



**Lifespan  
Physician Group, Inc.**  
Psychiatry & Behavioral Health  
*Delivering health with care.®*

# Young Adult Outpatient Psychiatry

## The Need

Young adults with psychiatric illness face several challenges, including navigating multiple programs and delivery systems. Existing mental health services are not necessarily tailored to their mental disability or age range, which may discourage young adults from receiving the care they need.

**Mission:** To help young adults with mental health issues live more productive lives by providing comprehensive and age appropriate psychiatric services.

Our program provides comprehensive evaluations, psychopharmacologic treatment, referral and partnership with interpersonal, supportive, dialectical and cognitive behavioral therapists.

We work with family members, colleges and universities to provide individually tailored treatment. Our clinicians coordinate with inpatient and partial hospital programs to provide each young adult with a continuum of care that is customized to their needs.

Services offered include:

- Comprehensive evaluation
- Psychopharmacologic treatment
- Individual counseling
- Patient access to a 24/7 on-call clinician
- Consultation with parents and loved ones
- Liaison with university faculty and staff

## Program Clinical Director



Meesha Ahuja, MD, received her medical degree from Pennsylvania State University, where she was given the Dean's Award for Outstanding Student in Psychiatry. She completed her residency in

adult psychiatry and a fellowship in women's mental health at Brown University. Dr. Ahuja was elected to be a chief resident during her residency training at Brown. She is passionate about working with young adults and enjoys treating a wide variety of psychiatric illnesses.

For a full list of providers, please visit [www.lifespan.org/YAOPTeam](http://www.lifespan.org/YAOPTeam)

## Our staff has expertise in treating young adults in a variety of areas:

- Mood Disorders
- Anxiety Disorders
- Attention Deficit Disorder
- Eating Disorders
- Substance Use Disorders
- Trauma Related Disorders
- Psychotic Disorders
- Adjustment to Chronic Medical Illness

## Directions

**Coro East, 167 Point Street  
Suite 161  
Providence RI 02903**

**From points south:** Take I-95 North to exit 20, Point Street. The Coro Building will be in front of you, on the right. Go straight through the light at the end of the exit ramp onto E. Franklin Street. Take your first right onto Bassett Street. At the first stop sign, turn right onto Hoppin Street. The parking garage will be on your left.

**From points north:** Take I-95 South to exit 21, Atwells Ave. Merge onto Service Road which turns into W. Franklin Street, and travel 0.7 miles. Turn left onto Point Street. The Coro Building will be in front of you, on the left. Take a left onto E. Franklin Street and your first right onto Bassett Street. At the first stop sign, turn right onto Hoppin Street. The parking garage will be on your left.

Street parking also available on Hospital Street.

**1407 South County Trail  
Building #4, Suite 421  
East Greenwich, RI 02818**

**From 95 South:** Take exit 8 for Route 2. Turn right onto Route 2 South/Quaker Lane. At 0.61 miles, turn right for the entrance of 1407 South County Trail. Drive to building #4. We are located on the second floor.

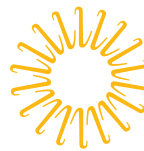
**From 95 North:** Take exit 8 to merge onto Route 2 South/Quaker Lane. At 0.96 miles, turn right for the entrance of 1407 South County Trail. Drive to building #4. We are located on the second floor.

**From Route 4 North:** Take exit 6 for Route 2 toward East Greenwich. Merge onto Division Road. At the light, turn left onto Route 2 South County Trail. At 0.27 miles, turn right for the entrance of 1407 South County Trail. Drive to building #4. We are located on the second floor.

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Go to [lifespan.org/clinical-trials](http://lifespan.org/clinical-trials) for information.



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