



## Intensive Outpatient Program

### Enhanced Therapeutic Services

#### Ages 6-12

**Individual therapy:** Provides a safe space for your child to explore their emotions, thoughts, and behaviors with a therapist. This allows for personalized treatment and helps them develop healthy coping mechanisms.

**Group sessions:** Creates a sense of belonging and support, allowing connection with individuals facing similar challenges. This can foster a sense of community and reduce feelings of isolation.

**Family involvement:** Supports and helps the whole family, teaching them how to best help their child. This can strengthen family dynamics and improve communication. We regard the family as an integral part of the treatment, *thus at least one caregiver must attend the IOP parent/multi-family group. Program elements are scheduled at times to be least disruptive to the adolescent and family members.*

- Group sessions may last up to 10-12 weeks
- Group days and times will be dependent on age and presenting needs
- Groups are 1 day per week and sessions 2 times per week

#### Treatment includes:

- Therapy including individual, family, and group therapy
- Peer support services
- Activity groups: These activities build social emotional awareness, coping skills, and additional tools that support clients' overall well-being
  - o Clients will participate weekly in skills groups, groups include:
    - Emotion regulation skills
    - Coping skills

- Interpersonal effectiveness skills
- Mindfulness skills
- Dialectical thinking skills

- Medication management as needed

#### Projected program outcomes:

- Prevention of psychiatric hospitalization and residential treatment
  - o Transition to MHOTRS- outpatient therapy
- Reduced interpersonal conflicts and disruptive behavior
- Emotion Regulation
- Increased coping skills
- Improved family involvement
- Improved parenting skills

#### To be considered for IOP, clients need to demonstrate all of the following:

- Client may present with a combination of the following:
  - o Significant impairment in school, home or other settings.
  - o Symptoms can include moderate to severe anxiety, moderate to severe depression, ADHD, ODD, ASD, trauma related disorders, mild to moderate suicidal ideation, step down from higher level of care, crisis services diversion.
- Consistent commitment to attending and completing the program
- Parent/caregiver/guardian involvement, including willingness to participate in therapeutic activities and ability to provide adequate support/supervision

#### Contact

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