

Lincoln Prairie Behavioral Health

VIRTUAL IOP



3 GROUP TIMES

CHOOSE FROM:

ADOLESCENT GROUP 1

ADOLESCENT GROUP 2

ADOLESCENT GROUP 3

MONDAY-FRIDAY 9A-1P

MONDAY-FRIDAY 1P-5P

MONDAY-THURSDAY 4P-8P

WHAT IS IOP?

- IOP stands for intensive outpatient programming
- Done completely ONLINE
- Ages 12-17
- Individual daily check-ins to assess risk
- Initial psychiatric evaluations upon admission
- Monthly provider check-ins
- Bi-weekly staffings regarding treatment plan goals status

GROUP TOPICS

- Anger management
- Emotion regulation
- Wellness
- Stress management
- Self-esteem

HOW TO GET STARTED:

Call to schedule a
no-cost assessment
(217) 585-1180