

ASAP Program for Early Detection and Intervention



A Division of Hartford Hospital

Early intervention is associated with better long-term outcomes for people with psychotic illnesses. The ASAP treatment program aims to reduce the duration of untreated psychosis (DUP) and provide a setting where adolescents can get the support they need to return to the activities they enjoy.



Child & Adolescent Day Program

**Braceland Building
200 Retreat Avenue
Hartford, CT 06106
Phone: 860-696-0020
Fax: 860-696-0030**



A Division of Hartford Hospital

Advanced Services for Adolescents with Psychosis (ASAP) Program

**Specialized treatment
program for
adolescents (ages 13
to 18) at risk for
psychosis and
experiencing psychosis**



Child & Adolescent Day Program at the Institute of Living

Phone: 860-696-0020

Advanced Services for Adolescents with Psychosis (ASAP) Program



Schedule

Partial Hospitalization Program (PHP):

Monday-Friday for Approximately 3 weeks to expedite testing

Monday through Friday
1:00pm – 4:50pm
Summer hours:
9:00am – 12:50pm

Intensive Outpatient Program (IOP):

Monday through Thursday
2:00pm – 4:50pm
Summer hours:
9:00am – 11:50pm

Hours may vary based on individual need.

Transportation is provided by the program for those who live in the Greater Hartford area.

The ASAP Program accepts all insurances.

What is Psychosis?

Disturbance in a person's thinking that makes it difficult to determine what is real and what is not

Common signs include:

- Seeing or hearing things that others do not see or hear
- Having unusual or bizarre beliefs
- Unclear thinking or trouble keeping thoughts in order
- Feeling as though your mind is "playing tricks on you"
- New challenges with concentration
- Lack of interest in activities
- Social isolation
- Lack of emotions
- Lack of energy

All of these symptoms make it difficult to connect with others and engage in activities of daily living (e.g., go to school, tend to hygiene).

What is ASAP?

- Early intervention treatment program for young people who are in the early stages of psychotic illnesses
- Specialized PHP/IOP track within the Child & Adolescent Day Program at the IOL
- Primarily follows a group therapy model

Who is appropriate for ASAP?

ASAP is for patients who are currently presenting with prodromal or psychotic symptoms that are interfering with daily functioning and are distressing to the individual.

Services Offered

- Group therapy
- Individual therapy
- Family therapy
- Medication management
- Cognitive remediation – games that have been shown to improve memory, attention, concentration, processing speed and long-term functioning
- Compensatory training – groups designed to expand problem solving skills to address cognitive challenges that may come with psychosis
- Educational support, including close collaboration with schools
- In-depth assessment for patients and families including testing and psychiatric evaluation
- Follows an open dialogue model with patient and families
- Support and psychoeducation for family members
- Community trips

For questions or additional information, about ASAP, please contact the clinical team:

Clinician: Patricia Graham, LMSW

Phone: 860-545-7657

Email: PatriciaC.Graham@hhchealth.org

Psychologist: Aieyat Zalzala, PhD

Phone: 860-696-0028

Email: Aieyat.Zalzala@hhchealth.org

For referrals, please contact:

IOL Assessment Center

Available 24 hours a day, seven days a week

Phone: 860-545-7200

For general information select Option #1

For referrals select Option #3