

Intensive Outpatient Treatment Program

Benefits for Intensive Outpatient Treatment Program for Persons with Intellectual Disabilities and/or Mental Health/Psychiatric Concerns

The Intensive Outpatient Program (IOP) through Support Solutions aims to improve functioning and promote quality of life for the individuals we serve who have intellectual disabilities and/or mental health/psychiatric concerns. We accomplish that goal by providing skill building, psychotherapy and coping strategies in a safe, structured environment. We aim to replace maladaptive coping strategies, while maintaining stability (thus decreasing readmission rates of inpatient hospitalization.) This program works to help individuals achieve their personal goals by using a strengths-based approach and evidence-based tools.

Our Intensive Outpatient Treatment Program is beneficial to your loved one, particularly because the support and skill building we provide reduces the number of their hospital admissions and readmissions. Our Intensive Outpatient Treatment Program also serves as a step-down to ensure success, manage symptoms, and reduce the need for a more intensive level of treatment.

Schedule

The IOP program is offered in Memphis and Jackson, Tennessee. Participants attend IOP three days a week for three hours each day. The program will be completed in 20 sessions.

More Information

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IOP Program Benefits and Topics of Focus

Our IOP Program gives individuals the opportunity to:

- Increase self-awareness and socialization
- Receive psychoeducation to increase knowledge, normalize treatment issues, and motivate towards positive changes
- Practice coping strategies in a safe, real-world environment
- Improve decision-making skills
- Master skills and learn new skills to replace maladaptive coping strategies
- Observe healthy behavior modeling
- Promote symptom management and healthy, affective expression and regulation
- Learn healthy interpersonal boundaries
- Learn how diet and exercise contribute to wellness and increased quality of life
- Learn productive ways to manage triggers and symptoms related to diagnoses
- Learn skills tailored to the specific person-centered goals of the individual
- Provide interventions to prevent relapse
- Learn cognitive processing and cognitive restructuring skills to promote positive behaviors
- Learn relapse prevention skills and refusal training, stress management, and assertiveness training
- Receive support for increased growth and development

Group sessions focus on topics such as:

- Coping skills
- Anxiety and depression education
- Stress management and problem-solving
- Communication and Assertiveness
- Relaxation skills
- Recreational therapy and music therapy
- Psychoeducation
- Anger management and Conflict Resolution
- Affective expression and Regulation
- Cognitive Coping and Processing
- Social Skills
- Relapse Prevention

