

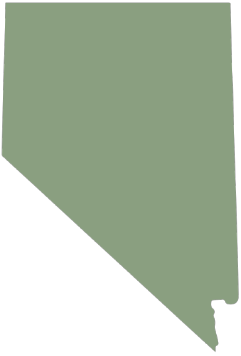
FOR EDUCATORS & SCHOOL STAFF

An Educator's Guide to Thrive's Continuum of *Care*.

Recognizing the signs, and knowing where to turn. For kids and teens ages 6 to 18.



WHO WE ARE



A Local, Multidisciplinary Team You Can Refer To With *Confidence*.

Thrive Wellness of Reno has grown from a small team into a community of more than 80 therapists, psychiatrists, dietitians, occupational therapists, and medical providers. We specialize in the conditions that too often go underserved in kids and teens: OCD and anxiety disorders, eating disorders, and their overlap with school functioning.

Families in Northern Nevada no longer have to travel out of state for this level of care — *and neither do the students you refer.*

80+

Clinical & medical providers

4

Reno locations, one care team

8

Years serving Northern Nevada



Anxiety, OCD & School *Refusal*.

WHAT YOU MIGHT SEE AT SCHOOL

- Frequent stomachaches, headaches, or nurse visits with no medical cause
- Meltdowns or panic before school, or refusal to get out of the car
- Visible rituals: checking, counting, repeating, seeking reassurance
- Avoidance of specific classes, bathrooms, cafeterias, or assignments
- Rising absences that don't respond to typical attendance interventions

HOW THRIVE HELPS

- IOP and PHP for ages 8–20, built on Exposure and Response Prevention (ERP) — the evidence-based standard for OCD and anxiety
- Board-certified child & adolescent psychiatry alongside therapy
- Family sessions that address the accommodation patterns keeping a student stuck
- In-vivo, community-based exposure work, not just office-based talk therapy
- A step-down plan back to full-time school, built in from day one



Eating Disorders, Body Image, & Sensory Sensitivities

WHAT YOU MIGHT SEE AT SCHOOL

- Skipping meals, hiding food, or rigid rules about what/when a student eats
- Avoiding the cafeteria, lunch with peers, or school events involving food
- Preoccupation with body image, weight, or appearance
- Extreme pickiness or sensory-based avoidance unrelated to weight (possible ARFID)
- Fatigue, dizziness, or noticeable changes in energy and concentration
- Avoiding certain textures (art supplies, gym mats, clothing tags)

HOW THRIVE HELPS

- Full range of care: outpatient therapy and nutrition through IOP, PHP, and residential
- Family-Based Therapy (FBT), the most well-supported approach for adolescent eating disorders
- Specialized ARFID care, including occupational therapy and meal support
- Registered dietitians and medical providers integrated into every level of care
- Body-image and self-esteem work built into the therapeutic model
- Individualized assessment to understand what's driving the sensitivities

LEVEL OF CARE

Every Student Enters Where They Need To.

Care isn't one-size-fits-all, and it isn't always a straight line. Some students start in outpatient therapy. Others need something more intensive right away.

Not sure which level fits a student? That's exactly what we're here to help you figure out.

FOUR LEVELS OF CARE

Care can begin at various levels depending clinical and medical need

Outpatient

Weekly therapy, psychiatry, and nutrition support.

IOP — Intensive Outpatient

3–5 days/week, several hours/day.

PHP — Partial Hospitalization

5 days/week, full-day treatment, while living at home.

Residential — The Greenhouse

24-hour care for students who need the most intensive, immersive support.

Our Full Range of *Services.*

Thrive treats the whole family across the lifespan. Here's the complete picture of what we offer.



OCD & Anxiety Disorders

Outpatient through residential, ERP-based.



Eating Disorders & ARFID

FBT, nutrition, and medical support.



Perinatal Mental Health

Support through pregnancy & postpartum.



Psychiatry & Medication

Board-certified child & adolescent psychiatry.



Primary & Medical Care

Internal medicine integrated into treatment.



Nutrition & Dietetics

Licensed registered dietitians on every team.



Occupational Therapy

Sensory, feeding, and functional support.



Parent & Family Training

Skills-based support for caregivers.

Families Are Part of the Team.

Parents and caregivers aren't on the sidelines at Thrive — they're active participants in treatment from day one. That's often the difference between a student who improves in the room and a student who improves at home and at school.

Parent & Caregiver Training

Skills to respond to rituals, avoidance, or food-related distress at home without reinforcing it.

Multifamily Groups

Families connect with others navigating the same diagnosis, not just their own clinician.

Built-In Communication

School staff and families stay looped in on step-down plans and re-entry support.



How to *Refer* a Student or Family.

You don't have to diagnose anything or have all the answers. A simple conversation is often the first step.

01

Notice & Name It

You've seen a pattern — attendance, eating, anxiety — that's affecting a student's functioning.

02

Share Our Info

Pass along Thrive's phone number and website directly to the parent or caregiver.

03

We Take It From There

Our care coordination team handles intake, insurance, and matching the right level of care.

MAKE A REFERRAL

Ready to Refer? We're Ready to *Help*.

Keep this on hand — or reach out any time you want to talk through a specific student or situation.



PHONE

775-525-8103



WEBSITE

thrivehere.com

Confidential consultations available for school staff at any time.

