

Adolescent Intensive Outpatient Program (IOP)



Adolescent Outpatient Services (Ages 13-17)

Monday, Wednesday and Thursday: 5:30pm-9:00pm

The Adolescent Intensive Outpatient Program (IOP) is a specialized program that provides comprehensive evaluation and intensive treatment for adolescents between the ages of 13-17 years old. Our outpatient format is conveniently scheduled after school to fit around academic responsibilities. Our IOP is an intermediate level of care for adolescents who do not meet criteria for inpatient hospitalization yet require more intensive services than traditional outpatient therapy.

Group therapy is a core component of our treatment process, utilizing a Cognitive Behavioral Therapy and Dialectical Behavior Therapy model. Together, these groups teach patients how to manage their thoughts, feelings and behaviors while teaching personal interaction with others in different environments.

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*A place to find hope,
heal and recover.*

Our treatment services are individually tailored to provide a coordinated, intensive and comprehensive treatment plan for the patient. From psychiatric assessments and evaluations to groups led by licensed clinicians along with discharge planning and follow-up care, we walk with you every step of the way.

The treatment team works with the adolescent and family to develop a treatment plan for your child that takes into account their particular needs, as well as all of their own unique strengths and abilities. Group, and family therapy will be individualized based on this treatment plan.

General program goals include reduction or elimination of self-harm behaviors, improved use of coping skills, and decreased need for hospitalization.

**Call Our Intake Department to learn more:
(800) 533-5266**



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