy vs. unhealthy family systems
- Family roles/parenting, hierarchy of needs
- Steps/barriers to self-efficacy

Week 7: Grief & Loss

- Identifying stages of grief and loss
- Stages of grief activity
- Forgiveness

Week 8: Mental Health & Wellness

- Ensuring your mental health is well
- Finances and budgeting
- Food, cooking, nutrition, health and gardening

While the curriculum has weekly topics, the program is open and patients can enter at any given time. The group meets three times/week for a three-hour session.

Each week the group will practice new skills in the community. This may include: learning the bus system and riding to a job fair, cooking classes, equine therapy, assisting at a food bank, visiting a community garden, etc.

Who Should Attend

Individuals who are between the ages of 18-25 and who are suffering from depression, anxiety, panic attacks, low self-esteem or low self-worth, and, now, these emotional disturbances are inflicting an inability to succeed and to excel. Many in this age group are still completely dependent on their parents, whether financially, emotionally or physically (e.g. still living with their parents). Many times, our clients have had a troubled adolescence, but were able to mask their suffering via, for example, good grades.

In addition, this generation experienced bullying like none before them due to the prevalence of social media. Now, the emotional consequences are brimming at the surface and are disallowing their development into adulthood as they do not know how to deal with the outcomes of bullying.

Participants are also often struggling with decision making, having problems with peers, feeling inadequate to thrive and feeling unequipped to come into their own.



Program Schedule

Please note that **group schedules are subject to change** and additional times may be available. Please call to verify the days and times.

EAST

Afternoon Emerging Adults Group

- Monday, Wednesday, Thursday
- 1:00 p.m. – 4:00 p.m.
- Coffee and snacks provided.

The program typically runs eight weeks. However, **the time frame can vary depending on the patient's unique treatment plan.**

Complimentary transportation provided for all of our Outpatient Services programs.

Where healing starts and the road to recovery begins...

Aurora East

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Aurora West

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