Our Treatment Philosophy

Young Adult Services (YAS) is a large program at the Institute of Living, part of the Hartford HealthCare Behavioral Health Network, offering a variety of services tailored to the unique needs of young adults ages 18 to 26.

YAS is a unique program that addresses the specific developmental, educational and social needs of people in this age group, and focuses on empowering them to lead full and productive lives.

With each new YAS patient, our team starts by learning how the individual understands their mental health difficulties, how they see their identity within these challenges, and what their motivation is for seeking treatment.

Our treatment philosophy mirrors our core values, which are that we CARE:

- Connection
- Authenticity
- Responsiveness/Recovery
- Engagement

For an intake for services to any of the Young Adult Services Tracks, please call the Assessment Center at 860.545.7200, option 3.
connections, expand individual positive and creative coping skills, and capitalize on personal strengths.

**POTENTIAL Track**

This specialty program is designed to help young people who are experiencing the early stages of a psychotic illness, often known as “first episode psychosis.” These can be new symptoms or those that have not been treated in the recent past.

In this track, IOP is offered three days a week with support and education for both the young person and their family. The goal is to help the young person begin to understand and manage these experiences. Group, individual and family therapy help the young person get back into their lives and achieve their goals. The program also has other services and activities aimed at expanding opportunities for social connection, as well as medication management from a physician.

**Medical Track**

One of only a few such programs in the country, the Medical Track addresses the needs of young adults struggling with significant physical health and mental health conditions in a supportive and compassionate environment.

Young adults attend our program three to four days a week for approximately six to eight weeks. In addition to participating in group therapy, they receive medication management, individual therapy and family therapy tailored to their individual needs. The goal of the Medical Track is to support our young adults as they pursue fulfilling, meaningful lives by effectively managing their physical and mental health conditions.

For an intake for services to any of the Young Adult Services Tracks, please call the Assessment Center at 860.545.7200, option 3