

## **Intensive Outpatient Programs within/surrounding the Lake County Area**

### **What are Intensive Outpatient Programs (IOP)?**

Intensive Outpatient Treatment Programs (IOP) When individuals who are in need of a structured setting in which to work towards overcoming symptoms of **mental health, behavioral health,** and/or substance abuse concerns, they may find benefits from engaging in an intensive outpatient program (IOP).

Prior to engaging in any form of treatment, individuals must first partake in a thorough psychosocial assessment. During these assessments, an individual's history is reviewed, including presenting symptoms and the way in which those symptoms have impacted his or her ability to function on a daily basis. Additionally, one's physical and psychological background will be reviewed in order to obtain further pertinent information. Once this assessment is complete, it will be reviewed by clinical staff who will then determine what the most appropriate level of care will be in order for the individual's needs to be met. If it is determined that an intensive outpatient program (IOP) will be of the most benefit to the individual in need of care, the admissions process will commence.

The structure of outpatient programs can vary from one treatment center to the next in regards of how many days per week the sessions are offered, the amount of hours per day that the program takes place, and the length of time during which the program lasts. When individuals enter into IOP, they will be made aware of the specific times that the program meets so that they can determine which schedules work best for them without hindering their ability to adhere to other daily responsibilities.

Typically, individuals who engage in IOP receive individualized treatment plans that are tailored to meet their unique needs so that their treatment goals can be most appropriately met.

**Roger's Behavioral Health-Kenosha WI** Call 800-767-4411

<https://rogersbh.org/what-we-treat/mood-disorders/mood-disorder-outpatient-service>

### **Intensive outpatient programs**

(3 hours a day, 5 days a week, 6 to 8 weeks)

We take the same evidence-based approach to care we use in our more intensive programs as we work with you or your child in daily therapy for several weeks, depending on your program. You remain connected to family and, if undergoing intensive outpatient treatment, you can continue with work or school. Components of therapy may vary by program, but often include:

Types of Therapy:

Cognitive Behavioral Therapy (CBT)

Behavioral Activation (BA)

Dialectical behavior therapy (DBT)-informed skills

Medication Management

Individual, Group, and Family Therapy

Experimental Therapy

While the programs may vary, the goal remains the same for all: providing you with an individual treatment plan that gives you the tools to gain insight into your behaviors and feelings, letting you set realistic goals and develop new skills for success.

### **NorthShore Deerfield Behavioral Health Center**

49 S. Waukegan Road, Suite 200  
Deerfield, IL . **847.400.8430**.

<https://www.northshore.org/psychiatry-behavioral-sciences/clinical-services/after-school-intensive-outpatient-program/>

#### After School Intensive Outpatient Program

The After School Intensive Outpatient Program (IOP) is a program for adolescents (12-18 years of age) who present with mental health issues. It is a 4 to 6 week intensive program for the achievement of adaptive/positive behavior change at home, school and in the community.

#### The Adolescent After School IOP Offers

- An intermediate level of care for the adolescent who requires more intensive services than the traditional outpatient setting but does not require the intensity of a full day program
- Group-oriented sessions that focus on teaching and reinforcing an evidenced-based skill set
- A multi-disciplinary team approach to relieve symptoms and improve positive coping and communication skills
- Groups that help parents to engage their teen with evidence based practices
- Coordination with adolescent's outpatient providers, including school clinicians
- Aftercare referrals and recommendations (as needed)

#### Meeting Times

Mondays: 3:30 p.m. - 6:30 p.m.

Wednesdays: 3:30 p.m. - 6:30 p.m.

*\*Family and support group from 5:15 p.m. - 6:15 p.m.*

Thursdays: 3:30 p.m. - 6:30 p.m.

Individuals will be admitted to the program based on an intake assessment, including dialogue with both the patient and a parent or legal guardian.

#### The Adolescent After School IOP Offers

- An intermediate level of care for the adolescent who requires more intensive services than the traditional outpatient setting but does not require the intensity of a full day program
- Group-oriented sessions that focus on teaching and reinforcing an evidenced-based skill set
- A multi-disciplinary team approach to relieve symptoms and improve positive coping and communication skills
- Groups that help parents to engage their teen with evidence based practices
- Coordination with adolescent's outpatient providers, including school clinicians
- Aftercare referrals and recommendations (as needed)

**Amita Health -Alexian Brothers Behavioral Health Hospital 855.383.2224**

<https://www.amitahealth.org/services/behavioral-medicine/conditions-treated/child-and-adolescent-partial-hospitalization>

Available Monday through Thursday, 4-7 pm, for adolescents age 12-18 (must be a senior in high school). Program offers treatment for anxiety, obsessive-compulsive disorder (OCD), eating disorders, school anxiety/school refusal, self-injury, substance abuse and other conditions. The afterschool option is designed for young patients who are functioning during their structured daytime activities (such as school), but might need additional support and healthy coping strategies after school. A unique feature of this program is our interactive family group, which is offered on Thursday evenings. The family group is designed to help teens and their parents/guardians improve their communication and resolve conflict in more healthy ways. Families will learn strategies to work together and plan for the upcoming weekend.

If depression, anxiety or substance abuse is interfering with your adolescent's home life and school, [AMITA Health Behavioral Medicine Crystal Lake](#) — our new location in McHenry County — can provide Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs for ages 12-18 in a safe, structured environment. Specially trained medical and clinical support teams assist in navigating adolescents through difficult times and work with families during the recovery process.

Program Highlights:

- Daily focus on goal-setting, accountability and skill-building
- Family therapy sessions
- Medication management with an adolescent psychiatrist and nurses
- Structured school time with a certified teacher
- School re-entry assistance from a school liaison
- Expressive therapy group sessions

School Liaison Services:

Our programs include specialty trained school liaison who supports you and works with your child's school and other outside resources to identify and meet your child's unique needs. We will work with your child issues such as:

- Goal planning
- Regulating moods such as depression and irritability
- Returning to school
- Problem solving
- Study skills
- Time management

Call us now for a free and confidential assessment and referral. Our trained clinical intake advisors are available 24/7 to help you:

AMITA Health Alexian Brothers Behavioral Health Hospital **855.383.2224**  
AMITA Health Behavioral Medicine Crystal Lake **224.273.9990**

After School IOP for children and adolescents

IOP hours for children and adolescents are similar to those of an after-school program and run five days a week, Monday to Friday. Your child will continue to be involved in school and keep up with as much of their regular routine as possible, while also being provided intensive support and treatment from Compass' staff. This schedule ensures that the child or adolescent maintains stability throughout daily routines.

A combination of behavioral therapy, group therapy, individual therapy, family therapy, and expressive art therapy will empower your child with new skills, such as distress tolerance, emotional regulation, mindfulness skills, social interaction, and effective communication. Our goal is to help patients transition from an intensive level of care and restore them to a level of functioning that allows them to return to ordinary activities.

Children and Adolescent treatment modalities may include, but are not limited to:

- Psychiatric Assessment and Medication Management
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Individual Therapy
- Family Therapy
- Mindfulness
- Art Therapy
- Yoga Therapy
- Pet Therapy