



ADOLESCENT INTENSIVE OUTPATIENT PROGRAM

What is the Adolescent Intensive Outpatient Program (IOP)?

IOP provides group therapy in a safe, supportive, and validating environment. Evidence-based treatment provides patients with core skills to cope with life's challenges and effectively manage mental health and addiction problems. Typically, there is anywhere from 5-15 individuals in group at a time between the ages of 13-18 years old. Additionally, IOP incorporates a biweekly skill training session for caregivers to help support their child in managing life's challenges. The program consists of approximately 24 sessions over 8 weeks with admissions at any time.

Why would my child need IOP?

Adolescent IOP is designed for the treatment of those struggling with:

- Self-harm behaviors, suicidal thoughts, or attempts
- Noticeable decrease in school attendance and/or academic functioning (e.g., lack of motivation, excessive absences, decrease in grades)
- Low self-esteem and/or excessive levels of negative self-talk
- Continuous substance use (e.g., alcohol, marijuana, e-cigarettes, nicotine)
- Impaired peer and/or family relationships
- Strong impulsive urges or risk-taking behaviors
- Eating disorder and body image concerns

Core Skills Include:

- Mindfulness
- Distress Tolerance & Crisis Management
- Emotion Regulation
- Interpersonal Effectiveness
- Self-Management
- Relapse Prevention

Primary Goals of Treatment:

- Decrease life-threatening behaviors
- Increase effective coping skills
- Create a sense of behavioral and emotional control
- Achieve sobriety and maintain abstinence

When does IOP meet?

Monday, Wednesday, and Friday OR

from 5:00 - 8:00 PM

Tuesday, Thursday, and Saturday

*from 6:00 - 9:00 PM on Tuesday/Thursday
and 10:00 AM - 1:00 PM on Saturday*

Parent Skill Support Sessions (Both Groups):

Every other Saturday from 10:00 AM - 1:00 PM

Questions?

Contact Staci Tessmer, M.A., LPCC-S, NCC, BC-TMH

440-266-0770 x116

staci.tessmer@pbhsohio.com

8701 Mentor Avenue

Mentor, OH 44060

Phone: (440) 266-0770

Fax: (440) 266-0257