

## **ASAP Program for Early Detection and Intervention**



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**



## **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

#### **Intensive Outpatient Program (IOP):**

Monday, Tuesday, Wednesday, Friday  
1:00pm – 3:50pm

#### **Summer hours:**

9:00am – 11:50pm

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 our Assessment Center or visit our website:

**Website:** <https://bit.ly/2ZJaSax>

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

#### **ASAP Team:**

Patricia Graham-Sullivan, LCSW Clinical Coordinator, Clinician  
Frescia Velarde, Case Worker  
Dr. Jennifer Zajac, Psychiatrist