

## Intensive Outpatient Program



*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 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.

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**Intensive Outpatient Program**  
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