

Who can benefit from IOP?

Select the indicators that apply to determine if IOP could help you or your loved one.

What to remember:

- Our IOP (Intensive Outpatient Therapy Program) currently accepts Amerigroup and Bluecare
- Schedule: 3 hour sessions, 3 days a week
- Class size: up to 6 individuals
- Overall Focus is: Wellness, Recovery, and Resilience

Is IOP appropriate? (IOP Indicators)

- Does this person have a significant history of emotional dysregulation, which is manifested mood instability or fluctuating moods (not identifying or expressing feelings appropriately and acts out)?
- Does this person have a history of and/or currently having struggles with self-destructive and aggressive behaviors or other acting out behavior such as runaway, substance use, sexual acting out?
- Is this person at risk for relapse (substance use) due to a significant history?
- Is this person at risk for Re-Hospitalization (Psychiatric) and/or re-entry into jail due to significant behaviors?
- Has this person been discharged from a Psychiatric facility and needs a step down to attain skills for stress management?
- Does this person have difficulty adjusting to change?
- Does this person struggle with managing stress and anxiety appropriately?
- Does this person have issues with interacting with others and/or poor social skills?
- Is there a history of trauma that still affects the person today as evidenced by trauma symptoms- perhaps hypervigilant, acting out behaviors or easily triggered? *(Depending on severity or intensity of trauma symptoms may need to be evaluated for individual therapy as well)*
- Does this person have poor/unhealthy coping skills?
- Does this person have poor decision making skills?
- Does this person struggle with thinking errors or negative thinking?
- Does this person struggle with being able to assert his/her needs to others?
- Does this person struggle with poor boundaries?
- Has individual therapy been attempted?

If you checked at least one of the questions, please reach out to discuss IOP further: 901-410-9014.

**Please remember that IOP is a group program. If you believe the group setting will be too intimidating initially for the person served or if individual therapy should be attempted first, please let us know when you call.*



support solutions