The St. Alexius Hospital Intensive Outpatient Program (IOP) is a specialized department of St. Alexius Hospital Psychiatric Services. IOP is a continuum of psychiatric services providing core and enhanced treatment interventions for individuals suffering from mental and co-occurring disorders. The program is dedicated to the belief that individuals diagnosed with mental and co-occurring disorders are capable of improving the quality of their lives and that they deserve respect, dignity, and the best treatment available which supports this objective and personal patient goals.

Program Content
Patients will develop an individualized treatment plan with their therapist and treatment team to identify problems and establish goals. Treatment plans are regularly reviewed and/or revised to ensure increased effectiveness. Plans to address continuing care needs such as scheduled appointments to appropriate service providers, and/or referrals are developed by the patients together with their treatment team.

Core Services
- Comprehensive psychiatric screening and assessment
- Biopsychosocial screening and assessment
- Group and individual therapy
- Psychiatric examinations
- Psychotherapy
- Pharmacotherapy and medication management
- Family involvement and counseling
- Psychoeducational programming
- Treatment planning and review
- Case management
- Transition and discharge planning
- Medical treatment and referral as appropriate
- Liaison with referral sources, community-based agencies and others significant to each patient

Enhanced services such as transportation, recreational activities, nutritional and dietary consultation, as well as other adjunctive therapies may also be provided.

Admission Criteria
St. Alexius Hospital – Intensive Outpatient Program (IOP) is designed for individuals 18 years of age or older struggling with life stressors and/or symptoms of a psychiatric disorder – Major Depression, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Generalized Anxiety Disorder. Individuals with co-occurring substance use disorder can be admitted if they are currently abstinent for a minimal period of five consecutive days. Eligible patients may reside at home, in a residential care facility or skilled nursing facility with Medicare Part B or other private healthcare insurance.

Appropriate Candidates will have:
- Mental ability to understand the treatment process and to participate in individual and group therapy
- Sufficient emotional stability to actively participate in treatment
- Capacity to develop and implement skills and strategies that enable increased stability at a more effective and satisfying functional level
- Limitations in their social support systems, persistent stressors and symptoms related to their admitting diagnosis.