



# Exceptional Outpatient Mental Health Treatment for Adolescents 12-17 in Concord, MA

## About Pillars Adolescent...

With 3 distinct outpatient treatment programs, we address a variety of difficulties that today's teens face, including anxiety, depression, disordered eating, attention-deficit/hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), suicidal ideation, self-harm, and more. We offer highly specialized and personalized treatment, peer support, proven therapies, and community resources for teens and their families. Pillars also offers a welcoming and affirming environment for the LGBTQIA+ community. At Pillars Adolescent, emotional well-being is well within reach and we're here to guide you and your teen every step of the way.

## Our Evidence-Based Outpatient Treatment Programs for Teens

### Full-Day Treatment Program

Our Full-Day Outpatient Treatment Program for teens offers care and supervision throughout the day. Typically it's recommended that a teen in full-day treatment commit to five-days-a-week of care. This schedule includes academic support. However, teens not currently enrolled in school may use the time allocated for academics for the practice of mindfulness and personal enrichment. We can work with you and your child to develop a treatment schedule that best works for your family.

### Half-Day Treatment Program

Our Half-Day Outpatient Treatment Program is for families who wish to have their child remain enrolled full-time in school while working out a temporary school schedule while their child is in treatment. Half-Day treatment provides comprehensive support and guidance for a shorter portion of the day, allowing our teen clients to practice their newly acquired skills and emotional regulation in a real-world setting after school. We offer 2 scheduling options to increase accessibility to treatment.

### Ensuring Academic Continuity

At Pillars, we understand that falling behind in school while in treatment can trigger a whole host of other mental health challenges, including stress, anxiety, shame, and low self-esteem. That's why a core part of our teen outpatient programs revolves around our state-certified teacher interfacing with your teen's school. She will gather coursework and homework so that your teen maintains academic continuity and keeps pace with their classmates while in treatment.



# Exceptional Outpatient Mental Health Treatment for Adolescents 12-17 in Concord, MA

## About Pillars Adolescent...

With 3 distinct outpatient treatment programs, we address a variety of difficulties that today's teens face, including anxiety, depression, disordered eating, attention-deficit/hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), suicidal ideation, self-harm, and more. We offer highly specialized and personalized treatment, peer support, proven therapies, and community resources for teens and their families. Pillars also offers a welcoming and affirming environment for the LGBTQIA+ community. At Pillars Adolescent, emotional well-being is well within reach and we're here to guide you and your teen every step of the way.

## Our Evidence-Based Outpatient Treatment Programs for Teens

### Full-Day Treatment Program

Our Full-Day Outpatient Treatment Program for teens offers care and supervision throughout the day. Typically it's recommended that a teen in full-day treatment commit to five-days-a-week of care. This schedule includes academic support. However, teens not currently enrolled in school may use the time allocated for academics for the practice of mindfulness and personal enrichment. We can work with you and your child to develop a treatment schedule that best works for your family.

### Half-Day Treatment Program

Our Half-Day Outpatient Treatment Program is for families who wish to have their child remain enrolled full-time in school while working out a temporary school schedule while their child is in treatment. Half-Day treatment provides comprehensive support and guidance for a shorter portion of the day, allowing our teen clients to practice their newly acquired skills and emotional regulation in a real-world setting after school. We offer 2 scheduling options to increase accessibility to treatment.

### Ensuring Academic Continuity

At Pillars, we understand that falling behind in school while in treatment can trigger a whole host of other mental health challenges, including stress, anxiety, shame, and low self-esteem. That's why a core part of our teen outpatient programs revolves around our state-certified teacher interfacing with your teen's school. She will gather coursework and homework so that your teen maintains academic continuity and keeps pace with their classmates while in treatment.





### Specialized Mental Health Treatment for:

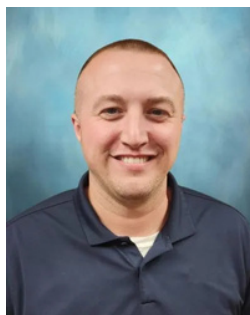
- ADHD
- Anxiety
- Bipolar I & II
- Body Dysmorphia
- Depression
- Self-Harm
- Suicidal Ideation
- OCD
- Personality Disorders
- Trauma

Pillars Adolescent is a mental health treatment center designed exclusively for adolescents 12-17. If you are seeking help for a struggling teen, please contact one of our counselors at 207-672-1090. We'll guide you through our admissions process and answer all of your questions.

## Meet Our Concord, MA Leadership & Clinical Team



**Lisa Perry**  
Chief Executive Officer



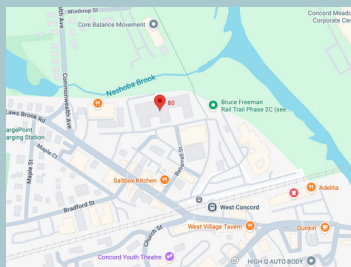
**Levi Mowrey**  
Chief Operating Officer



**Meagan French,  
B.A., M.S.**  
Executive Director &  
Founder



**Katie Roche  
MSW, LICSW**  
Clinical Director



We Are Able to Work With Most Major Insurers

